

the Aliveness

Serving Our HIV/AIDS Community Since 1985 September/October 2010 Vol. 20, Issue 4

RED RIBBON RIDE

We had a great Red Ribbon Ride in July. The Ride raised approximately \$350,000, raising much-needed funds for eight local HIV/AIDS service organizations, including The Aliveness Project. Special thanks to the all the riders and crew—especially our Team Aliveness members, who raised \$21,000! Sign up now for next year's Red Ribbon Ride, which will take place July 14-17. You can register to ride or crew at www.redribbonride.org (starting October 1).



CAPITAL CAMPAIGN

We are making progress with our Capital Campaign to raise funds to renovate our new building at 3808 Nicollet. Through the end of August, we had a \$100,000 matching grant, led with a \$50,000 donation from Shayna Berkowitz and Phyllis Wiener and Still Ain't Satisfied, A Foundation With Attitude. Our plans are to begin renovations later this fall and hopefully move sometime next spring.

HOLIDAY BASKET PROGRAM

This will be the 23rd year that The Aliveness Project will provide gift baskets to individuals and families affected by HIV/AIDS. Last year we delivered 661 baskets, with gifts for 990 adults and 421 children. Applications for recipients will be mailed out in October. Given the current economy, we expect an increase in the number of those needing baskets this year.

This amazing program is possible with the help of people like you. We can use donations of NEW clothing, toys, quilts, candy, wrapping paper and other items. You can also adopt one or more baskets or volunteer in other ways. We hope to increase the number of adopted baskets, so spread the word to those you know who could adopt a family or individual basket! Please see page 11 for more information.

WALK TO END HUNGER

We just received word that The Aliveness Project will be a full partner in this year's **Walk To End Hunger at the Mall of America on Thanksgiving Day morning**, Thursday, November 25. This is a great way for families and friends to make a difference for those experiencing hunger in our state. You can help raise funds for our Food Shelf and Meal Program by signing up to walk for The Aliveness Project—all funds designated to The Aliveness Project will be donated directly to us (general proceeds are shared with all the benefiting agencies). For more information, see page 12 or visit www.walktoendhunger.org.



Joe Larson
Executive Director



WORDS FROM A RED RIBBON RIDER

I was thinking that since my bicycle is my only source of transportation that the Red Ribbon Ride would be a breeze. I prepared by packing fabulous outfits, greasing up my bike, and buying lots of new tires. However, I forgot to actually train. I sorely underestimated the rolling grandeur of the Mississippi River Valley and the hills of southern Minnesota. Sore knees aside, the Red Ribbon Ride was an unforgettable experience that I enjoyed immensely.

The first day did feel like a breeze. I pushed ahead and made it to Lake City by early afternoon. I was lucky to find some prime tenting real estate overlooking Lake Pepin. Upon setting up my tent, I promptly wrapped up in my sleeping bag to read a book; I woke up three hours later just in time for dinner. This seemed to be my pattern over the four-day ride: wake up, bike, eat, bike, eat, hydrate, bike, eat, bike, eat, nap, socialize while eating, and sleep.

This pattern, while comprised of my favorite activities, was made easier by all of the wonderful support crew, Team Aliveness, and all the riders. Even with the hills, the wind, the oppressive heat, and sun, I enjoyed every minute of the ride. I met a lot of great people, biked through the gorgeous countryside, and raised money for eight superb organizations. Special thanks to Team Aliveness Captain Sean Divine for getting me some padded gloves (which saved my hands), to Stephanie and Joe for cheering and playing my own personal soundtrack, and to all those who donated to my ride! I will definitely be pedaling next year and I expect you all to be there, too. And maybe remind me to train.

Walter Gies



FOOD SHELF NEWS

Well, I don't have a lot time, so I'll just dive in. **The Wedge Co-op** is once again allowing us to do a **Food Drive** in front of their store on Lyndale and Franklin. We will be there on **Saturday and Sunday, September 25th and 26th**. There will be three shifts for each day. Each shift only lasts two to two and a half hours, so it is not a big chunk out of your day. I always say it, but I will say it again: we always have a good time on our Food Drives. Cold drinks will be provided.

Last issue I promised to tell you the numbers from our June Food Drive, so here they are. We collected 1,389 pounds of donated food and \$750.00 in cash. Impressive numbers!

Again, I thank all of the good folks that are saving their tall handled grocery bags and giving them to our Food Shelf. I hope to see more folks do the same. Thanks to you all!

Dan Capelli - Food Shelf Director

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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.

WHAT A SUMMER

PRIDE, RED RIBBON RIDE & SO MUCH MORE!

What a summer The Aliveness Project had! Our Pride event with Lavender Magazine held at Seven Steakhouse was a great success. Several hundred people enjoyed a sumptuous brunch and parade viewing from the Seven rooftop. We look forward to next year's event.



Along with the Pride event, we had a booth at the festival. Two hot, humid days filled with lots of fun and our spinning wheel. Many people came by to hear about our Capital Campaign and the challenge grant. We hope you enjoy the pictures from the weekend Pride booth.



After Pride was over, it was time for the Red Ribbon Ride, which benefits numerous HIV/AIDS organizations, including The Aliveness Project. This is a 300-mile, four-day bike ride through the beautiful scenery of southern Minnesota. This year, over 200 riders braved the elements to raise money for these agencies. Team Aliveness consisted of 11 riders and five crew members. Our team raised \$21,105.85! You can still donate by visiting <http://www.redribbonride.org/> and donating to anyone on Team Aliveness. Thank you riders, crew and donors for making this another successful ride. It's not too early to sign up for 2011!!



Tim Marburger - Director of Fundraising & Special Events

Thrive!

25 years of living positive

with Patrick Scully

Patrick Scully is offering a great deal to Aliveness members! Many of us know Patrick as a member here at Aliveness. Some of us know him as the founder and artistic director of Patrick's Cabaret, others may know him as a local activist in our gay and HIV+ communities. The deal involves all of the above.

In October of 1985, after telling him that he was HIV+, a well-intentioned nurse counseled Patrick, "You don't have to tell anyone right away about being positive, it could be three or even five years before you have full-blown AIDS." Well, it has now been 25 years, and the nurse couldn't have been more wrong. Hallelujah! Patrick is thriving! To celebrate still going strong 25 years after receiving his HIV+ test result, Patrick is presenting **Thrive!**, a performance looking back over a quarter of a century.

In **Thrive!** Patrick will celebrate being alive, remember many losses during this epidemic, and take the audience on a quick trip through two and a half decades of local and global history.

So much has happened. For anyone who has been dealing with HIV for a long time, this will be a time to look back and share memories. For people whose connection to HIV is more recent, this might be a history lesson. Either way, it will be a great story, and Patrick is a master storyteller with stories to tell, and he's not holding back.

Patrick's performing work has taken him around the world, from Dublin to Rio, from Berlin to New York to San Francisco, and points in between. His work has been praised by the New York Times and the Village Voice, and Minneapolis is his home. Come see **Thrive!** in its world premiere.

And the great deal?!

Call the front desk for free tickets to Thrive!, or bring your access pass to save \$15 at the box office (\$5 with your pass, otherwise tickets are \$20) Part party, part meditation, you don't want to miss **Thrive!** You'll laugh, you'll cry, you'll think about your own life. "The deeper the sorrow, the greater the joy!" (Martin Buber)

Thrive! will be at
Patrick's Cabaret
3010 Minnehaha Ave
just off Lake Street

on the following dates:

- Thursday, October 28 (8 PM)
- Friday, October 29 (8 PM)
- Saturday, October 30 (8 PM)
- Sunday, October 31 (7 PM)
- Friday, November 5 (8 PM)
- Saturday, November 6 (8 PM)
- Sunday, November 7 (8 PM)



Patrick Scully

THE RED RIBBON RIDE

a Crew Member's Perspective



Last spring, while attending my very first staff meeting at The Aliveness Project, the subject of the Red Ribbon Ride came up. Immediately, my interest was piqued, as I had been a cyclist for this ride before.

Team Aliveness captain Sean Divine was recruiting team members. Initially, I balked at joining. My back had been bothering me for some time. I knew I couldn't ride my bike 300 miles. But someone suggested, "Do crew!" So, after the meeting was over, I logged onto redribbonride.org and registered. After a two-year hiatus from the ride, I was back in the saddle.

My assignment was to drive a sweep vehicle with my boss, Joe Larson. Our job was to cruise back and forth along the bike route, check on the riders' safety, provide ice and water, and "sweep" tired riders to the next pit stop.



On July 15th, we arrived at the Mall of America at the crack of dawn for Opening Ceremonies. But, we were informed that we would be one of the first cars out on the route (ahead of the riders), so we missed the festivities. We got lost almost immediately in the wilds of Eagan! If it hadn't been for that water tower with the town's name painted on it, we wouldn't have known even that much. After assuring Joe that I knew exactly where I was going (a tiny fib), I blundered back onto the route. But, we were now disaster-proofed. There would be no more incidents. It would be smooth sailing from this point forward. (I just won't count the little 'adventure' we had later in the day when we took a bad turn out of the lunch pit and drove the scenic route halfway to Decorah.) I had to keep telling myself, "it's not the destination that's important – it's the journey." By day four, I think I actually believed it.

Driving a sweep vehicle on the Red Ribbon Ride is exactly like riding a bike – sort of. You get to follow the same route that the cyclists ride. You get to eat the same great food. You get to meet great people along the way. And, you give and receive many 'thumbs up' signals. The only difference is that your backside is much happier climbing steep hills in a Dodge Dakota than it would on a Schwinn or a Trek. *Vive la difference!*



I witnessed some wonderful things during the ride. I saw riders climb steep hills, only to race back down them and ride up again alongside less experienced riders who needed their support. I observed both riders and crew members helping cyclists change flat tires. I saw pit crews working to give riders much-needed rest, fun and entertainment at their pit stops. I witnessed the moto crew as they stood in the baking sun, directing riders safely across busy intersections. I drove on roads that were immaculately clean because of a crew that had cleared the route of debris (including road kill) in the wee hours of the morning before most of us had even awakened. I received a Rice Krispie treat from the 90+ year old grandmother of one of our riders as she sat in a shaded spot along the route (she had lovingly made one for each person taking part in the ride). I witnessed dedicated volunteers working on their feet for hours, offering riders and crew massage, acupuncture and chiropractic therapies (to name but some). In short, I experienced four days of love, care and concern. These four days touched my heart so deeply, that I registered for the Ride again next year. If my upcoming chiropractic visits work, and my back grows stronger, I will ride my bike in 2011. If not, I will be happy to join the sweep crew again. The only thing that matters is that I will be there. Will you?

Stephanie Shaw - Office Manager

THE ALIVENESS PROJECT ANNUAL PICNIC

We held our annual picnic on Friday, August 6th at Minnehaha Falls. Fortunately, the weather was mild and over a hundred people came out to enjoy the afternoon. With the help of volunteers, Sean and Dan put out a great spread of burgers, hot dogs and other dishes. We also celebrated "Papa" Capelli's birthday with a rainbow cake.



After the meal, Johnny and the lovely queen Freesia hosted bingo; prizes included computers, gift cards, videos and stuffed animals. The kids played with squirt guns and water balloons, took turns with a piñata and swam in the nearby waterpark. Cathy also started a highly competitive Four Square tournament.



All in all, it was a golden summer day with food, friends, family, and pets! Be sure to join us next year!



Hanna Dorn - Receptionist

ALIVENESS PROJECT WISHLIST

Are you upgrading your electronics? Please consider donating your still useable items to us!

- Camcorder to make short videos for our social media outreach
- LCD projector to play videos/presentations at speaking events
- Laptop to use at speaking events to enhance presentations
- Colored office paper
- Winter holiday wrapping paper
- Scotch or similar brand tape for wrapping presents
- Gift cards to any vendor for Holiday Baskets

HEALTH AND WELLNESS

The Health and Wellness Program has a lot of exciting workshops planned for members in September and October. Please check the agency bulletin boards or call the front desk for date/time information. You may have noticed we have several new ongoing workshops that will meet each month. We hope to see you all in attendance at these events. Questions and comments should be directed to Sandra or Darin at The Aliveness Project (wellness@aliveness.org, (612) 822-7946, ext. 213).

September

Reading Labs

Report Back from International AIDS Conference 2010-Vienna

Long-term Survivors and HIV

Smoking Cessation

Nutrition: Weight Gain/Weight Loss

Women's Group

Journaling Your Way to Health

(This is an ongoing class taught by an English teacher)

Spirituality and Health

(This is an ongoing workshop lead by a minister/counselor)

October

Report Back from Interscience Conference on Antimicrobial Agents and Chemotherapy (ICAAC)

Adherence and HIV

Overview of Complementary Therapies

Women's Group

Journaling Your Way to Health

Smoking Cessation

Spirituality and Health

HAIRCUT CLINIC AND VET CLINIC

I have wonderful news. We will be having another Hair Cut Clinic this coming September. Members of The Aliveness Project can get a free haircut. The last Hair Cut Clinic was presented by Shear Art Hair Studio, Pixie Salon, Nathan Granados, and Heidi Govednik.

The Hair Cut Clinic will take place in the **big room upstairs here at the Aliveness Project from 11:00 until 3:00 on a Monday**. The exact date has not yet been decided. Of course, it will not be September 6, as that is Labor Day and The Aliveness Project will be closed. Check our bulletin boards for flyers or call Hanna at the front desk. It will be walk-ins only, no appointment needed. Please have your hair freshly washed if you would like a free haircut.

The Inver Grove Heights Animal Hospital is also returning this September. We are not sure of the date yet, but it will be a Saturday afternoon. Once again, check the bulletin boards for a flyer with the exact date or call Hanna at the front desk. Appointments are made through Johnny, but you should put your name on the wait list by calling the front desk. Johnny



will call you to let you know if your animals need shots yet or should wait. She will also let you know if she can get you in on this date or if she will have to keep you on the wait list for the next clinic in November. Either way, once she is sure of the date, she will call each person on the list.

Johnny Herda-Anzaldo - Director of Membership Services

THANK YOU DONORS!

Thanks to everyone who gave financial and in-kind gifts between June 17th, 2010 and August 22nd, 2010

ORGANIZATIONS:

42nd Avenue Station
African Health Action Corp.
Alexandra House
AMVETS
Bambu
Black Dog Café & Wine Bar
The Butcher Block Bar & Restaurant
Chianti Grill - Burnsville
Chianti Grill - Roseville
Cupcake
Dowling Community Garden
El Nuevo Rodeo
Fusion
Global Zero
Greater Minneapolis Council of Churches,
Minnesota FoodShare
Hennepin Theatre Trust
Hospitality Careers Training Center
IBM Employee Services Center
Kafé 421
Kopp Family Foundation
Luna Rossa Trattoria & Wine Bar
Lutheran Church of Christ the Redeemer
Macemon Photography
Mile High United Way
Minnesota Red Ribbon Ride
Moose & Sadie's
Nic's on Nicollet
Permaculture Research Insititue Cold Climate
Restaurant Aura
The Saloon
St. Martin's Table
Stella's Fish Cafe
The Port of Red Wing (St. James Hotel)
Tootie's On Lowry
The Veranda
The Wedge Co-op

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VOLUNTEER NEWS

Greetings Volunteers! Can't stand the heat? Get into the kitchen, or food shelf, or Volunteer Advisory Committee! Actually, the former is likely the warmest place in the building, making it a cherished position once our temperatures begin to dip. Come join us! Fall is a busy time as we welcome new student volunteers and interns, and get into gear for the Walk to End Hunger and Holiday Baskets.

Know of some exceptional students looking for valuable experience? We keep a rolling schedule of **interns** in fundraising and special events, volunteer management, public relations, and social media (new this year!). Applicants should be highly motivated, eager, flexible and proven hard workers. Check our website for more info.

For Thanksgiving morning, why not gather some pledges, stretch your legs, and educate yourself about eliminating hunger across our state by participating in the **Walk to End Hunger**? You and your family can start the day off right as members of Team Aliveness and take a stroll around the Mall of America. Your walk will be filled with musicians, children's activities, myths and facts about hunger in our state and ideas for solving the problem of hunger in our community. Join Team Aliveness or donate money designating The Aliveness Project and your funds will support our programming.

We are also seeking volunteers for leadership roles for our **Holiday Basket Program**, including soliciting goods, speaking at various communities of faith, arranging the painting of baskets, sorting through donations and filling baskets. If your business, class, team or place of worship would like a speaker regarding our Holiday Basket Program, now is the time to be in touch. Do you have some new items you'd like to donate to our program such as NEW winter clothing, small kitchen or house wares, sheets or towels, toys for teens, or even gift cards? Do let us know. Want to have your group wrap presents? Scheduling for wrapping slots officially begins October 18, but for readers of *The Aliveline*, you may call starting October 14 to book your time slot. Time slots are available weekdays and some weeknights November 22- December 17.

Special **thanks to our summer interns**, Lee Vang, Mohamed Abdikarin and Eunice Opare! Thanks for your hard work.



Our **Volunteer Feedback Survey** will be emailed and released on our website in September. Please take a few moments, log on, and give us your feedback about the program.

In preparation for our move to the new building, we are forming a small **Volunteer Advisory Committee** to assess needs related to the move and other aspects of volunteer programming such as volunteer recognition and recruitment. If you are interested in serving on this committee, please contact Monica. We will likely meet quarterly and look forward to your thoughts to make our Volunteer Program the best it can be!

Thanks to the many volunteers who made the **HAUTE** event at Brian Graham Salon an enjoyable fundraiser for us on the last Saturday of August. And thanks to Hands On Twin Cities and KARE 11 for inviting us to join them at the **Minnesota State Fair** for speed volunteering. Hundreds of fair attendee's streamed through our booth and decorated baskets for Holiday Baskets. Baskets are still available for decorating but do contact us soon.

Do keep involved with our many activities especially as we approach the end of another busy year. Thanks to all our volunteers for sharing your heart with our community!

Monica Travis



Mohamed Abdikarin



Monica Travis - *Director of Volunteer Services* and Mohamed Abdikarin - *Volunteer Services Intern*

VOLUNTEER SPOTLIGHT!

There is hardly a volunteer task that Jethra Spector won't do. Whether it is working in the kitchen, food shelf, annual picnic or holiday baskets, this eager school teacher jumps on each task with a bucket full of enthusiasm. With many volunteers sharing time with her students in her classroom, she feels the desire to give back. A curriculum unit with her fourth grade students about hunger inspired this Milwaukee native to try her hand at filling bags in the food shelf last summer, which has subsequently blossomed into helping with Saturday brunch as well. In fact, she says one of her favorite memories so far include times when Dan Gerard, Saturday brunch cook, asks her to create something on her own! She shared that her fondness for Dan Capelli, Food Shelf Director, is because he reminds her of her grandpa and also notes her family inspired her to work for social justice. In volunteering with The Aliveness Project, she feels good about working to end homelessness one healthy meal at a time.

JETHRA



Jethra loves the people with whom she volunteers and encourages others to find time to volunteer. She especially loves it when members remember her and her name. Volunteering is "humbling and rewarding", she says. She also is considering the Red Ribbon Ride, but how about leading your class in the Walk to End Hunger? THANKS, JETHRA, for sharing your skills and ready smile with our community!

Molly Glasgow has been working with us since spring. She is a Certified Acupressurist and Usui Reiki Master. Molly studied acupressure and reflexology at the Acupressure Institute in Berkeley, CA and received specialized training in acupressure for HIV/AIDS, cancer, major medical disorders, and first aid. At her practice, Point Acupressure, near Uptown in Minneapolis, Molly integrates acupressure, reiki, and reflexology to address common health conditions, chronic ailments, and major medical disorders as either an alternative to or complement of conventional allopathic medicine.

When working with clients, Molly's main focus is to help people's bodies heal themselves through a holistic approach that tailors each session to the client's specific needs. This work gives the body the right circumstances to heal and addresses the root cause of health conditions rather than just masking the symptoms.

Committed to keeping acupressure and alternative medicine accessible, one of Molly's main focuses is sharing her knowledge with others so they can take an active role in their health. Molly believes that each person has the ability to take control of their own health, especially if given access to the right information. She is dedicated to making natural health care accessible, and aside from sharing information with clients, she frequently provides acupressure for self-healing workshops, and offers options to help curb the burden financially with sliding scale fees and discounts.

Though Molly has always been concerned with the area of public health, she developed a special interest in holistic health care when conventional medicine failed to meet her personal health needs. When she saw the benefits of acupressure, she decided to leave her profession as a civil rights organizer and pursue holistic health care.

In order to provide clients with the best possible care, Molly engages in a wide range of continuing education and research in traditional Chinese Medicine, alternative therapies, western herbs, and disease.

MOLLY



a HuGe thAnks tO

Remember to visit these great friends of the Aliveness Project and let them know that you are eating there because they do Dining Out for Life.

128 Café	Falafel King	Pizza Lucé - Uptown
318 Café	Fat Lorenzo's	Pizza Lucé - Duluth
42nd Avenue Station	The Favor Café	Pizza Lucé - Downtown Mpls
8th Street Grill	FireLake Grill House & Cocktail Bar	POP! Restaurant
A25 : Anemoni Sushi + Sake Bar	FireRoast Mountain Café	POP!! Restaurant
Afton House Inn	First Course	The Port of Red Wing (St. James Hotel)
al Vento	Fujiya Japanese	The Purple Onion Café
Amici Pizza & Bistro	Fusion	The Q Kindness Café
Angelo's Italian Restaurant	Galactic Pizza	Rail Station Bar & Grill
Anodyne Coffeehouse	Gay 90's	Rainbow Chinese Restaurant
At Sara's Table/Chester Creek Café, Duluth	Ginger Hop Restaurant	Red Stag Supperclub
Azia Restaurant	Grand Café	Restaurant Aura
Bambu	Great Waters Brewing Company	Rinata
B.A.N.K.	Henry's Café	Roast Osha
Bar Abilene	The Herkimer Pub and Brewery	Rudolphs Bar-B-Que
Barbette	Highland Café & Bakery	Rustica Bakery
Beaujo's Wine Bar & Bistro	Himalayan	The Saloon
Birchwood Café	Hot Plate	Sanctuary
Black Dog Café & Wine Bar	The Independent	Santorini
Black Forest Inn	It's Greek to Me	Sapor Café/Bar
Boca Chica Restaurant	Jakeeno's Pizza & Pasta	Sawatdee & Zushiya of Maple Grove
The Bulldog Lowertown	Jitters Coffee & Tea House, Duluth	Sawatdee St. Paul
The Bulldog Uptown	Joe's Garage Restaurant	Sawatdee Thai Restaurant
Buona Sera	Kafé 421	Senor Wong
The Butcher Block Bar & Restaurant	Khyber Pass Café	Solera
C.C. Club	La Belle Crepe	Sontes, Rochester
Café Ena	Lake Avenue Café, Duluth	Spill The Wine
Café Twenty-Eight	Lone Spur Grill & Bar	Spoonriver
Carmelo's Ristorante	Loring Kitchen & Bar	St. Clair Broiler
Charlie's at the Water Street Inn	Luna Rossa Trattoria & Wine Bar	St. Martin's Table
Chiang Mai Thai	LUSH Food Bar	Stella's Fish Cafe
Chianti Grill, Burnsville	Manny's Tortas	Supatra's Thai Cuisine
Chianti Grill, Roseville	Maverick's Wood Grill	Tanpopo Noodle Shop
Chin Dian	May Day Café	Tickles Food & Bar
Christos Greek Restaurant, Minnetonka	Maynard's Restaurant	Tiger Sushi 2
Christos Union Depot Place	McCoy's Public House	Toast Wine Bar & Cafe
Citizen Cafe	Midori's Floating World Café	Tootie's On Lowry
Colossal Café	Minneapolis Eagle	Town Talk Diner
Common Roots Cafe	Modern Café	Trattoria da Vinci
The Craftsman	Moose and Sadie's	Trotter's Café
Cupcake	moto-i Sake Brewery Restaurant	Tryg's
Cuppa Java Coffee and Deli	Muffuletta Café	Turn Rup Thai
Curran's Restaurant	Napa Valley Grille	The Uptown Diner
The Dakota	New Scenic Café, Duluth	Va Bene Berarducci's Caffé, Duluth
Dunn Bros Coffee, Roseville	Ngon Vietnamese Bistro	The Veranda, Red Wing
Ecopolitan	Nic's on Nicollet	Victor's 1959 Café
Eden Avenue Grill	OM	Vina Restaurant
El Mesón	Pagoda	W.A. Frost
El Nuevo Rodeo	Pancho Villa's Grill	Wilde Roast Café
El Paraiso Mexican Restaurant	Papa's Restaurant and Deli	Yum!
Elsie's	Piccolo	Zeitgeist Arts Café, Duluth
Erte & The Peacock Lounge	Pizza Lucé - St. Paul	
Everest on Grand	Pizza Lucé - Seward/University	



Brazen Theatre presents gay playwright Charles Busch's **"The Lady in Question"** on September 24-27 and October 1-3 at 7:30 pm. All performances are at the Lowry Lab Theatre in downtown St. Paul. Members can attend any performance (pay what you can or free of charge) – call The Aliveness Project to reserve your ticket. Due to the mature nature of this brazen company, 18+ only please. For more information or directions, visit www.brazentheatre.org.

UNITED WAY CAMPAIGNS

Is your workplace holding a United Way or other community campaign this fall? Many companies allow employees to make designated gifts to 501(c)(3) nonprofit organizations, such as The Aliveness Project! Payroll deductions are an easy way to support our services for people living with HIV/AIDS!

Adoption is our
greatest need!

Share the Spirit of the Season!



Founded in 1985, The Aliveness Project is a local nonprofit organization that offers a variety of supportive services for individuals living with HIV/AIDS. Since 1988, our Holiday Basket Program has provided thousands of gift baskets to men, women and children affected by HIV/AIDS throughout Minnesota.

Each holiday season, hundreds of volunteers help by adopting baskets, donating gifts, wrapping presents, baking cookies, sewing holiday stockings and delivering baskets.

You can help share the spirit of the season by adopting a basket, making a donation, or volunteering with our Holiday Basket Program.

Holiday Basket Program Donor & Volunteer Form

*We need your help with our Holiday Basket Program for people living with HIV/AIDS!
Your care and commitment will help make a brighter holiday season for those in need.*

Name(s):

Organization:

Address:

City, State, Zip:

Telephone (H):

(W):

Telephone (Cell):

E-mail:

ADOPT

☐ I want to adopt (& buy gifts for) a Holiday Basket for: ☐ Individual ☐ Couple ☐ Family ☐ No preference

To determine **how many people you could adopt** (buy and wrap presents for each person), first choose the total amount you want to spend; then divide that total by \$35 (the amount we suggest spending on each individual). We will provide you with a wish list for each adopted basket.

My total budget is: \$ _____ **Total number of people to adopt:** _____

DONATE

☐ Please contact me about making an in-kind donation of _____

We need **in-kind donations** of new clothing, toys (for children & teenagers), gloves, stocking caps, quilt, hygiene items, CDs/DVDs, candy, nonperishable food, gift certificates, stuffed animals, kitchen supplies, sporting equipment, etc.

☐ Enclosed is a donation for \$ _____. Please make your check payable to "The Aliveness Project."

☐ I want to make a credit card donation. Please charge \$ _____ to my ☐ Visa ☐ MasterCard

Credit card number: _____ Expiration date: _____

Name on credit card: _____ Your signature: _____

Please use my gift for: ☐ Holiday Baskets ☐ Food Shelf ☐ Meals ☐ Therapies ☐ General Services

This donation is in ☐ Honor (or) ☐ Memory of: _____

VOLUNTEER

☐ Please contact me (us) about volunteering to help with:

- | | | |
|--|---|---|
| <input type="checkbox"/> Leadership role!* | <input type="checkbox"/> Sewing holiday stockings | <input type="checkbox"/> Wrapping presents |
| <input type="checkbox"/> Special events!** | <input type="checkbox"/> Phone calls or office help | <input type="checkbox"/> Soliciting in-kind donations |
| <input type="checkbox"/> Driving errands | <input type="checkbox"/> Sewing quilts / afghans / throws | <input type="checkbox"/> Baking cookies |
| <input type="checkbox"/> Organizing a drive for new clothing, toys, gift cards or other gifts | | |
| <input type="checkbox"/> Organizing a food drive (for nonperishable food, candy or hygiene items) | | |
| <input type="checkbox"/> Helping with on site basket pick up days on: December 22 or 23 (circle date[s] available) | | |
| <input type="checkbox"/> Delivering 1-2 Hanukkah Baskets on Friday, Dec. 3, 9:00 am - 1:00 pm (requires a vehicle) | | |
| <input type="checkbox"/> Delivering 1-2 Christmas Baskets on Friday, Dec. 24, 9:00 am - 1:00 pm (requires a vehicle) | | |

- Preferred Zip Code(s) for Deliveries: _____

- Type & Size of Vehicle: _____

* Leadership roles vary to suit interests & needs. Special events assistance involves staffing booths at concerts, parties, etc.

Notes: _____

**IF YOU CAN HELP,
PLEASE SEND
THIS FORM TO:**

Holiday Basket Program
The Aliveness Project
730 East 38th Street
Minneapolis, MN 55407
TEL: 612-824-LIFE (5433)
FAX: 612-822-9668
E-mail: events@aliveness.org
www.aliveness.org

September/October 2010

730 East 38th Street
Minneapolis, MN 55407

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WALK TO END HUNGER



We will again be part of the Walk to End Hunger scheduled for **November 25 (Thanksgiving morning)** with registration being at 7:00 – 9:30 am. The walk will be from 7:30 – 10:00 am.

This year, we are a full participant, and we will have our own team. See the Volunteer News section inside for more details.

We would like to have a HUGE team so sign up at www.walktoendhunger.org. Sign up today!

Thanksgiving Morning
November 25, 2010
Mall of America