

the Aliveness

Serving Our HIV/AIDS Community Since 1985 May/June 2012 Vol. 23, Issue 3

DINING OUT FOR LIFE

This year's Dining Out for Life on April 26 was a great success! THANK YOU to our 183 restaurants, 12 sponsors, over 300 ambassadors and the thousands of diners who participated. Our goal was to raise \$190,000 (17% of our annual budget!), so check our website for ongoing updates about the total amount raised.



Kendra Berger
Miss Minnesota Teen USA

Joe Larson
Executive Director

Nitaya Panemalaythong
Miss Minnesota USA

PRIDE EVENTS

We will be involved in a number of activities as part of this year's GLBT Pride event during the weekend of June 23-24. Many of you have probably visited our booth in Loring Park and played our spin-the-wheel game. Remember to stop by and win a prize! Also, Lavender Magazine is hosting a special event benefiting The Aliveness Project on Sunday, June 24. Lavender's Pride Central will include brunch and parade viewing at CRAVE Restaurant from 9 am to 1 pm (for more details, see page 4).

RED RIBBON RIDE

The Red Ribbon Ride is taking place July 19-22. Now's the time to sign up as part of Team Aliveness to ride or volunteer as a crew member! Last year, the Ride raised over \$435,000. This will be the 10th anniversary of the Ride, so we hope to see a lot of people who have participated previously! To register or make a donation for Team Aliveness, visit www.redribbonride.org.

FOOD SHELF MAKES A POSITIVE IMPACT

During March we asked our members to complete a survey about the benefits of our Meal Program and Food Shelf. Here are some of the comments they shared:

- *"These programs help me make ends meet.... It truly helps me month to month."*
- *"I really enjoy the community environment. The staff are extremely welcoming and warm."*
- *"Eating better improves my health and makes me feel better. Socially, coming here helps me realize that I am not the only one [living with this disease]."*
- *"Knowing that I have somewhere to take myself and my family when we have nowhere else to go is a good feeling."*
- *"Aliveness has shown me how to live better."*
- *"Excellent food! I have gained almost 20 pounds of weight in the six months I have been a member. This is a great source of support and resources for HIV community."*

Many members' surveys also told us that without our Food Shelf (and Meal Program) that they would go hungry or have to eat less. All of these comments show that our food services have a major impact on the daily lives people living with HIV/AIDS.

Joe Larson
Executive Director





BINGO in the PARK!

Presented by The Aliveness Project and All God's Children MCC

Playing times:

SATURDAY
June 23, 2012
12:00 NOON - 6:00 PM

Guest caller: Mother Pearl

SUNDAY
June 24, 2012
12:00 NOON - 6:00 PM

Guest caller: Mr. Minneapolis Eagle 2012 - Derek H

Look for our tent in Loring Park just south of the Food Court.
LARGE Cash Jackpots, Prize Drawing

ANNUAL MEETING

The 2012 Annual Meeting for The Aliveness Project is scheduled for Tuesday, May 22 at 6:30 p.m. At this meeting, we will elect new members of the Membership Advisory Committee and Board of Directors. In addition, Joe Larson, our Executive Director, will present our 2011 annual report.

THE ALIVENESS PROJECT

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 Peer Program Coordinator

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.



THE RED RIBBON RIDE

Team Aliveness has grown to 18 crew and riders strong and the ride is fast approaching. However, that doesn't mean it's too late to support or participate in the ride. If you are looking for a wonderful weekend away, riding throughout the rolling hills of southeastern Minnesota, while raising thousands of dollars for 8 different HIV/AIDS organizations then this is the fundraiser/ bike tour of your dreams. It's not too late to sign up to ride or crew, and to meet the \$1,500.00 fundraising goal required to ride, or the suggested goal of \$250.00 to crew. If you want to sign up to ride or crew, simply go to www.redribbonride.org/goto/teamaliveness and click "join team". We still have a little bit of scholarship money for HIV positive individuals to assist them in paying the \$75.00 registration fee.

You can also use our team page to make a general donation to Team Aliveness, or to pick a team member who needs donations. One great change this year is that a general donation to the team can be distributed to the team member who is in the most need of donations come ride time, that way we can ensure that all those who want to participate in the ride are able to do so.

The Aliveness Project's Charitable Gambling Program has graciously offered to host Team Aliveness at their BINGO night at The Minneapolis Eagle on May 17th. The game starts at 7 PM. Team Aliveness will be meeting up at 5 PM at Aliveness Project for practice ride. We have to have our look and form down for our victorious ride into the Capital on Sunday of the Ride. We will end our practice ride at The Eagle where we will hopefully use our sweaty spandex clad selves to rake in some dollars for Team Aliveness.

Walter Gies

Case Manager & Team Captain



PRIDE CENTRAL

Sunday, June 24, 2012
9:00 am - 1:00 pm
Crave Rooftop Lounge - Minneapolis

OVERVIEW

Join The Aliveness Project, Minnesotans United for All Families and Lavender Magazine for Pride Central at our new home, the rooftop lounge of Crave. An overflow crowd will watch the Pride parade from the most spectacular location along the parade route. Centrally located on the parade route, Pride Central attendees enjoy a first-class brunch and the best view of the GLBT pride parade.

Order your tickets at www.aliveness.org/pride-central



Ticket Prices
PREPAID
\$25.00
includes admission and brunch

AT THE DOOR
\$35.00
includes admission and brunch



Lisa Nadeau



NEW EMPLOYEE BIO

Hello! My name is Lisa Nadeau, and I am the new part-time Dietitian at The Aliveness Project. I am thrilled to be a part of this incredible organization and I have really enjoyed getting to know many welcoming, friendly members and staff during my first two weeks.

I live in South Minneapolis with my partner Mary, our two amazing daughters Amelia and Eliza, and our cat Frida. I enjoy running, soccer, camping, and dance parties with my family in our living room!

I have been a volunteer at The Aliveness Project for several years, mostly helping out during Holiday Baskets season and with Dining Out for Life. Professionally, I have worked in food and nutrition departments in many hospitals over the last ten years and also with the WIC program, providing nutrition education for women, infants, and children. During my internship in Prescott, Arizona, I provided nutrition counseling for people living with HIV/AIDS and it was such a rewarding experience because I felt like I had a truly positive impact on the health of others.

Nutrition plays a vital role in maintaining our health, especially for people living with HIV/AIDS.

In my new role here at The Aliveness Project I am here to provide:

Group Nutrition Workshops on topics such as food safety, managing the side effects that affect food intake, and HIV-related wasting; and

Individual Counseling to discuss nutrition-related issues such as diarrhea, nausea, loss of appetite, weight concerns, diabetes, high cholesterol or triglycerides, and HIV-related lipodystrophy.

I am available every Tuesday and Thursday from 12:00 - 6:00 pm and every other Saturday from 11:00 am - 2:00 pm. You can either find me in the food shelf or in the dining room. Please call the front desk at 612-822-7946, send me an e-mail at lisa@aliveness.org, or just find me to schedule an appointment!

I look forward to meeting you.

NEW EMPLOYEE BIO

Hello Everyone,

My name is Corliss Zawistowski. I am the new Peer to Peer Coordinator at The Aliveness Project.

I have volunteered and worked for The Aliveness Project in the past. I am happily married with two children. I will be working 20 hours a week to serve any members who are in need of reconnecting with HIV services here at The Aliveness Project or with outside vendors.

I have worked most of my career in social work. My background is in serving the mentally/physically disabled population. I bring a wealth of knowledge in HIV/AIDS and I feel privileged to build healthy working relationships with all that I will come in contact with. Please feel free to stop by if you are in the building.

Quote from Corliss:

*I choose to be
BETTER
never bitter.*



Corliss Zawistowski

VOLUNTEER NEWS

Wait, did Dining Out for Life happen already? We owe a **HUGE THANKS to all of our volunteers associated with Dining Out for Life:** those who recruited restaurants, took photographs, assembled materials, hung posters, spoke to their community groups, arranged for bulletins, Tweeted, Re-Tweeted, broadcast Facebook updates, and of course those who dedicatedly volunteered as Ambassadors, who do the honor of representing The Aliveness Project to the whole world on the day of Dining Out for Life.

Many other Dining Out for Life cities are envious of our incredible quality and quantity of Ambassadors. THANK YOU to all of you, for all you do to make this day such a success and to keep our agency thriving. On behalf the Board, MAC, staff, and perhaps most importantly the membership, I thank you. Keep an eye to the next newsletter for more pictures of this amazing event. If you can't wait that long to see a picture of an adorable baby with an "I ATE" sticker on her forehead you should go to our website now and peruse our Dining Out for Life gallery. Additionally, if you have some DOL photos you'd like to send to us, please send them to Tim at events@aliveness.org.

Do you realize how much information is on our website: www.aliveness.org?

You can learn about upcoming special events like Pride, the community picnic, the MN Red Ribbon Ride and soon enough that big thing we do with painted baskets for the winter holidays... See features on this week's menu (highlights include Moroccan beef with couscous, Soul Food Spectacular, Cornish pasties, or vegetarian quesadillas). Get updates on our Capital Campaign and see a virtual tour of the amazing interior of our new building. Perhaps peruse the various seminars our Health and Wellness or Prevention Programs are offering.

You can also **"like" us on Facebook, and "follow" us on Twitter** and now follow our live feeds. Our Twitter handle is AlivenessProject (note: only one "s" in AlivenessProject). Did you know #DOLMN was one of the top twitter feeds in the Twin Cities metro on the day of DOL? I was so proud. Thanks to Sven, Rena, and each of you Twitter fans for its extensive usage.

The last weekend in June marks the return of the **Twin Cities Pride Festival**. We'll again be having volunteers as carnival barkers in our booth in Loring Park. Additionally we'll have our Pride Brunch and Parade Viewing Event happening on Sunday during Pride weekend and additional events throughout the week. Volunteers will help with various tasks, so please be in touch if you'd like to help.

I hope you get a chance to kick back and relax this summer. I find it can be too easy to let the busy days sneak by all too quickly. I'm putting a portable hammock in my car for those times when I pass a park with two trees the perfect distance apart. Here's to hoping you find your hammock! And for the first lucky volunteer to say they read this in our newsletter and give me a call, a wee gift awaits you.

Happy Summer!

Monica Travis

Director of Volunteer Services



FOOD SHELF NEWS

We have many people to thank for all the help with Minnesota FoodShare month.

The Aliveness Project's Bingo fundraiser at the Town House and eagleBOLTbar ran a month-long food drive for us which was a success. We collected 54 pounds of food and \$432.00 in cash. Those dollars will go a long way at the food bank. Thanks to John, Teddy, and Jimmy for their great help along with the additional great volunteers that helped.

We also held a food drive at The Wedge Community Co-op in Minneapolis. We collected 1,713 pounds of food plus \$770.00 in cash donations. A big thanks to all the employees and customers at The Wedge Community Co-op for all their support.

The Gay Pool League also donated a check to our food shelf in the amount of \$500.00. Thank you to Craig who runs the league for their generosity to The Aliveness Project.

During March's Minnesota FoodShare, we collected a total 2,156 pounds of food and \$1,757.00. This was another successful year for The Aliveness Project thanks to all who participated.

Starting in May, we will be opening our food shelf on Saturdays for those that work during the week and can't always get here to pick up their bags during the week. Just ask when you make an appointment if we are taking Saturday appointments yet?

If you recycle your tall paper handle bags, please consider recycling them with us.

See you in the Food Shelf.

Dan Capelli

Food Shelf Director

In Living Memory

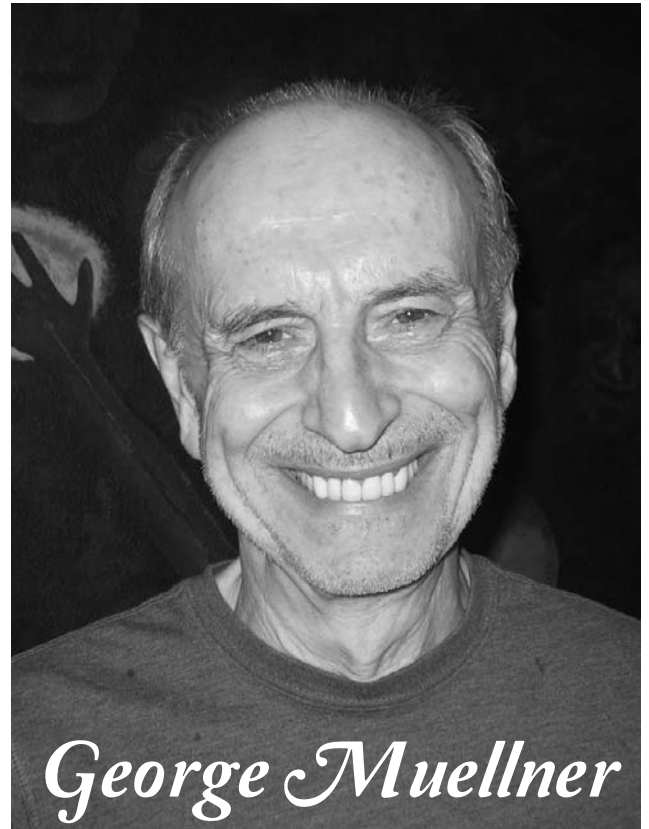
Gary U.

Departed this life

1/9/2012

THERAPIST BIO

Most of my professional life I have been an educator and/or actor, but in the 1990's while working with Shakespeare & Co in Lenox, MA, I was introduced to Kripalu Center for Yoga and Health. My life took a new direction with training as a yoga teacher and massage therapist: I began offering massages at The Aliveness Project in 1999. My massage is basically Swedish, with some elements of Trager, Alexander, Feldenkrais and positional modalities. The goal of my slow, long, full-body strokes is to create a nurturing, deeply relaxing, even meditative state, partnered with the relaxed deep breathing of the client. Research has shown that such states can support and strengthen the immune system. Also, as the client becomes more aware of how and where they hold tension we can together invite release and the free-flow of energy through body, mind and spirit, using body awareness, relaxed breathing and gentle movement. These skills can be carried into daily life. In managing my own chronic condition, Sjogren's Syndrome, I have learned the great value of diet, exercise, relaxed breathing, body awareness and healing touch for living life as fully as possible. I am grateful for the opportunity to share with my massage clients what has been beneficial for me.



Red Ribbon
RIDE

SUPPORT OUR TEAM!

Visit **www.redribbonride.org**

Wish List

- ✓ Interns in the Fundraising and Volunteer Departments
- ✓ New vacuum cleaner with all attachments
- ✓ Inexpensive prizes to be used at Pride booth
- ✓ Good scissors
- ✓ Snacks for our Red Ribbon Riders
(trail mix, salted nut rolls, granola bars, etc.)



HEALTH & WELLNESS PROGRAM

Great news! At the eleventh hour, our health education program received funding to continue workshops over the next year. The United Way Initiative to End Hunger is now funding the program, so our focus will be nutrition, diet, and food. This seems appropriate given that food has been the heart of The Aliveness Project since our origin in 1985. We also have a new part-time dietitian, Lisa Nadeau, who will complement our workshops with one-on-one nutrition counseling.

Don't forget to call (612) 822-7946 or email wellness@aliveness.org to sign up for workshops – they fill up fast!

"Healthy Eating on a Budget"

with Dr. Vernon Kuznia, Mind & Body Chiropractic
Tuesday, May 1, 6 – 7:30 pm
The Aliveness Project Conference Room
Come early for dinner downstairs if you like!

"Portion Control and MyPlate"

with Danielle Morse, HCMC Positive Care Center
Thursday, May 10, 6 – 7:30 pm
The Aliveness Project Conference Room
Come early for dinner downstairs if you like!

"Summer Vegetable Gardening in Containers"

with Iain St. James, Lofty Gardens
Saturday, May 12, 12 – 1:30 pm
Meet in The Aliveness Project lobby
***Wear comfortable shoes and clothes, we will be walking to a community garden**
Come early for brunch downstairs if you like!

"Super Size Me"

Health Effects and Influence of the Fast Food Industry
Saturday, May 19, 12 – 1:30 pm
The Aliveness Project Lobby
A documentary film about a man who eats nothing but fast food for a month
Come early for brunch downstairs if you like!

"Nutrition & HIV"

with Jean Willis, Gilead Sciences
Wednesday, May 23, 6 – 7:30 pm
Wilde Roast Café (65 Main Street SE, Mpls)
On #4,6,10,11,17 busses
validated parking at Riverplace Ramp
(go north on Hennepin out of downtown Mpls, cross river, turn right on 2nd Street SE, ramp is on right)
Dinner provided during the presentation

"Food Safety"

with Lisa Nadeau, Aliveness Project Dietitian
Thursday, May 24, 6 – 7:30 pm
The Aliveness Project Conference Room
Come early for dinner downstairs if you like!

"TEDTalks: Chew on This"

Saturday, June 2, 12 – 1:30 pm
The Aliveness Project Lobby
Short video presentations on food, diet, and nutrition from the Technology, Education & Design Conference
Come early for brunch downstairs if you like!

"Managing Side Effects that Affect Food Intake"

with Lisa Nadeau, Aliveness Project Dietitian
Monday, June 4, 6 – 7:30 pm
The Aliveness Project Conference Room
Come early for dinner downstairs if you like!

"Easy Urban Gardening & Nutrition"

with Ashley Schmillen, Greenwood Acres Garden
Thursday, June 14, 6 – 7:30 pm
Meet in The Aliveness Project lobby
***Wear comfortable shoes and clothes we will be walking to a community garden**
Come early for dinner downstairs if you like!

"Cholesterol and HIV"

with Marcus Wilson, Janssen Therapeutics
Wednesday, June 20, 6 – 7:30 pm
The Aliveness Project Conference Room
Come hungry – healthy dinner provided from Pizza Luce!

"HIV-Related Wasting"

with Lisa Nadeau, Aliveness Project Dietitian
Thursday, June 28, 6 – 7:30 pm
The Aliveness Project Conference Room
Come early for dinner downstairs if you like!

And members, don't forget **"Raise Your T-Cell Count with Drumming"** at The Aliveness Project on **Thursday, June 7 from 5:30-6:30!** It's not an official health workshop, but call me if you would like to be part of this fun and healing experience that has been shown to boost T-cells, counteract free radicals, and reduce stress.



Hanna Dorn

Health & Wellness Program Coordinator
hanna@aliveness.org
(612) 822-7946, ext. 213

DINING OUT FOR LIFE

This year's Dining Out for Life was a great success! We want to express our deep gratitude to our 183 restaurants (including 13 that worked with Rural AIDS Action Network), RAAN, 13 sponsors, Rena Sarigianopoulos and Sven Sundgaard, over 400 ambassadors and other volunteers, and the thousands of diners who participated. This year's goal was \$190,000 (1/5 of our annual budget), so check our website and Facebook page for updates of the total amount raised.



a B I G *thanks* t o

(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
318 Café
The 5-8 Club
The 5-8 Grill and Bar
5-8 Tavern and Grill
8th Street Grill
Acqua
Ah Sa Wan
al Vento
Amazing Grace Bakery & Café
- Duluth
American Pie Pizza - Minnetonka
Angelo's Italian Restaurant
Anodyne Coffeehouse
Arezzo Ristorante
Aster Café
At Sara's Table/Chester Creek Café
- Duluth
B.A.N.K.
Bagu Sushi & Thai
Bambú
Bar Abilene
Barbette
Bella's on Broadway - Alexandria
Be'wiched Deli
Biology 701 - St. Cloud
Birchwood Café
Black Dog Coffee & Wine Bar
Black Forest Inn
Blackbird Café
Blue Point Restaurant
Boca Chica Restaurant
BoDiddle's Pub & Deli
- 3 locations in St. Cloud
Bombay Palace
Brookside Bar & Grill
Bruegger's Bagels
Bryant Lake Bowl
Bukhara Indian Bistro
The Bulldog Lowertown
The Bulldog Uptown
Bullfrog Cajun Bar
Buona Sera Ristorante
and Wine Bar

The Butcher Block Bar
& Restaurant
C.C. Club
Café Ena
Café Maude
Carmelo's Ristorante
Chiang Mai Thai
Chin Dian
Christos Greek Restaurant
- Minnetonka
Christos Union Depot Place
Citizen Café
Coffee News Café
Colossal Café - Minneapolis
Colossal Café - St. Paul
Culvers - Mankato
Culvers - North Mankato
Cupcake
Cuppa Java Coffee and Deli
Curran's Restaurant
Dixie's on Grand
D. Michael B's - Alexandria
Dunn Bros Coffee
eagleBOLTbar
Ecopolitan
Eden Avenue Grill
El Meson
El Nuevo Rodeo
El Paraiso Mexican Restaurant
Elsie's
Erte & The Peacock Lounge
FACES Mears Park
Falafel King
FireLake Grill House
& Cocktail Bar
First Course
Galactic Pizza
Gay 90's
Gigi's Café
Ginger Hop Restaurant
The Glockenspiel
Grand Café
Great Waters Brewing
Company

The Happy Gnome
HauteDish
Hazel's Northeast
The Herkimer Pub and Brewery
Highland Café & Bakery
Himalayan Restaurant
Hot Plate
House of Pizza - St. Cloud
It's Greek to Me
J.D. Hoyt's
Jake O'Connor's Public House
Jakeeno's Pizza & Pasta
Jerusalem Restaurant
Jitters Coffee & Tea House - Duluth
Joe's Garage Restaurant
Khyber Pass Café
Kozlak's Royal Oak Restaurant
Wedding & Events
La Chaya Bistro
Lola's Lakehouse
Loring Kitchen & Bar
The Lowbrow
Lowry Café
Lucia's Restaurant and Wine Bar
Luna Rossa Trattoria & Wine Bar
LUSH Food Bar
Lyon's Pub
Manny's Tortas
Maverick's Wood Grill
May Day Café
Maynard's Restaurant
McCoy's Public House
Mendoberri Café and Wine Bar
Moose and Sadie's
moto-i Sake Brewery & Restaurant
Muffuletta
Ngon Vietnamese Bistro
Nonna Rosa's Ristorante Italiano
Old Village Hall Restaurant
- Lanesboro
Olives - Mankato
Pacific Wok - St. Cloud
Pagoda

Palumbo's Pizzeria
Papa's Restaurant and Deli
Park Tavern Bowling &
Entertainment Center
Pat's Tap
Piccolo
Pizza Lucé - Downtown Mpls
Pizza Lucé - Duluth
Pizza Luce - Hopkins
Pizza Lucé - Seward/University
Pizza Lucé - St. Paul
Pizza Lucé - Uptown
Pub 500 - Mankato
The Purple Onion Café
Rail Station Bar & Grill
Rainbow Chinese
Restaurant & Bar
Red Stag Supperclub
Republic
Restaurant Alma
Restaurant Aura
Rinata
Roat Osha
Rudolphs Bar-B-Que
Rustica Bakery
Saji Ya
The Saloon
Salut Bar Americain St. Paul
The Sample Room
Santorini
Sapor Café/Bar
Sawatdee & Zushiya
of Maple Grove
Sawatdee St. Paul
Sawatdee Thai Restaurant
- Minneapolis
Scusi
Sen Yai Sen Lek
Señor Wong
Sir Benedicts Tavern
on the Lake - Duluth
Social House
Solera
Spill The Wine

Spoonriver
St. Clair Broiler
St. Petersburg Restaurant
& Vodka Bar
Stanley's Northeast Bar Room
Stella's Fish Café
Stir Crazy Fresh Asian Grill
Supatra's Thai Cuisine
Toast Wine Bar & Cafe
Tooties On Lowry
Tracy's Saloon & Eatery
Trattoria da Vinci
Trotter's Café
Tum Rup Thai
Uptown Cafeteria
Va Bene Berarducci's Caffè
- Duluth
Victor's 1959 Café
Vina Restaurant
W.A. Frost and Company
Wilde Roast Cafe
Yum! Kitchen & Bakery
Zen Box Izakaya

DINING OUT FOR LIFE SPONSORS

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Geritom Medical Pharmacy
Janssen Therapeutics
KARE 11
Lavender
Meghan Doll Photography
Minnesota Monthly
Northwestern Health
Sciences University
OpenTable.com
ROR Tax Professionals
Subaru
Taurus Moon Graphic Design, LLC
Townsquare Media
Twin Cities Dining Guide
Wallace Carlson Printing

THANK YOU DONORS!

**Thanks to everyone who gave financial and in-kind gifts
between February 15, 2012 and April 13, 2012**

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Allina Hospitals & Clinics,
Community Engagement
Ameriprise Financial Employee
Giving Campaign
Bemis Company Foundation
Broadway Cares/Equity Fights AIDS
Calvary Lutheran Church
D'Amico & Partners
eagleBOLTbar
Evangelical Lutheran Church in America -
Domestic Hunger Program - Church in Society
Geritom Medical Inc.
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The Imperial Court of Minnesota
James Sewell Ballet
Minneapolis Musical Theatre
Minnesota Red Ribbon Ride
Morgan Stanley Community Affairs
Mount Olive Lutheran Church
Rinata
ROR Tax Professionals, LLC
South High School, Student Council
Y'all Come Back Saloon
The Wedge Community Co-op
Town House Bar
Travelers Foundation
Twin Cities Gay Pool League
U.S. Bancorp Foundation,
Employee Matching Gift Program
Zeno

INDIVIDUALS

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Todd Miller
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Charlotte Moses
Michael Norman
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Gary W Wieser

*** Denotes Friends of Aliveness
Program donors, who have
pledged monthly or quarterly
donations to The Aliveness Project.**



Red Ribbon Ride[®]

DONATION FORM

July 19-22, 2012



Thank You! Please fill this form out completely and legibly to prevent processing delays. Sorry, we cannot accept cash donations. Donations are tax-deductible to the fullest extent of the law. Donations are non-refundable.

NAME OF PARTICIPANT YOU ARE SPONSORING
(Please include participant name & number on all checks.)



Save a stamp and donate quickly online at redribbonride.org!

1

Please Print Your Name!

☐ PLEASE DO NOT PLACE ME ON ANY MAILING LISTS.

FIRST NAME _____ LAST NAME _____ MI _____
 BUSINESS NAME (FOR BUSINESS DONATIONS ONLY) _____ SUITE/APT. NO. _____
 MAILING ADDRESS _____
 CITY _____ STATE _____ ZIP _____
 PHONE (MANDATORY FOR CREDIT/DEBIT CARD PAYMENTS) _____ EMAIL ADDRESS (WE DO NOT SHARE OR SELL YOUR CONTACT INFORMATION) _____

☐ DO NOT DISPLAY DONATION AMOUNT ON PARTICIPANTS PERSONAL WEB PAGE.

2

I'm Behind You Every Mile!

★ MATCHING GIFTS

Many companies match employee donations.
Check with your employer for specific guidelines.

FULL-FLEDGED PLEDGE	\$1500	CHAMPION	\$250
<input type="radio"/> PAY IN FULL		<input type="radio"/> PAY IN FULL	
<input type="radio"/> 10 MONTHLY PAYMENTS OF \$150		<input type="radio"/> 10 MONTHLY PAYMENTS OF \$25	
HERO	\$1000	WINNER	\$150
<input type="radio"/> PAY IN FULL		<input type="radio"/> PAY IN FULL	
<input type="radio"/> 10 MONTHLY PAYMENTS OF \$100		<input type="radio"/> 6 MONTHLY PAYMENTS OF \$25	
PASSION	\$750	FRIEND	\$100
<input type="radio"/> PAY IN FULL		<input type="radio"/> PAY IN FULL	
<input type="radio"/> 10 MONTHLY PAYMENTS OF \$75		<input type="radio"/> 4 MONTHLY PAYMENTS OF \$25	
DEDICATION	\$500	Donor's Choice	\$ _____
<input type="radio"/> PAY IN FULL		<input type="radio"/> PAY IN FULL	
<input type="radio"/> 10 MONTHLY PAYMENTS OF \$50		<input type="radio"/> _____ MONTHLY PAYMENTS OF \$ _____	

(Monthly payments must be \$25 or higher and cannot be extended beyond 10 mo.)

3

Easy Payment Options!

Based on the selection I made in Step 2, I would like to pay my donation via:

(Please choose one form of payment. Credit cards are the only acceptable form of payment for monthly pledge payments.)

☐ Personal Check Single Payment in Full - Bank Name: _____ Check Number: _____
 Please make checks payable to the Red Ribbon Ride[®]. (Please include participant name and number on all checks.)

☐ Donating by Credit Card Circle One:

ACCOUNT NUMBER _____

EXPIRATION DATE _____

CARD HOLDER NAME _____

CARD HOLDER SIGNATURE _____

IMPORTANT: Your monthly statement(s) will read Minnesota Fighting AIDS on Bikes. Payments commence immediately upon processing of this form. Donations are tax-deductible to the fullest extent of the law. Donations are non-refundable.

I have read and understand the above.

SIGNATURE _____

DATE _____

PLEASE SEND THIS FORM WITH DONATIONS TO:

RED RIBBON RIDE[®] | 4457 THIRD AVENUE SOUTH | MINNEAPOLIS, MN 55419
 PH: 612-822-2110 | FAX: 612-822-2551 | redribbonride.org

DONATIONS BENEFIT: African American AIDS Task Force | The Aliveness Project | Care Housing | Hope House of St. Croix Valley | Minnesota AIDS Project | One Heartland | Park House | Rural AIDS Action Network

2012 RED RIBBON RIDE

May/June 2012

730 East 38th Street
Minneapolis, MN 55407

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Twin Cities MN
Permit No. 3134

SUPPORT OUR TEAM! Visit www.redribbonride.org



MARK YOUR CALENDAR!
JULY 19 - 22