

the Aliveness

Serving Our HIV/AIDS Community Since 1985 July/August 2010 Vol. 20, Issue 3

RED RIBBON RIDE

The eighth annual Minnesota Red Ribbon Ride will take place July 15-18. The Aliveness Project is one of eight benefiting AIDS service organizations, including African American AIDS Task Force, Clare Housing, Hope House of St. Croix Valley, Minnesota AIDS Project, One Heartland, Park House, Rural AIDS Action Network. Last year's Ride raised \$484,000 and this year's goal is \$500,000.

Team Aliveness has 9 riders and 4 crew members: Sean Divine, Andy Ernst, Walter Gies, Monte Jarvis, Charlie Jordan, Joe Larson (crew), Deb Malmon, Tedd Richardson (crew), Bonnie Sainio (crew), Terry Sainio, Stephanie Shaw (crew), Barbara Smith and Glade Woolstenhulme. **To make a pledge to support one or more of these committed volunteers**, go to www.redribbonride.org (click on "Make A Donation" and then search for a team or participant) or use the form on page 5.

Help us show our gratitude to this year's riders and crew by attending the Closing Ceremony on Sunday, July 18 at 1:30 pm at the State Capitol Mall steps. Come and cheer them on the final leg of their 300-mile journey!

MEMBER SURVEY

Last month, we conducted a survey of members. Below is a summary of responses, including the average rating of importance and quality of each major service we provide (1 = Low, 5 = High). Overall, most of our programs had a high rating and many members expressed a lot of gratitude for the services offered by The Aliveness Project. It was good to what a positive impact through these programs. We will use this information for making plans for the future.

2 The Aliveness Project's 25th Anniversary

October 22, 2010 at The Women's Club of Minneapolis.

6 Dining Out for Life Restaurants

Dine at these restaurants throughout the year to say thanks.

11 Annual Membership Meeting Report

Increased number of members served in 2009.

SERVICE	Importance of Service Average Rating (1-5)*	Quality of Service Average Rating (1-5)*
Meal Program	4.7	4.9
Integrative Therapies	4.3	4.6
Food Shelf	4.0	4.4
Social Gatherings	3.9	4.3
Free Ticket Program	3.8	4.2
Workshops	3.7	4.3
Holiday Baskets	3.7	4.5
Case Management	3.3	4.2
Pet Clinics	3.2	4.3
Computers / Internet	3.2	4.2
Library	3.0	3.6

One of our members made the following comment: "I was impressed when I first came to The Aliveness Project. I had never seen another organization do what we do here. It made me want to give back."

HIV SUMMER PICNIC

I hope you can join us for our annual summer picnic on Friday, August 6, from noon to 3 p.m. at the Minnehaha Park Wabun Shelter (see page 3 for more details.) We invite members, volunteers and their families to share a fun-filled afternoon in the sun!

Joe Larson

Executive Director



THE ALIVENESS PROJECT'S 25th ANNIVERSARY!

Since its inception in 1985, The Aliveness Project has been tirelessly serving the HIV/AIDS community. Now it's 2010 and it is our **25th anniversary** and a time to celebrate the great accomplishments we have achieved over the past years and look ahead to our new building and all that is still to be done.

Twenty-five years ago, people living with HIV/AIDS began by meeting in church basements and living rooms to share and ponder the questions, "how can we remain alive?" In 2009, The Aliveness Project served nearly 1,600 members (one in four of all HIV+ people identified in Minnesota) through its various programs: food shelf, integrative therapies, holiday baskets, hot meals, medical case management and so much more.

Come celebrate with us as we look both at our past and ahead to our future. A gala will be held on **Friday, October 22, 2010** at The Women's Club. It will be a wonderful evening of hors d'oeuvres, entertainment, silent auction, program and dancing.

More in our next newsletter!



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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.

COMMUNITY PICNIC

Hey everyone, it is that time again. The annual **HIV+ Community Picnic** will be on **Friday, August 6** from 12 noon until 3:00. The event will take place in our usual location Minnehaha Falls, Wabun Shelter A. Members are welcome to bring family and friends. Just **call the front desk** to let us know you plan to attend and how many guests you will bring.

The location is great. It has a shaded area for eating and is close to the building that has changing rooms and restrooms. It is also right next to a water play area with fountains and jet sprays that are a refreshing way for the kids or adults to cool off. I recommend that children bring swimsuits. There will be bingo with tons of prizes, water balloons, and kick ball. Of course, we will have tons of good food and beverages. So, plan to be at the picnic. It should be a great time. Remember that The Aliveness Project will be closed that day.

TWINS GAME

On June 10, we had a lottery and gave away 50 tickets to a Twins game. On Sunday, June 13, 25 lucky members and their guests attended the Twins vs Atlanta Braves game. What a great way to spend a Sunday. We want to thank the Twins Community Fund and Twins players for their generous donation.

YOGA CLASS

I hope everyone has heard that we are having free Yoga classes at The Aliveness Project. The first class took place Monday, June 14. The classes are Mondays and Thursdays from 5:10 pm until 6:00 pm. Classes run through July. There will not be a class on Monday, July 5. The Aliveness Project is closed that day. Sign up at the front desk if you want to attend. You do not have to attend the first class to join. You can join any of the classes. Libby Weibel will instruct the first class and another Yoga instructor will monitor and adjust people during the class. A group of instructors will alternate teaching and observing each class.

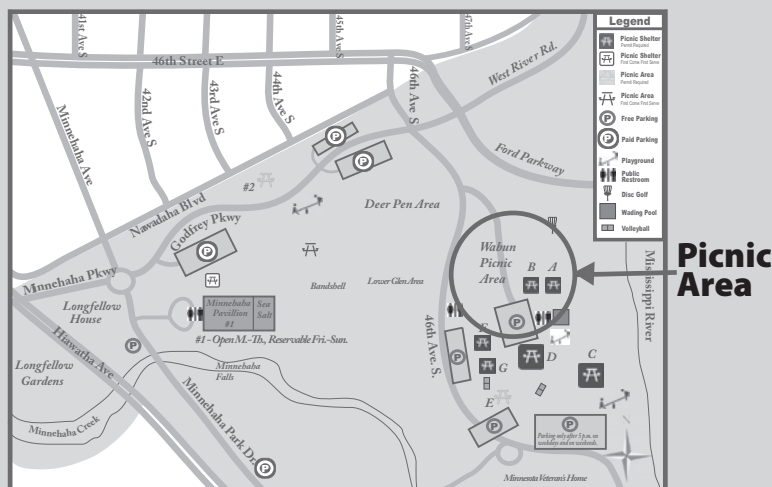
HAIR CUT CLINIC

We had a Hair Cut Clinic on Monday, June 21 at The Aliveness Project. A group of cosmetologists donated their time by giving haircuts from 11:00 to 3:00. We want to thank the hairdressers for their generosity and the wonderful day they gave to us. The cosmetologists were: Ashley Schneider, Becky Sturges and Tammy Angrinson from Shear Art Hair Studio, Macy Topp and Jess Pratt from Pixie Salon, Nathan Granados from Great Clips and Heidi Govednik from Salon on the Edge. Members lined up at the door of the big room to get haircuts. Everyone really had a great time and members left that day with some great looking hairstyles. Look for photos and a follow up article in our next newsletter.

Johnny Herda-Anzaldo - *Director of Membership Services*

Minnehaha Regional Park

Group Picnic Facilities
www.MinneapolisParks.org



join us for a day of fun in the sun...

HIV+ Community Picnic

SITE: Wabun Shelter A, Minnehaha Falls Area

DATE: Friday August 6 2010

TIME: 12:00pm - 3:00pm

Food served from 12 - 2

Family and Friends welcome to attend!

If you drive, some parking is free and some is metered. If you are taking a bus to the event, you can call the MTC Bus Co. at 612.373.3333 to find out the most efficient route for you to take.



DATES Monday June 15th - Thursday July 29th
(no class July 5th)

TIME Monday and Thursday evenings 5:10 - 6:00pm
Come for Yoga, Stay for Dinner!

YOU NEED Doctor's permission for mild exercise.

PLEASE BRING A yoga mat and towel if you have one.
(Limited mats will be provided.)

YOGA CLASS

We are excited to announce that free yoga will be provided to members, staff and volunteers at the Aliveness Project June 15th through July 29th! The instructors consist of 13 ladies that are about to complete their Yoga Teacher Training at the Yoga Center of Minneapolis. No yoga experience is necessary - the instructors will break down and adapt the poses for all levels. The yoga taught will be a gentle Hatha practice that focuses on stretching, breathing and centering. Three instructors will be present at all classes so there will be people to help guide participants and answer questions.

We are honored as a community of soon to be yoga instructors to share our yoga practice with your community! Come visit us and see what yoga is all about!

Libby Weibel

FOOD SHELF NEWS

Happy Summer everybody! There are always a lot of fun things to do in June, like The Aliveness Project's Food Drive held at The Wedge Whole Foods Co-op on Franklin and Lyndale. We are always very grateful to all the people at the Wedge for hosting our food drives and all the support they give us. At the time of this writing, I don't have any numbers to report, but will in our next newsletter.

I get a lot of questions about dates on food items. If you get something that seems to be outdated, here's a bit of information. How long can you keep canned foods? Store commercially and other shelf stable products in a cool dry place. Never put them above the stove, under the sink, in a damp garage or basement, or any place exposed to high or low temperature extremes.

Store high acid foods such as tomatoes and other fruit up to 18 months; low acid foods such as meat and vegetables, 2 to 5 years. Canned meat and poultry will keep at its best quality 2 to 5 years, if the can remains in good condition and has been stored in a cool, clean, dry place.

While extremely rare, a toxin produced by **Clostridium botulinum** is the worst danger in canned goods. Never use food from containers that show possible "botulism" warnings: leaking, bulging, cracked jars or jars with loose or bulging lids; canned foods with a foul odor, or any container that spurts liquid when opening. Don't even taste such food! Even a minuscule amount of botulinum can be deadly.

Can linings might discolor or corrode when metal reacts with high-acid foods such as tomatoes or pineapple. As long as the can is in good shape, the contents should be safe to eat, although the taste, texture and nutrition value of the food can diminish over time.

Home canned foods should be used within a year. You can keep peanut butter safe in the pantry for 6-9 months (unopened) and 2-3 months (opened).

That's all for now so thanks and keep those tall handle bags coming and stay healthy!

Dan Capelli - *Food Shelf Director*



It's promising to be a busy summer in Health & Wellness at Aliveness. Trying to quit smoking has become one of the most trying endeavors facing our members. To assist with this challenge, Health & Wellness is proud to present a series of informational sessions detailing the nuts and bolts of the available major smoking cessation programs. These sessions will be held throughout the summer in the afternoon and again in the evening to accommodate all members who wish to attend. Dates and times will be announced. Keep an eye out for flyers.

This summer will see the beginning of the much-requested Women's Group. The first meeting will be held on Saturday, June 19th at noon. Members are invited and encouraged to come earlier (11 AM) for a brunch. July 17th and August 21st are the remaining summer dates for this group. Upcoming Fall Health & Wellness programming will include workshops on aging, long-term survivor issues, clinical trials, movie nights and, of course, an educational dinner co-sponsored by Bio-Script pharmacy.

Darin Olson (Peer Health Educator) and I are looking forward to working together with you to ensure that we all stay as healthy as we can be -- in mind, body and soul.

Sandra Johnson - *Health & Wellness Coordinator*



The **Red Ribbon Ride** is almost upon us. Team Aliveness has been busy training for the long ride ahead. We will be leaving the **Mall of America at 6:30 AM, July 15** after a short Opening Ceremony. We invite you to come see us off or cheer us in at the State Capitol, Sunday, July 18, 1:30 PM. It's always nice to get support from people we know and love. Another way to support Team Aliveness is to make a donation. We have team donor forms at The Aliveness Project or you can go to www.redribbonride.org and make a donation online. Click on "Make a Donation", search for Team Aliveness and select a rider who hasn't achieved the \$1,500 minimum amount. Any donation is greatly appreciated. Thank you for supporting Team Aliveness!

Sean Divine - *Director of Food Services*

PARTICIPANT NUMBER

Red Ribbon Ride[®]

DONATION FORM

July 15-18, 2010

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.)



July 15-18, 2010



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 | Claire Housing | Hope House of St. Croix Valley | Minnesota AIDS Project | One Heartland | Park House | Rural AIDS Action Network

2010 RED RIBBON RIDE

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	Roat 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	Try's
Cuppa Java Coffee and Deli	Muffuletta Café	Tum 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	

VOLUNTEER NEWS

Oh summer, my favorite season. During summer I try to walk to work more and I find it gives me good time to think. Sometimes my thoughts float to thinking about what we accomplish together as The Aliveness Project Community, and I have to admit that I'm pleased. I think you should be too, as the work our volunteers do is incredible. In fact, I think it is time to be a bit boastful about our good work.

Our annual report as published in May noted that nearly 1,100 of you helped in 2009, giving 31,000 hours. Kudos to all of you! Also, a tremendous thanks to the students who have just finished their spring semester with us, and a welcoming round of applause too for the students who are joining us for the summer. Please see the accompanying biographies for our new interns.

This summer has our Volunteer Program busy with food drives and the Twin Cities GLBT Pride Festival, the Red Ribbon Ride, the annual picnic, preparations for our 25th anniversary this autumn, and of course that ubiquitous upcoming end-of-the-year extravaganza: Holiday Baskets!

It's true. Holiday Baskets is just around the bend. It may be 82 degrees outside and we are walking around in flip-flops now, but The Aliveness Project is already looking for volunteers and donations to help with our annual Holiday Basket Program. What do we need in preparation this autumn? Mostly two things: boxes painted in winter holiday themes by school kids or other groups (adults welcome, too!), and in invitation for us to speak at your place of worship, business, or social club who may be interested in adopting some Holiday Baskets. Please contact us soon so we may get on your calendar. Certainly donations of new winter clothing, gift cards, games, DVD's, or music for various ages and interests are also welcome. We are also looking for volunteers to assist with donation solicitation. Leadership and internship positions to help with the program are available.

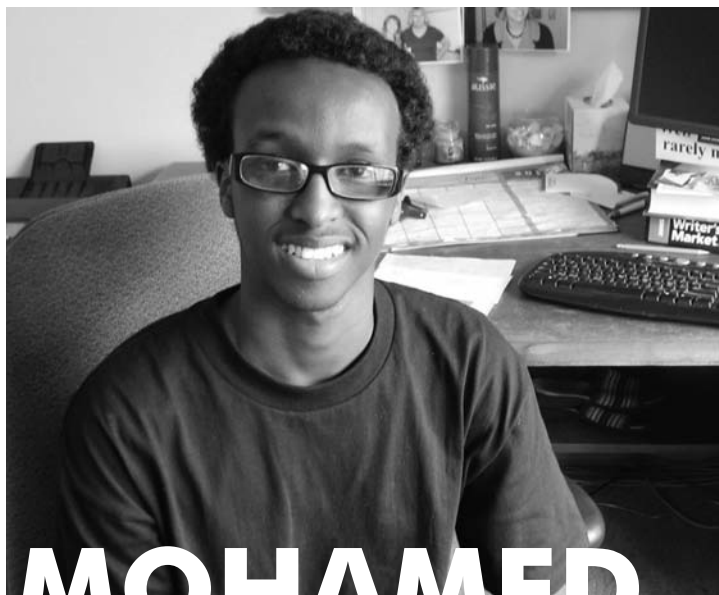
Whether you walk, bike, or paddle through our great Minnesota outdoors this summer, I hope you'll take some time to revel in the loveliness around you. Allow summer to be boastful in her beauty. Revel too in the words of a woman who understood the meaning of the work you do, even when it seems difficult to see the beauty of the greater picture:

continued on page 7...

*What I do, you cannot do; but what you do, I cannot do.
The needs are great, and none of us, including me, ever do great things.
But we can do small things, with great love,
And together we can do something wonderful.
~ Mother Teresa ~*

A special thanks to my uncle, Fr. Jim Travis M.M., a devoted volunteer, for introducing me to her wise words, and for inspiring my work in our HIV/AIDS community.

Monica Travis - *Director of Volunteer Services*



MOHAMED

Hi my name is Mohamed Abdikarin, one of the new interns here at The Aliveness Project through the Step-Up program. I'm going to be in my senior year of high school. I'm doing a lot of things over this summer, including interning here at The Aliveness Project. Also, I'll be going on a trip to Washington DC through 4-H, taking summer classes at South High School, and participating in regular sports activities like football or basketball tournaments.

I was born in Nairobi, Kenya. I came to America at the age of seven. Although English isn't my first language I feel like it's my strongest language. Growing up the youngest in a family of four, it wasn't hard to get attention. But, over the years my mom and dad divorced and each remarried. I now have 2 step-brothers and a step-sister on my dad's side, and a step-brother on my mom's side, so it's kind of hard to get the attention that I used to. But, over the years I grew to love having younger siblings.

I'm a Volunteer Program Assistant at The Aliveness Project. Here at The Aliveness Project I'm going to be researching PTO days at local corporations, working in the kitchen and food shelf, working with Monica and Tim on various events, and working at the Food Drive, the Red Ribbon Ride, and Twin Cities Pride.

EUNICE



My name is Eunice Opare, an intern with THE ALIVENESS PROJECT. I am currently a student from University of Minnesota pursuing a Masters degree in Public Health. As an intern, I will assist The Aliveness Project in assessing its service evaluation; including the review and development of goals, objectives, activities, outcomes, indicators of success, and data collection and analysis.

I have always being interested in the population based health practice and infectious diseases, hence my interest in HIV/AIDS. The disease is a major scourge in my native country and Africa as a whole. As an African born immigrant, it was always painful to see the stigma that HIV/AIDS patients have to live within their African Society.

I have always marveled at the gross misinformation propagated against HIV/AIDS patients. HIV/AIDS is a preventable disease, and can be controlled with adequate health education, basic public health practices and policies.

It is very interesting to know that there are organizations like The Aliveness Project that care about HIV/AIDS patients. I am impressed about the wonderful work done at The Aliveness Project and proud to have the chance to be a part of such a wonderful organization. I look forward to learning from staff, members, and volunteers.

I believe that my personal goals and aspiration are in synergy with THE ALIVENESS PROJECT.

THANK YOU DONORS!

Thanks to everyone who gave financial and in-kind gifts between April 26, 2010 and June 16, 2010

ORGANIZATIONS

318 Café
8th Street Grill
Abbott Laboratories
Afton House Inn
al Vento
Alexandra House
Anodyne Coffeehouse
At Sara's Table
Chester Creek Café
Auction Masters
Azia Restaurant &
The Caterpillar Lounge
B.A.N.K.
Barbette
Bartelt Acupuncture
and Wellness, Inc
Beaujo's Wine Bar & Bistro
Bemis Company Foundation
Birchwood Café
Black Forest Inn
Buona Sera
C.C. Club
Cafe Ena
Charlie's at Water Street Inn
Chiang Mai Thai
Chin Dian Café
Christ English Lutheran Church
Christo's Greek Restaurant
Christos Union Depot Place
City Pages
Clear Channel Outdoor
The Craftsman
Creative Business Services
Cuppa Java
Curran's Restaurant
Dakota Jazz Club & Restaurant
Ecopolitan Restaurant
Eden Avenue Grill
El Meson
El Paraiso Restaurant
Elsie's Restaurant & Lounge
Erté & The Peacock Lounge
Everest on Grand
Falafel King
FireLake Grill House &
Cocktail Bar
Fireroast Mountain Café
First Christian Church
Fuji-Ya Restaurant
Galactic Pizza
Gay 90's
Ginger Hop Restaurant
Great Clips for Hair
France Avenue Store
Great Waters Brewing Company
Hennepin Theatre Trust,
Access Ticket Program
Highland Cafe and Bakery, Inc.
Himalayan Restaurant
Hot Plate
HRK Foundation
Hugh J. Andersen Foundation
IBM Employee Services Center
The Independent
It's Greek to Me
Jakeeno's Pizza & Pasta
The Jay & Rose Phillips
Family Foundation
Jitters Coffee & Tea House
Joe's Garage Restaurant
The Jungle Theater
KARE 11/Metromix
Khyber Pass Café
Knights of Leather
KS95
La Belle Crepe
Lake Avenue Café
Lavender Magazine
Lone Spur Grill & Bar
Loring Kitchen & Bar
Manny's Tortas
Maverick's Wood Grill
Maynard's Restaurant
McCoy's Public House

Meghan Doll Photography
Minneapolis Eagle
Minneapolis Musical Theatre
Minnesota Monthly
Minnesota Theatres
The Heights Theatre
Minnesota Twins Baseball Club
Twins Community Fund
moto-i
Muffuletta Café
Napa Valley Grille
New Scenic Café
Ngon Vietnamese Bistro
Northwestern Health
Sciences University
OM
Pagoda
Pancho Villa Grill
Papa's Restaurant & Deli
Pizza Luce - Downtown Mpls
Pizza Luce - Duluth
Pizza Luce - Seward/University
Pizza Luce - St. Paul
Pizza Luce - Uptown
The Purple Onion Café
The Q Kindness Café
Rainbow Chinese Restaurant
RE/MAX Results
Red Stag Supperclub
Robbinsdale United Church of Christ
Pilgrim's Guild
ROR Tax Professionals, LLC
Rustica Bakery
Sanctuary Restaurant, LLC
Santorini
Sawatdee & Zushiya of Maple Grove
Sawatdee Thai Restaurant
Senor Wong
Sontes
Southside Farm Store
Spill The Wine
Spoonriver
Supatra's Thai Cuisine
The Talent Show
Taurus Moon Graphic Designs
Tibotec Therapeutics
Tickles Food & Bar
Tiger Sushi II
Toast Wine Bar & Cafe
Trattoria da Vinci
Travelers Foundation
Community Action Awards
Trotter's Café
TRUIST
Tryg's
Turn Rup Thai
Twin Cities Dining Guide
Vina Restaurant
W.A. Frost
Wilde Roast Café
Yum!
Zeitgeist Arts Café

INDIVIDUALS

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DINING OUT FOR LIFE 2010

Using a young person's vernacular....OMG!!! Dining Out for Life 2010 will be our most successful DOL in history for many reasons. First, we had 157 **restaurants** (up from 130 in 2009). [See the list of restaurants in this edition, and dine at them often saying thanks!]

Next, we had a record number of **ambassadors** serving this year....nearly 350 ambassadors serving in the various restaurants. Many ambassadors chose to do more than one meal shift which helped us cover nearly all 504 meal times. In addition, they raised over \$47,000 (up over \$11,000). Thank you to the ambassadors who made such a difference on that day and to Monica Travis (Director of Volunteer Services).

Thirdly, at the writing of this article with 31 restaurants still to pay, we have brought in \$150,747.00 and our 2010 goal was \$130,000. This will be such a HUGE help for our budget. Dining Out for Life usually brings in about 14% of our total budget. This is fantastic!! Thank you **diners** for your strong appetite to help The Aliveness Project!

I also want to thank **Sven Sundgaard** again his invaluable help and spending the entire day of Dining Out running to 26 restaurants, taking pictures, signing autographs and just being a really neat person. It was a pleasure to ride with you all day!

I also want to thank our **sponsors** this year for their very important contributions to the success of this one day event: Abbott Laboratories, City Pages (Presenting Sponsor), Clear Channel Outdoor, Metromix powered by KARE 11, Lavender Magazine (Presenting Sponsor), Meghan Doll Studios, Minnesota Monthly, Northwestern Health Sciences University, Open Table, KS95, RE/MAX Results, ROR Tax Professionals LLC, Taurus Moon Graphic Designs, Tibotec, Ticket Works, Twin Cities Dining Guide, Wallace Carlson Printing and Yelp!

Want to help in some way next year? Put this date on your calendar, **Thursday, April 28, 2011**.

ANNUAL MEMBERSHIP MEETING

The Annual Meeting of The Aliveness Project was held on Tuesday May 25th, 2010.

Joe Larson, the Executive Director, presented the Annual Report for 2009. The Theme of the Report was "impact+", the same as the Capitol Campaign. Some of the major points Joe covered were:

- 1,572 individual members were served by the Aliveness Project in 2009 which is 1 out of 4 people living with HIV/AIDS in Minnesota.
- 47% of those we serve are people of color.
- 72% of our members have incomes below the Federal Poverty Level.

The membership then were introduced to the candidates seeking election to the Membership Advisory Committee (MAC).

The MAC had invited the Board Members up for re-election to be at the Annual Meeting. Those present also introduced themselves to the members.

All 19 of the MAC members on the ballot were elected, as were all six of the Board candidates.

Scott Schlaffman, the Gaming Manager, gave a summary of the past five years of our Charitable Gaming Operations. Scott reported that \$49,000 was donated to the General Operating Fund and \$10,000 has been donated to the Capitol Campaign.

We had an excellent turnout and I thank everyone who attended. It's wonderful to have such great enthusiasm as we celebrate our 25th year and look forward to moving into our new home.

Michael Oian - *MAC President*



July/August 2010

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