

# the Aliveness

Serving Our HIV/AIDS Community Since 1985 May/June 2011 Vol. 21, Issue 3

## 30 YEARS OF AIDS

This year marks three decades of the HIV/AIDS pandemic and over 25 years of services offered by The Aliveness Project to those living with HIV/AIDS in Minnesota.

Here are some highlights of the past 30 years:

**June 5, 1981:** The Centers for Disease issued the first report on what came to be known as AIDS (Acquired Immunodeficiency Syndrome) among 5 young gay men.

**1982:** The first case of AIDS was diagnosed in Minnesota.

**1983:** Scientists identify HIV (Human Immunodeficiency Virus) as the virus that causes AIDS.

**1985:** A small group of individuals living with HIV/AIDS started meeting in homes and a local church. Together they founded The Aliveness Project as a place for people living with this newly-identified disease to come and share support and food in a safe and confidential space.

**1985:** FDA approved the first HIV antibody test. Ryan White, a 14 year old student, was banned from attending a school in Kokomo, Indiana because of his HIV infection. Rock Hudson died of AIDS.

**1987:** AZT introduced as the first AIDS drug.

**1988:** World Health Organization created World AIDS Day to focus attention on fighting the disease. The Aliveness Project moved into its current building at 730 East 38th Street. Our Holiday Basket Program first distributed gift baskets to individuals living with HIV/AIDS.

**1994:** AIDS named leading cause of death for adults 25-44 years old.

**1995:** First protease inhibitor introduced.

**1996:** Ryan White CARE Act funding was passed by Congress.

**1997:** Our first Dining Out for Life event was held and the Charitable Gaming Program was begun. Our Meal Program added evening meals and Saturday brunch.

**2000:** The Aliveness Project served 773 members—half the number served last year.

**2001:** AIDS becomes the leading cause of death in sub-Saharan Africa.

**2003:** President George W. Bush announced the President's Emergency Plan for AIDS Relief (PEPFAR), a five-year, \$15 billion initiative to fight HIV/AIDS in Africa and the Caribbean.

**2006:** FDA approved the first once-a-day treatment option. CDC recommends routine HIV screening for all adults 13-64 years old.

**2007:** The World Health Organization reported that 2.7 million people were newly infected in the previous year and 33.2 million people are living with HIV/AIDS worldwide.

**2008:** CDC released new HIV incidence estimate: 56,000 new infections in the U.S. each year, substantially higher than previous estimates of 40,000 annual cases.

**2009:** President Barack Obama lifted the HIV travel ban. Minnesota Department of Health reported a 13% increase in new cases of HIV—the largest increase in 17 years. The Aliveness Project began its Capital Campaign to raise funds for purchase and renovation of new building at 3808 Nicollet.

**2010:** The World Health Organization estimated that 5.2 million people receive HIV treatment. The Aliveness Project served 1,583 members—one in four Minnesotans living with HIV/AIDS.

**2011:** CDC estimates that more than one million people are living with HIV/AIDS in the United States, but one in five (21%) is unaware of their status. Current treatments are extending the lifespan and quality of life of many people living with HIV/AIDS.

**Today:** The Aliveness Project continues to add 3-4 new members per week who need the services and support offered by our staff, volunteers and other members.

Joe Larson - Executive Director



# a B I G t h a n k s 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	Citizen Cafe	It's Greek to Me	Rainbow Chinese Restaurant
318 Café	Colossal Café	J.D. Hoyt's	Red Stag Supperclub
8th Street Grill	The Craftsman	Jackson's Coffee & Gelato	Restaurant Alma
Acqua	Cupcake	Jakeeno's Pizza & Pasta	Restaurant Aura
Afton House Inn	Cuppa Java Coffee and Deli	Jitters Coffee & Tea House, Duluth	Rinata
al Vento	Curran's Restaurant	Joe's Garage Restaurant	Riverview Café & Wine Bar
Amazing Grace Bakery & Café, Duluth	Dover Restaurant & Bar	Joseph's Family Restaurant	Roat Osha
Angelo's Italian Restaurant	Dunn Bros Coffee, Roseville	Kafé 421	Roman Anthony's Italian Restaurant
Anodyne @ 43rd	eagleBOLTbar	Khyber Pass Café	Rudolphs Bar-B-Que
Arezzo Ristorante	Ecopolitan	La Chaya Bistro	Rustica Bakery
Aster Café	Eden Avenue Grill	Lone Spur Grill & Bar	The Saloon
At Sara's Table/Chester Creek Café, Duluth	El Mesón	Loring Kitchen & Bar	The Sample Room
B.A.N.K.	El Nuevo Rodeo	Lucia's	Sanctuary
Bambu	El Paraiso Mexican Restaurant	Luna Rossa Trattoria & Wine Bar	Santorini
Bar Abilene	Elsie's	LUSH Food Bar	Sapor Café/Bar
Barbette	Erte & The Peacock Lounge	Lyon's Pub	Sawatdee & Zushiya of Maple Grove
Beaujo's Wine Bar & Bistro	Everest on Grand	The Malt Shop Restaurant	Sawatdee St. Paul
Birchwood Café	FACES Mears Park	Manny's Tortas	Sawatdee Thai Restaurant, Minneapolis
Black Dog Café & Wine Bar	Falafel King	Maverick's Wood Grill	Sen Yai Sen Lek
Black Forest Inn	Fat Lorenzo's	May Day Café	Señor Wong
Blackbird Café	Finnish Bistro	Maynard's Restaurant, Excelsior	Sir Benedicts Tavern on the Lake, Duluth
Boca Chica Restaurant	FireLake Grill House & Cocktail Bar	McCoy's Public House	Sontes, Rochester
Brasa Rotisserie	Fireroast Mountain Café	Moose and Sadie's	Spill The Wine
Bruegger's Bagels, Eden Prairie	First Course	moto-i Sake Brewery Restaurant	Spoonriver
The Bulldog Lowertown	Fuji Ya Japanese	Muffuletta	St. Clair Broiler
The Bulldog Uptown	Fusion	Napa Valley Grille	Stanley's Northeast Bar Room
Buona Sera	Galactic Pizza	New Scenic Café, Duluth	Stella's Fish Cafe
The Butcher Block Bar & Restaurant	Gigi's Café	Ngon Vietnamese Bistro	Supatra's Thai Cuisine
C.C. Club	Ginger Hop Restaurant	Nonna Rosa's Ristorante Italiano	Tanpopo Noodle Shop
Café Ena	The Glockenspiel	Pagoda	Tanpopo Noodle Shop
Café Maude	Grand Café	Pancho Villa's Grill	Thanh Do Restaurant
Café Twenty-Eight	Great Waters Brewing Company	Papa's Restaurant and Deli	Thom Pham's Wondrous Asian Kitchen
Campus Pizza	Hazel's Northeast	Park Tavern Bowling & Entertainment Center	Toast Wine Bar & Café
Carmelo's Ristorante	Heidi's Minneapolis	Piccolo	Tooties On Lowry
Chiang Mai Thai	The Herkimer Pub and Brewery	Pizza Lucé, Downtown Minneapolis	Trattoria da Vinci
Chin Dian Café	Highland Café & Bakery	Pizza Lucé, Duluth	Tum Rup Thai
Chris & Rob's Chicago Taste Authority, Fridley	Himalayan Restaurant, Fridley	Pizza Luce, Hopkins	Va Bene Berarducci's Caffè, Duluth
Chris & Rob's Chicago Taste Authority, Minneapolis	Himalayan Restaurant, Minneapolis	Pizza Lucé, Seward/University	Victor's 1959 Café
Chris & Rob's Chicago Taste Authority, St. Paul	Hot Plate	Pizza Lucé, St. Paul	Vina Restaurant
Christos Greek Restaurant- Mtka	Il Gatto	Pizza Lucé, Uptown	W.A. Frost
Christos Union Depot Place	The Independent	The Purple Onion Café	Wienery
		Rail Station Bar & Grill	Wilde Roast Café
			Yum! Kitchen and Bakery

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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.

# LAVENDER

## PRIDE CENTRAL

### FEATURING BITCH 'N BRUNCH

### BENEFITING THE ALIVENESS PROJECT

Sunday, June 26, 2011

9:00 am – 1:00 pm

Rooftop lounge - Seven Steakhouse • Minneapolis

#### OVERVIEW

Join our hostess, locally renowned drag personality, Bitch Flowers, for the one and only Lavender Pride Central at our new home, the rooftop lounge of Seven Steakhouse. 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, complimentary gift bags, prize drawings, and the best view of the GLBT pride parade.

#### Ticket Prices

##### PREPAID

\$25 includes admission and brunch

\$10 parade viewing admission only

#### AT THE DOOR:

\$30 includes admission and brunch

\$10 parade viewing admission only

Purchase your tickets early at [www.aliveness.org](http://www.aliveness.org)!



## DINING OUT FOR LIFE

This year's Dining Out for Life was a great success! We want to express our deep gratitude to our 166 restaurants, 17 sponsors, over 400 ambassadors and other volunteers, and the thousands of diners who participated. This year's goal is \$170,000 (14% of our annual budget), so check our website and Facebook page for updates of the total amount raised.

## In Living Memory

Departed this Life

Mykal M..... March 20, 2011

Richard H..... December 30, 2010



# HEALTH & WELLNESS PROGRAM

## FAQ - Frequently Asked Questions

### “Why should I come to Health & Wellness events?”

“I come to health events to increase my understanding of what I’m dealing with – I’ve learned that even after living with HIV for 26 years, I don’t know it all. Some of it is all gloom and doom and scary, but there is healing in learning the details and getting to know ‘the enemy,’ HIV. These programs are a chance to meet other people in our HIV community and share knowledge. I also pass on what I learn to my Native community and those in the general public who aren’t as well educated about this illness. I’m not afraid to stand up and say, ‘This is me.’ HIV can be a manageable part of life.”

-Rodney, a member of The Aliveness Project

### “What are the talks about?”

Our goal is to present information to people living with HIV/AIDS can use to live healthy and vibrant lives. We book speakers on everything from HIV-specific topics (medication, adherence, opportunistic infections, lab results, stigma, disclosure) to broader life issues like addiction, mental health, and spirituality. If you have suggestions for health topics that would benefit YOU, we want to know!

### “How do I learn more?”

#### Take a flyer:

The next time you come by The Aliveness Project for a meal, pick up a monthly calendar of events at the front door or front desk.

#### Look online:

Health & Wellness events are now listed on our website. Just visit [aliveness.org](http://aliveness.org) and select “Health and Wellness” under “What We Do” for a full events list.

#### Call or email Hanna:

Hanna is at the front desk every morning to answer questions by phone or email (contact information below).

### “Do I have to sign up ahead of time?”

Yes! Our events range in size based on the venue and funding available. Some events fill up fast, so call the front desk at (612) 822-7946 to save your spot. Mark your calendar early!

### “Can I bring a guest who is not a member?”

We always welcome guests like a friend, partner, family member, or caregiver if space allows. Sometimes if space is limited, we have to restrict an event to “members only,” but always feel free to ask about guests when you are signing up. We recommend that children be left at home because we do not offer child care and some topics are adult in nature.

### “What if I can’t come that day?”

You may always cancel your reservation by calling the front desk. Please just try to let us know as far in advance as possible. We would like to give everyone the opportunity to attend our events and need every spot!

Hanna Dorn  
[hanna@aliveness.org](mailto:hanna@aliveness.org)  
(612) 822-7946

Saundra Johnson  
[wellness@aliveness.org](mailto:wellness@aliveness.org)  
(612) 822-7946, Ext. 213



Tom, Steven, and Patrick at an outing at  
*Spill the Wine Restaurant in downtown Minneapolis*



Saundra Johnson & guest facilitator Cesar Angel from New York



Barbara, Andi, and Hanna Dorn at a talk  
on Treatment Adherence

UPCOMING EVENTS (Call 612-822-7946 to sign up)

#### **Thursday, May 19**

“HIV Medications 101: Basics of Treatment”

Bill Larson, Pharm D, Clinic 42, Abbott Northwestern  
6 – 7:30 pm, The Aliveness Project Conference Room  
\$5 giftcard if you stay the whole time

#### **Wednesday, May 25**

“Key Elements in HIV”

Jean Willis, Gilead Sciences  
6 – 7:30 pm, Elsie’s Restaurant  
729 Marshall Street NE, Minneapolis, MN 55413  
Dinner provided

#### **Tuesday, May 31**

“Meditation and Mindfulness for Daily Living”

Lee Lewis, Minnesota Zen Center  
6 – 7:30 pm, The Aliveness Project Conference Room  
\$5 giftcard if you stay the whole time

#### **Thursday, June 30**

“HIV & Dermatology”

Dr. Jaime Davis, Uptown Dermatology  
6 – 7:30 pm, The Aliveness Project Conference Room  
\$5 giftcard if you stay the whole time

*We hope to see you at a Health & Wellness event soon!*

# PREVENTION PROGRAM OFF TO A GREAT START

The Aliveness Project was awarded a Minnesota Department of Health grant in January to start a Prevention Program for members of The Aliveness Project. The Aliveness Project's Prevention Program consists of three parts: distributing safer sex kits to Aliveness members, coordinating workshops and speakers around prevention-themed areas of concern for people living with HIV, and providing one-on-one counseling sessions for members needing substance use and harm reduction or treatment service, safer sex, mental health or other service referrals.

The Aliveness Project's Prevention Program has distributed 2,593 condoms, 222 female condoms and 1,620 packets of lube to members so far. Prevention staff met with 49 members and referred them for sexually-transmitted-infection testing and treatment, substance use harm reduction and treatment services, talk therapy and psychiatric services and other services. Prevention staff also attended the National Black HIV/AIDS Awareness Day event at the Minneapolis Urban League as well as the Wellness Fair at Minneapolis Community and Technical College where they distributed safer sex kits and information.

The program hosted Christine Waller, Health Education/Risk Reduction Coordinator at the Positive Care Center at Hennepin County Medical Center. Christine facilitated a discussion about why "prevention for positives" programs, like ours began. Christine also solicited feedback from members about how our program can best serve our members. The Prevention Program also hosted Susan Stemme, Lead Counselor at The Pride Institute Outpatient Program. Susan, who has worked in the chemical dependency field for almost thirty years, is an expert in substance use and brain chemistry. She gave an interesting, practical and informative presentation.

On May 12, The Aliveness Project's Prevention Program will host Derek Johnson of Hennepin County's Red Door Clinic and MDH's Syphilis Elimination Project. Derek will conduct a workshop from 2:00 - 3:00 pm and again from 5:00 - 6:00 pm. He will offer testing after each presentation. On May 18, from 6:00 - 7:30 pm Weston Edwards, PhD, Director of Clinical Services at The Pride Institute Outpatient Program and Clinical Director at PRISM, will present a workshop on safer sex in the age of the Internet. On a date to be determined in June, local author Dr. Michael Obsatz, PhD, will conduct a workshop on shame and the linkage between a person's shame and the ease at which they are able to disclose their HIV status. Members are encouraged to call 612-822-7946 or speak with The Aliveness Project receptionist directly to sign up to attend any of the upcoming workshops. Members are allowed to bring a guest and space is limited.



## WISH LIST

- ✓ New or slightly used vacuum cleaner with all attachments
- ✓ Inexpensive prizes to be used at Pride booth
- ✓ New camera with video and zoom capabilities
- ✓ Good staplers and scissors
- ✓ Snacks for our Red Ribbon Riders (trail mix, salted nut rolls, granola bars, etc)
- ✓ Interns in the Fundraising and Volunteer Departments
- ✓ Cell phone with pre-paid minutes



# Volunteer & Employee SPOTLIGHT!

## VOLUNTEER BIO

I am a Minnesota girl; born and raised here just west of the Metro area. From my early years I was certain I was destined to be a teacher. I attended undergraduate school in Chicago achieving a degree in Education and English Literature. Upon graduation, I moved to Baltimore where I taught English literature and grammar to 8th and 9th graders.



*Peggy Hoeft*

After I moved back to Minnesota I worked in an area hospital and became fascinated with the work of registered nurses. So, career number two began with me going back to school to earn a nursing degree. That decision brought me to the Minneapolis area. I worked as a station secretary in a Cardiac ICU while in nursing school and affirmed my resolve to seek a position in the Cardiac ICU when I finished nursing school.

As planned, I accepted a staff nurse position in that CCU. And I never really left the ICU. I spent the next 28 years working in the Cardiac ICU, first as a staff RN and later as an assistant manager. To be present with patients and their loved ones at such important moments was a profound honor. I will always treasure memories of my career as an RN in the ICU.

Now I am on to career number three: retirement! As I planned my retirement I began making a list of organizations which offered opportunities for volunteering. The Aliveness Project is one of the organizations I listed. I am sometimes asked by members why I chose The Aliveness Project. My answer always includes the organization's mission of service and that I honor my friend, Marc, who died years ago after a valiant battle with AIDS. It is my honor to volunteer my time as I help prepare and serve lunch on Thursdays.



*Chris Roberts*

## NEW EMPLOYEE BIO

Chris Roberts came to The Aliveness Project from the fine dining world, leaving a position at the acclaimed French restaurant **Vincent A Restaurant** to cook full-time for The Aliveness Project's hot meal program. A former kitchen volunteer, Chris always expressed excitement and fulfillment in providing nutritious meals to members.

Chris graduated from the University of Minnesota with a degree in Philosophy. He has previously worked in journalism, photojournalism, theatrical arts and video production. After working as a retoucher for commercial photographers, Chris traveled to Europe where he walked across Spain, hitchhiked to Berlin to study the LaMay lifestyle, and eventually wound up in Italy, where he fell in love with cooking. Upon returning to the States it became a passionate career path that led to Chris and his brother opening a boutique catering company with customers in the arts.

Chris believes working at The Aliveness Project is ultimately good for the heart and good for the community. He stated, "I'm excited to come to work every day with such an amazing staff! This is different from the many other jobs that I've held and I feel like I can affect people's lives positively here."



# VOLUNTEER NEWS

Wait a minute, is Dining Out for Life done already? Is summer here? I love the bright days of May when I can finally feel confident to put my winter sweaters into storage. The bluebirds are now real, and not just the virtual ones associated with our Twitter account (@AlivenesProject). Hooray!



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. **Do you realize how much information is on our website: [www.aliveness.org](http://www.aliveness.org)?** You can learn about upcoming special events like Pride, the Volunteer Recognition Movie Night, and the community picnic. 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.** Our Twitter handle is AlivenesProject (note: only one "s" in AlivenesProject).



We are trying a new twist on this year's **Volunteer Recognition Movie and Games Night.** It will be outside, and we'll add games! Minneapolis Parks and Recreation puts on a great series of summer movies. In fact, from June through August there is a movie at one of the many Minneapolis parks every night except Sunday. As

of the time this newsletter went to print, I have been unable to get confirmation on which nights the movies will be shown at one of our nearby parks, but the schedule is due to be released

in mid-May. We'll play fun lawn and playground games like Red Rover and 4-Square, enjoy root beer floats, then watch a good movie suitable for all audiences. Don't miss this "Root-Beer-Rama" of a party! All volunteers and their families will be welcome to a fun summer night where everyone can act like a kid again. To learn the date, please do follow our social media postings. RSVP so we can have a good headcount beforehand.

The start of summer means the end of our school year interns. Thank you, Bill Preston, a communications major from the University of Minnesota, who put in many hours for Dining Out for Life. Thanks too, to Briana Baker and Madison Hewett, seniors from Cretin Derham Hall, who have been with us this whole academic year. We certainly do appreciate your help!

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 at the downtown restaurant Seven on Sunday during Pride weekend. 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!



*Think you have what it takes to be this year's Reigning 4 Square Queen? Be sure to come to the Volunteer Recognition Movie & Games Night!*

Monica Travis  
Director of Volunteer Services



# THANK YOU DONORS!

Thanks to everyone who gave financial and in-kind gifts between February 15th 2011 and April 15th 2011

## ORGANIZATIONS

19 Bar  
Agesen Chiropractic Clinic  
African Health Action Corp.  
Alexandra House  
Ameriprise Financial Employee Giving Campaign  
Ballet of the Dolls and The Ritz Theater  
Bemis Company Foundation  
Bibelot Shop, Inc.  
Bloomington Theatre and Art Center  
Brave New Workshop Theatre  
Broadway Cares/Equity Fights AIDS  
Buca di Beppo - Burnsville  
Café Latté  
Christian Brothers of MN Miguel House  
Designs by Shoshana  
Eden Avenue Grill  
Edward R. Bazinet Fund, Minneapolis Foundation  
Estate of Bro Eric Peterson  
Evangelical Lutheran Church in America, Domestic  
Hunger Program - Church in Society  
Fitness Together Minneapolis  
Floral Logic  
Gaylaxicon 2009  
General Mills Foundation  
Guthrie Theater  
Haskell's - The Wine People  
History Theatre  
Home Inspections of Minnesota  
Ichiban Japanese Steak House  
Imperial Court of Minnesota  
Joe's Garage Restaurant  
Landmark Theatre Corporation  
Longfellow Grill  
Macemon Photography  
Magers and Quinn Booksellers  
Mid-America Festivals  
Minnesota Dance Theatre and The Dance Institute  
Minnesota Opera  
Mount Olive Lutheran Church  
Ordway Center for the Performing Arts  
Park Square Theatre  
Park Tavern Bowling & Entertainment Center  
Rock Bottom Brewery  
ROR Tax Professionals, LLC  
Sawatdee Thai Restaurant  
Smitten Kitten  
Southside Farm Store  
Sweets Bakeshop  
Tangletown Gardens  
Target Greatland - Brooklyn Park  
The Jungle Theater  
The Saloon  
The Wedge Community Co-op  
Valleyfair  
Warners' Stellan

## INDIVIDUALS

Dale Anderson  
Anonymous  
Stan D. Atkinson  
Kiran K. & Kumar G. Belani  
Al & Darlene Bertke  
Kevin Boedigheimer \*  
Dr. Glenn Bottomly & Rev. Chuck Larsen  
Francis E. Buesgens  
David & Martha Butler  
Abe Cabello  
David Chollar  
Roger A. Cone  
Philip W. Cooper  
Nicholas S. Crisp  
Joseph Dobbert  
Elizabeth Dussol  
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Kevin H. Flam \*  
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Dr. Keith Henry & Carol Nelson  
Joan and Dick Hilden  
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Thomas J. Kelly II & Ellis Ampy  
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Randy & Mary Klauk  
Glenn & Ann Kohlhepp  
Lindsey Kopp  
Marc Kowalski  
Edward Kulik \*  
Don Larson  
Joseph Larson & Charles Jordan \*  
Julie Larson  
Barry Leavitt  
Jack Lewis  
Mark Linzer  
Dr. Cheryl Maloney  
Tim Marburger  
Sean McGee  
Mary McGraw & Dawn Mans \*  
Dennis McKee \*

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Scott Morris  
Charlotte Moses  
David & Joyce Nauman  
Michael Norman  
Michael Oian \*  
Richard C. Olson & Rob Rodgers  
Frank Olson  
Thomas & Patricia O'Reilly  
Mark Owens  
Mark & Cossette Parriott \*  
Test Person  
Sharon P. Peterson  
Sara Poplau  
Jacqueline M. Preusse  
Don F. Quaintance  
Susan Reaney & Vince Ghesse \*  
Moses Renault-Moses  
Lee L. Roehl & Paul Shapiro  
Crystal Ruzick-Friskney  
Carrie L. Schleis  
Craig Schmidt  
Father Paul A. Schumacher  
Keith H. Smith  
Frank J. Sorauf  
Glenn Stich  
Patricia & Gerald D. Stone  
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Bruce Taylor  
Bob & Linda Tomaschko  
Tim Tormoen  
Kathy Vader \*  
Rev. Gordon Vogt  
Jessie Wade  
Wayne J. Weinhold  
Barbara Weisman & Tom Wenner  
David Westman  
Gary W. Wieser  
Sarah L. Willems  
Ronald Wilson  
Gail Wong  
Calvin Wright

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

## THANK YOU DONORS!



# 2010 RED RIBBON RIDE

## *an invitation*

The piles of dirty, salty snow have melted away. Robins have returned from their long, tropical vacation. Members of The Aliveness Project's staff are donning shorts and flip-flops. And my bike is back from the shop, having received its annual tune-up. Red Ribbon Ride, here I come!

The members of Team Aliveness are preparing themselves for the ninth annual Red Ribbon Ride. This 300-mile bike ride begins with an Opening Ceremony at the Mall of America Rotunda on Thursday, July 14th and ends with a Closing Ceremony at the State Capitol in St. Paul on July 17th.

Each Red Ribbon rider must raise a minimum of \$1,500 to participate in this event. Crew members, while not obligated to raise funds, are doing just that (go crew!) Our crew members are already getting excited to put their shoulders to the wheel to make sure this event runs as smoothly and effortlessly as possible.

So far, we have 18 team members signed up and several more who have indicated that they will be joining us. But, we have room for more folks on Team Aliveness. If you join us, you'll receive a stylish Aliveness Project cycling shirt and a Red Ribbon Ride water bottle. What a deal! It is absolutely not too late to join our team, whether you want to ride or crew. And, it is never too late to start raising funds. It is surprising how fast you will be able to accomplish your goal.

We encourage you to support this event and Team Aliveness. Contact me (Stephanie Shaw) at [officemanager@aliveness.org](mailto:officemanager@aliveness.org) or 612-822-7946, ext. 215 to give a general team donation (I will pass your gift along to riders that need it to meet their minimum), or designate that your gift be credited to a Team Aliveness rider or crew member of your choice. Go to the Red Ribbon Ride website ([www.redribbonride.org](http://www.redribbonride.org)), click on 'Donate,' type in 'Team Aliveness,' click on 'Team Aliveness,' then click on a member of the team and designate that your gift go under their name. Or, you can fill out the donation form on the back of this page and send it (with your donation) to me at: The Aliveness Project, Attn: Stephanie Shaw, 730 E. 38th Street, Minneapolis, MN 55407.

Stay alert for Facebook and Twitter updates related to upcoming fundraising events for Team Aliveness. We're planning some great things that will put the FUN back into FUNdraising!

Money raised for this event benefits eight Minnesota AIDS services organizations: African American AIDS Task Force, Clare Housing, Hope House of St. Croix Valley, Minnesota AIDS Project, Park House, One Heartland, Rural AIDS Action Network and of course, The Aliveness Project.

HIV/AIDS is still out there and affecting the lives of an increasing number of individuals in our state. Team Aliveness participates in the Red Ribbon Ride to raise both awareness of this disease and funds to help fight it.

Please join us. You can do so by riding, crewing, volunteering, cheering and by DONATING. Team Aliveness is willing to do the hard work it takes to make this ride a success. Will you help us to make that happen? Consider this your formal invitation. Join us in whatever way you can. You will be glad you did. We will too!

Stephanie Shaw  
*Team Aliveness Captain*



# Red Ribbon Ride® DONATION FORM

July 14-17, 2011



**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](http://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) \_\_\_\_\_  
 MAILING ADDRESS \_\_\_\_\_ SUITE/APT. NO. \_\_\_\_\_  
 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](http://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

# 2011 RED RIBBON RIDE

# FOOD SHELF NEWS

## Minnesota FoodShare March Campaign is a Big Success

During the month of March, we received 3,301 pounds of food and \$7,420 in cash donations. Although we did not meet our food goal of 5,000 pounds, we did raise much more than the \$2,500 monetary goal, so all in all, it was a very successful campaign.

Our March food drive (held the weekend of March 19 - 20) at The Wedge Community Co-op did very well - bringing in 2,440 pounds of food and \$847 in cash donations. Thanks to all the members, employees and customers of The Wedge for being so good to us, and for all the volunteers that stood in the cold on Saturday morning and in the rain on Sunday. You were all great and helped us educate more people about The Aliveness Project. Now more folks know us and a number of new people have donated to us. You also helped spread the word about Dining Out for Life. Kudos to you all! I also want to thank City Looks in Richfield, Tres Jolie Salon in Uptown, and Dunn Brothers in Roseville for holding food drives during March. Thanks folks! Maybe we can do it again sometime.

We will be holding another food drive at The Wedge Community Co-op, (located near the corner of Lyndale and Franklin in Minneapolis,) during the weekend of June 18 -19. If you want to help while having some fun at the same time, call us (612-822-7946) in May to get on the schedule. Ask for Monica or Dan.

Thanks again for all the volunteers that help all the time, especially the people that jump in when help is desperately needed.

Dan Capelli  
*Food Shelf Director*

## 2011 ANNUAL MEETING

The Aliveness Project's Annual Meeting will take place on Tuesday, May 24 at 6:30 p.m. At this meeting, we will elect new members of the Membership Advisory Committee and Board of Directors and Joe Larson, our Executive Director, will present the 2010 Annual Report.





**May/June 2011**

730 East 38th Street  
Minneapolis, MN 55407

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**SUPPORT OUR TEAM! Visit [www.redribbonride.org](http://www.redribbonride.org)**



**MARK YOUR CALENDAR!**  
**JULY 14th - 17th**