

the Aliveness

Serving Our HIV/AIDS Community Since 1985 September/October 2009 Vol. 19, Issue 3

Red Ribbon Ride



This year's Red Ribbon Ride was success! The Ride raised approximately \$450,000, benefiting seven local HIV/AIDS service organizations, including The Aliveness Project! Special thanks to the riders and crew — especially our Team Aliveness members, who raised over \$30,000! Mark your calendars for next year's Red Ribbon Ride on July 15-18, 2010. You can register to ride or crew at www.redribbonride.org (starting October 1).

Closing On New Building

You may have heard that we have been in the search for a new location for The Aliveness Project. Our Facilities Committee has been working on this project for the past couple years. We have been in need of a larger building for a long time — we are serving twice as many members compared to nine years ago. More space will allow more room for current and future programs, as well as improved accessibility and parking for our members, volunteers and staff.

I am pleased to share that we closed on our new site at the end of July. The building is located at 3808 Nicollet. We have started work on a Capital Campaign to raise funds for renovating the building. We hope to move in sometime in 2010. This is truly an exciting event in our organization's history!

3 Red Ribbon Ride

Meet the team who made it a success

4 ¡Estimados miembros Latino del Programa Aliveness!

A note for Spanish-speaking members

8 Harvey Milk

A board member remembers

Walk To End Hunger

The Aliveness Project going to be a participating agency in this year's **Walk To End Hunger at the Mall of America on Thanksgiving Day morning** (Thursday, November 26). This is a great event for families and friends for those who want to make a difference for those who are hungry in our state. You can help raise funds for our Food Shelf and Meal Program by signing up to walk for The Aliveness Project. For more information, see page 9 or visit www.walktoendhunger.org.

Holiday Basket Program

This will be the 22nd year that The Aliveness Project has provided gift baskets to individuals and families affected by HIV/AIDS! Each year, I am amazed at the incredible response of hundreds of volunteers who lend a hand to make the holiday season brighter for those in need. Last year we distributed 685 baskets, with gifts for 948 adults and 428 children. Applications (for recipients) for this year's Holiday Basket Program will be mailed out in October.

For this year's program, **WE NEED YOUR HELP NOW**. You can help by donating gifts for the baskets, including new clothing, toys, quilts, nonperishable food and candy, wrapping paper and other items. You also adopt one or more baskets or volunteer in other ways. Please see the form on page 11 for donor and volunteer opportunities for this special program.

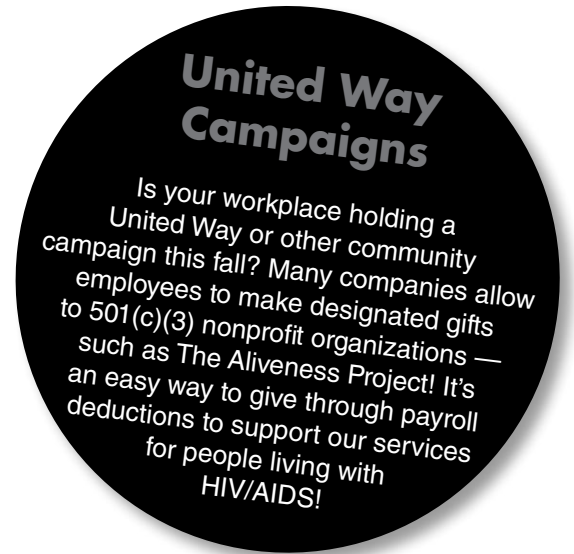
- **Joe Larson**
Executive Director





Pride Brunch A Great Success!

Hundreds of people flocked to The Chambers for brunch and parade viewing of this year's Pride Parade. This benefit for The Aliveness Project, in conjunction with Ameriprise and Lavender, raised much needed funds while enjoying the beauty of Pride. Thanks to everyone who attended, especially Sven and Erica Nego (Miss Minnesota-USA). Enjoy some of the participants in the pictures. **Hope to see you again next year!**



THE ALIVENESS PROJECT

Board of Directors

Daniel Cashman
 Terry Chambers
 Deb Cohen, VICE PRESIDENT
 Max Fallek
 Jeffrey Farnsworth
 Brennan Hannon
 Randy Hornstine, PRESIDENT
 Joe Larson
 Brian LaMere, SECRETARY
 Barbara Satin
 Scott Schlaffman
 Barbara Smith
 Joseph Smith, Jr., MAC PRESIDENT
 David Welper, TREASURER

Membership Advisory Committee

Kenneth Adams
 Joseph Behr
 Pam Benson
 Daniel Cashman
 Tom Genty
 Jeff Guckeen
 Kristi Holthus
 Dawn Marie Hrubieski
 Rob Kacheroski
 Kim Langness
 Roger Moore
 Michael Oian, VICE PRESIDENT
 Darin Olson

Otis Reeves
 Derrick Reviess
 Tedd Richardson
 Curtis Shelmon
 Scott Schlaffman, SECRETARY
 Joseph Smith, Jr., MAC PRESIDENT
 Gary Taugner

Staff

Katherine Barton
 GRANT WRITER
 Dan Capelli
 FOOD SHELF DIRECTOR
 Sean Divine
 DIRECTOR OF FOOD SERVICES
 Dan Gerard
 COOK
 Jennifer Gunderson
 GAMING COORDINATOR
 Donovan Harmel
 KITCHEN ASSISTANT
 Johnny Herda-Anzaldo
 DIRECTOR OF MEMBERSHIP SERVICES
 Joe Larson
 EXECUTIVE DIRECTOR
 Tim Marburger
 DIRECTOR OF FUNDRAISING & SPECIAL EVENTS

James Mattson
 FOOD SHELF ASSISTANT
 Esther Mendez
 KITCHEN ASSISTANT
 Frank Mlakar
 KITCHEN ASSISTANT
 Darin Olson
 HEALTH & WELLNESS PEER EDUCATOR
 James Pennington
 HEALTH & WELLNESS PROGRAM COORDINATOR
 Lee Silverstein
 ACCOUNTANT
 Monica Travis
 DIRECTOR OF VOLUNTEER SERVICES
 Cathy VanValkenburgh
 MEMBERSHIP SERVICES PROGRAM ASSISTANT

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 2009 Red Ribbon Ride

The seventh annual Red Ribbon Ride was held July 16-19, 2009. This fun filled bicycle event raises funds for 7 Minnesota HIV/AIDS agencies, of which The Aliveness Project is one of the beneficiaries.

The Aliveness Project once again had Team Aliveness representing us. Team Captain, Sean Divine, and 18 additional team members worked hard to raise over \$30,000 of the \$450,000+ the ride brought in this year! This placed us in 4th place, of top fundraising teams. Congratulations, to Team Aliveness on your fundraising success!

An encouraging tail wind accompanied the riders on Thursday, and allowed an easy first day, helping us get to camp quite early. Usually the Red Ribbon Ride takes place during the hottest summer weather. This year was a departure from the norm, as it was unseasonably cool on Friday and Saturday, and the dark clouds failed to soak us like the prior year, only managing a few scattered rain drops. Sunday finally brought great weather and cheering crowds for the Closing Ceremonies at the State Capitol.

Team Aliveness looked sharp in their bright red team T-shirts, as we rode the final leg of the 300 miles, in unison, to the Capitol.

Thank you! those who supported riders, and crew, financially. Your generosity made the 2009 Red Ribbon Ride a great Success!

2009 TEAM ALIVENESS:

Sean Divine – Captain	Jeffrey Luedtke – Rider
Johnny Anderson – Rider	Deb Malmon – Rider
Jeremy Bjerke – Rider	Douglas McCoy – Crew
Andy Ernst – Rider	Andy Momont – Rider
Daniel Gerard – Rider, t-shirt designer	Judy Ratliff – Crew
John Hankins – Rider	Derrick Revies – Rider
Charles Jordan – Rider	Tedd Richardson – Crew
Kim Langness – Crew	Bonnie Sainio – Crew
Chad Lantow – Rider	Terry Sainio – Rider
	Glade Woolstenhulme – Rider

The Aliveness Project wishes to express thanks and gratitude to the members of Team Aliveness for their dedication and hard work on the 2009 Red Ribbon Ride.






Congratulations...

...to three of our staff who got married this summer
 Darin Behr-Olson (*Health & Wellness program*)
 Sean Divine (*Director of Food Services*)
 Monica Travis (*Director of Volunteer Services*)

¡Estimados miembros Latino del Programa Aliveness!

¡RESERVEN LAS FECHAS SIGUIENTES!

Martes, 15 de septiembre – “¡Cómo comunicarse con su doctor!” (Getting in Touch with your Doc!) – a las 6:00 p.m. en ALIVENESS

Martes, 29 de septiembre – “¡Cada quince minutos cuentan! Parte 1” (Every Fifteen Minutes Counts!) – a las 6:00 p.m. en ALIVENESS

Martes, 6 de octubre – “¡Cada quince minutos cuentan! Parte 2” (Every Fifteen Minutes Counts!) – a las 6:00 p.m. en ALIVENESS

Estamos muy contentos de ofrecer el Programa de Salud y Bienestar en ESPAÑOL el otoño próximo en ALIVENESS PROJECT!

15 de septiembre – El doctor Miguel Ruiz, director del programa de VIH del “La Clínica” de St. Paul Oeste (West Side Community Health Services in Saint Paul), estará con nosotros de 6:00 p.m. a 7:30 p.m. Nos reuniremos en el salón comunitario ubicado en el segundo piso de ALIVENESS PROJECT.

El título de la presentación del Dr. Ruiz es: “Cómo comunicarse con su doctor”

Algunos de los temas a tratar incluyen: Transmisión del VIH, el sistema inmunológico, información médica de investigaciones clínicas & cómo el VIH actúa en su cuerpo. A partir de una perspectiva cultural, el Dr. Ruiz hablará del VIH y su relación con los valores, la familia y las tradiciones en la cultura hispana.

El 29 de septiembre Parte 1 y el 6 de octubre Parte 2, Antonio Marante, analista de calidad de VIH y educador de salud de La Clínica. Antonio trabaja también en el Centro Médico Comunitario de St. Paul Oeste (West Side Community Health Services in Saint Paul) y estará con nosotros en ALIVENESS PROJECT de 6:00 p.m. a 7:30 p.m.

La presentación del señor Marante se titula: “¡Cada quince minutos cuentan!” Antonio presentará un programa de capacitación original, diseñado por el Instituto del SIDA de New York (New York AIDS Institute). Antonio ha hecho pequeñas modificaciones a este material de manera que los problemas de salud de aquellas personas con VIH positivo puedan ser tratados dentro del grupo y en el consultorio

médico. El objetivo es ayudar a que los participantes obtengan el mejor cuidado posible a través de la potenciación y autosuficiencia del paciente.

Por cada sesión a la que asista, recibirá una tarjeta regalo de Target por \$5. Si asiste a las 3 sesiones, recibirá una tarjeta adicional de Target por \$5, un total de \$20 ¡por asistencia perfecta!

Sírvase inscribir con la recepcionista de ALIVENESS llamando al **612-822-7946**.

Health and Wellness Program Upcoming Events:

“INTIMACY AND MORE INTIMACY!”

Monday, August 24 at 6:00 pm

Dr. Nicky Larson Returns!

Location: The Aliveness Project

Back by popular demand! Dr. Larsen is a Licensed Psychologist, Marriage and Family Therapist and Alcohol and Drug Counselor. Dr. Larsen returns to discuss how authentic, positive and “real” intimacy can certainly keep us healthy and well both physically, mentally and spiritually.

“HIV & General STD/STIs”

Monday, September 28 at 6:00 pm

Jeanine from Gilead is off medical leave!

Location: Sawatdee Thai Cafe – Portland and East Washington Ave.

“Homeopathy...The Art & Science of Using Nature to Heal”

Monday, October 12 at 6:00 pm

Bette Jo Arnett - Classical Homeopath

Location: The Aliveness Project

Women's Series

The Aliveness Health and Wellness Program just recently completed its Series for Women living with HIV. What a wonderful series it was!

The series began with "Journaling and Spirituality." Rena Cade facilitated the session in which the women experienced several different types of journaling, including journaling with guided meditation, the use of Mandala as a journaling experience, and adopting a theme or word to guide their journaling. The overall theme for the evening was working with trauma in one's life and learning how to be on a journey of healing through forgiveness and expression of emotions and feelings through the written word. Over 20 women attended this session.

The second workshop in the series was facilitated by Dr. Patsy Parker. Patsy was an obstetrician/gynecologist with a coalition of midwives and nurse practitioners. Her motto was "Respectful Health Care by Women, For Women." The women learned how women's health issues relate to being HIV positive and how to progress toward sustainable and just medical practices for women, and especially women living with HIV. Fifteen Aliveness Project members attended the session.

The third and fourth workshops were led by Gretchen Ginter, a local esthetician. These workshops helped participants feel "absolutely fabulous"! It was time to pamper yourself with facials and facial massage with natural and everyday items. In addition, the women learned how to best care for their skin and make-up application tips for each skin color and type.

On Tuesday, September 1 and Tuesday, October 6 Rena Cade will return to continue the journey with Women Living with HIV. She will facilitate the ongoing journey of "Journaling and Spirituality." This will be a great opportunity to allow the participants to continue on the journey of self-healing. Emotional, spiritual and mental healing are all necessary in order to live LONGER and live STRONGER! These groups are open to WOMEN who are members of THE ALIVENESS PROJECT!



Here to Serve You

Bioscrip has been committed to the support of The Aliveness Project since it moved to Minneapolis under the name Statscript over 5 years ago. The BioScrip team of pharmacists and technicians are fully trained in HIV/AIDS.

Arin McNeese, the Bioscrip Office Manager, sees the store's mission to be involved in as many neighborhood activities as possible. "We are here to serve — and service can come in many different ways," she said. "At Bioscrip, we are involved in numerous events supporting the GLBT community, including Twin Cities Pride, Dining Out for Life, the Holiday Basket Program and The Aliveness Project's summer picnic. These activities connect us to the patients that we serve. We believe that we can positively assist and improve the health and wellness of a community beyond just filling a prescription."

In an effort to continue finding more ways to support The Aliveness Project, Bioscrip will begin delivering medication in September. Clients may pick up their prescriptions on Wednesdays between 12 - 2. For details please call 612-872-7808 or 1-800-403-4414.

Positive Images Support Group

Positive Images Support Group is a drop-in peer support group for HIV positive men.

Time: MONDAYS 7:30 PM to 9:00 PM

Fees: None

Intake Procedure: None/Calling ahead is requested but not necessary.

Location: 710 E 24th Street, Suite 303, Minneapolis

For more information: 612-722-1261 or 612-374-2351

Dining out for Life Update



As of August 10, 2009, with three restaurants still to pay The Aliveness Project brought in over **\$127,000** for Dining Out for Life. What an amazing day!! Our best estimate is that around 26,000 people dined out that day at one of the 130 participating restaurants.

I can't say **THANK YOU** enough to the hundreds of volunteer ambassadors, the restaurants, their owners and staff, the photographers running around documenting the day, our sponsors, Sven Sundgaard and Erica Nego (Miss Minnesota-USA), and the staff of The Aliveness Project.

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
 al Vento
 Angelo's Italian Restaurant
 (South St. Paul)
 Anodyne Coffehouse
 At Sara's Table/Chester Creek Café
 (Duluth)
 Bar Abilene
 Barbette
 Beaujo's Wine Bar & Bistro
 Birchwood Café
 Black Bamboo
 Blackbird
 Black Dog Café
 Black Forest Inn
 Boca Chica Restaurant
 The Bulldog Lowertown
 The Bulldog Minneapolis
 Buona Sera, Champlin

Cafe Brenda
 Café Ena
 Café Latte
 Café Twenty-Eight
 Carmelo's Ristorante
 C.C. Club
 Chambers Kitchen
 Chiang Mai Thai
 Chianti Grill (Burnsville)
 Chianti Grill (Roseville)
 Christos Greek Restaurant
 (Minnetonka)
 Christos Union Depot Place
 Citizen Café
 Colossal Café
 Common Roots Café
 Conga Latin Bistro
 Cosmos Lounge
 The Craftsman
 Cupcake
 Cuppa Java
 Curran's Restaurant
 Eden Avenue Grill
 El Meson
 El Nuevo Rodeo
 Erte and The Peacock Lounge
 Everest on Grand
 Falafel King
 Fat Lorenzo's
 Firelake Grill and Cocktail Bar
 Fireroast Mountain Café
 First Course
 Galactic Pizza
 Grand Café
 Great Waters Brewing Company
 Gusto Café & Wine Bar
 Heidi's Minneapolis
 Henry's Café, Maple Grove
 The Herkimer Pub & Brewery
 Highland Cafe and Bakery
 Hot Plate
 The Independent
 It's Greek to Me
 Jakeeno's Pizza & Pasta
 Jitter's Coffee & Tea House (Duluth)
 Joe's Garage Restaurant
 Kafe 421
 Khyber Pass Café
 The King and I Thai
 Koyi Sushi
 La Belle Crepe
 La Fonda de Los Lobos
 Laredo's Tex-West Grill
 Little Sushi on the Prairie
 Lone Spur Grill & Bar
 Luna Rossa Trattoria & Wine Bar
 (Stillwater)
 Mairin's Table

Manny's Tortas, Global Market
 May Day Café
 McCoy's Public House
 Midori's Floating World Café
 Minneapolis Eagle
 Modern Café
 Moose and Sadie's
 moto-I
 New Scenic Café (Duluth)
 Ngon Vietnamese Bistro
 Pancho Villa's Grill
 Papa's Restaurant & Deli
 Pastrami Jack's Deli
 Pizza Luce-Duluth
 Pizza Luce (all Minneapolis & St. Paul
 locations)
 POP! Restaurant (NE Mpls)
 POP!! Restaurant (St. Paul)
 Preston's Urban Pub
 The Purple Onion Café
 The Q Kindness Café
 Rail Station Bar & Grill
 Rainbow Chinese Restaurant
 Red Stag Supperclub
 Rinata
 Rudolph's Bar-B-Que
 Rustica Bakery
 The Saloon Grill
 Sanctuary
 Sapor Café/Bar
 Sawatdee St. Paul
 Sawatdee Thai Restaurant
 (Washington Avenue)
 Senor Wong
 Spill The Wine
 Spoonriver
 St. Clair Broiler
 St. Martin's Table
 Stella's Fish Café
 Supatra's Thai Cuisine
 Tam-Tam's African Restaurant
 Tejas
 Tickles Food & Bar
 Toast Wine Bar & Café
 Town Talk Diner
 Trattoria da Vinci
 Trotter's Café
 Tryg's
 Va Bene Berarducci's Caffee (Duluth)
 Victor's 1959 Café
 View Restaurant & Lounge
 Vina Restaurant (Richfield)
 W.A.Frost
 Woolley's (St. Paul)
 Yum!



Thanks to Papa’s Restaurant and Deli, 4159 Thomas Ave. N., for hosting a fundraiser for Team Aliveness. They donated pizza and beverages which raised over \$500. Please visit them and say thanks!

HIV Community Picnic

On July 10th we celebrated the annual HIV picnic at the Waburn picnic shelter in Minnehaha Park. The day was highlighted with an assortment of activities. Of course, the picnic started off with Dan and Sean’s full spread of picnic perfect munchies. After we filled ourselves with enough brats, burgers, coleslaw, and potato salad, the younger picnic goers dug through the collection of costumes and wigs, beautifying themselves for the piñata. After exhausting the supply of eager young people with dizzy spells and breaking the striking stick into pieces, the piñata was lowered and the young masses pounced. Like a heard of hyenas, they decapitated the frilly friend-spreading Mexican candies far and wide.

After the epic end of the piñata people entertained themselves with conversation, disc golf, BINGO, and four square. Four square was hotly competitive. Liz, who is interning with special events, agreed, “very competitive those two,” referring to Sean and Cathy’s dominance on the four square court. Cathy said that Sean Divine once again tried to assert his dominance on the court, but she thwarted

those efforts with her own mad four square skills. She said that Jethra, a new volunteer in the kitchen was very into the game: perhaps new competition for next year. Jethra said that she had only been at Aliveness for a week before the picnic, but she had a great time and felt welcomed by everyone. She said that she only signed on to help set up, but four square sucked her in and she stayed until the very end.

Nearly everyone stayed until the end of BINGO, when the grand prizes were given to some lucky members. The players were described as the most excited crowd ever heard — with the caller keeping everyone on their toes with unheard of ways to win BINGO.

Thanks to everyone who made this possible. To Sean and Dan for the scrumptious spread, all of the volunteers who set up, hauled supplies, chopped fruit, and destroyed the piñata. Kudos to all; apparently we rock at picnics. In the words of one bumblebee-dressed boy, the picnic was “AWESOME!”



Thanks, Donors!

Thanks to everyone who gave financial and in-kind gifts between May, 13, 2009 and August 10, 2009.

ORGANIZATIONS

BioScrip Pharmacy
Cars With Heart
Charles Schwab Foundation
City Looks Salon
Deloitte
Devine Waters Therapeutic Massage
Dining Out for Life International Association
El Nuevo Rodeo
Enterprise Rent-A-Car Foundation
Evangelical Lutheran Church in America — Domestic Hunger Program — Church in Society
Garden of Eden, Inc.
Hugh J. Andersen Foundation
IBM Employee Services Center
Linden Hills Co-op
Lutheran Church of Christ the Redeemer
MAHADH Fund of HRK Foundation
Nick and Eddie
North Star Gay Rodeo Association
Papa's Restaurant & Deli
Pastrami Jack's
POP! Restaurant
Sizer Stanley, LLC
Smitten Kitten
Southside Farm Store
Spill The Wine
St. Alphonsus Catholic Church of Brooklyn Center, MN
St. Joan of Arc Catholic Church
The Medtronic Foundation
The Thanksgiving Fund
The Wedge Community Co-op
Y'all Come Back Saloon

INDIVIDUALS

David J. Anderson
Robert K. Anderson & John D. Schmidt
Vincent Anderson
Kara Arlt
Amy E. Asche

Deb Balzer
Jack L. Barber
Paul Barunas
Matthew Benson
Mary F. Bergland
Brad Betten
Dr. Walter A. & Jacqueline A. Blue
Kevin Boedigheimer*
James Bones
Duane Boom
Daniel Boyer
Brad Braun
Curtis Brock & Robert Ruff
Rick Broomfield
Stanley Brown
Jane Buettemeier
Trudi Busch
Rob Caughey
Drs Alessandra Chiarelli & Michael Haase
Gary A. Christensen
Verne Conerton
Lynda S. Connova
Amanda Cook
Richard G. Cook & Steven K. Lockwood
Jeffrey Couillard
Aaron Crenshaw
Jessica Curran
Jeanie Dalrymple
Mike Daly
Mike Daman
Kathleen A. Daniels
Jaime Davis
Allison Deyenno
Dennis & Judy Dhooge
Sean Divine
Jen Doriott
Mark S. Dullinger
Bill Dumas
Carole Dunn
Teirney Dunnigan
Tammie Eichmann
Robert Einweck
Gloria & Daniel Elliott
Jeffrey Farnsworth
Wendy Fassett and Tyler, Kevin, & Kaelyn Mahony
Patrick J. Finnegan
Jennifer Fish
Kevin H. Flam *
Larry Fonest
Gene & Charlotte Frampton *

Pete Frank
Vicki Froslee
Theresa C. Gaffney
Anthony Gale
Thomas J. & Michelle Gamble
Steven Garrigan & Jeff Goodson
Allie Gentry
Janet George
Brian Geving
Gary Gimmestad
Adam Goehring
Shelly Golden
Raymond L. Gooderl
Margaret Grants
Dan Haag
Kristen Hall
Chris Hallin
Jeff Haltli
Dean Hamilton
David Hancox
Brennan Hannon
David A. Hanson & Ivars Edens *
David E. Hanson & Cecil Cheek *
Jamie Hasz
Frank & Jane Hennessy *
Stephen Hennessy
Lynn Marie Hill
Thomas M. Powell & Paul Hill
Donna Hillebrand
Susan J. Hillstad
Amber Hiltner
Kathleen Hiniker
Dai Hoang
Adam Hoeg
Bertine Holmboe *
Sigurd Hoppe
Kevin R. Horne
Randy Hornstine
Josih Hostetler
Maura Howerton
Stephanie R. Huss
Thaison Huynh
Richard & Susan Isenhardt
Karen Janstrom
Phillip J. Jares
Susan Jensen
Matthew Jones
Patty Jones
Dr. Heidi L. Joos
Theresa M. Joseph
Wayne R. Kaniewski

Joyce & Warren Kapsner
Jessica Karels
Theo Katsaronas
Jim Kemp *
Stacey Kettenacker
Neal Kielar
William G. Kingsbury
Katherine Kiocak
Martha Kipfer
Randy & Mary Klauk
Andrea Kline
Rebecca Knill
Lawrence Koenig, Jr.
Randy J. Kolodziej
Carol Kratzer
Jamie Krebs
Adam Kristenson
Annette Krosch
Ramona & Gary Kruchowski
Edward Kulik *
Joseph J. Kuznik
Brian K. Larson
Joseph Larson & Charles Jordan *
Nancy Lawroski
Barry Leavitt
Janet L. Leavitt
Jason Less
Ann Leviton
Sarah Levitt
Jack Lewis
Richard Licht
Bud Lile & Randy Ingram *
Brien Link
Craig J. Maas
John Manders
Tim Marburger
Christine Marier
Meg McAlister
Mary McGraw & Dawn Mans *
David F. McMahon
Anne E. McManus *
Jay Miller
Roger Miller
Ronaldo & Arminta Miller
Karyn Milos
Paul E. Mittelstadt
Andrew Momont & Kim Langness
Charlotte Moses
Kia Moua
Cecil Mozingo
Mike Music

Richard Nagel
Alex & Tamar Nelson
Brian Nelson
Ann Neubauer
Walter Newman
Paul Nicholson
Aleisha Nordin
Michael Oian *
Frank Olson
Sue Oltrogge
Minda Orina
Steven Orzel
Cheryl Oscarson
Carl A. Otto
Roger J. Pare
Marion L. Paulson
Peter J. Paulson
Laura Pearson
Susan Pelofske
Gigi Penn
Philip E. Persons
Julie Pitsenbarger
Jason J. Potasnik
James A. Quan
Mayda & Marc Raffe
Kevin Rajotte
Judy Ratliff
Susan Reaney & Vince Ghess *
Moses Renault-Moses
Wendy Renner
Rick Reynen
Lindsey Richter
Elizabeth Riley
Oscar S. Rivera
Robert Roddy
Eric Rodgers
Jeremy Rofsvold
Carol T. Rone
Robin Roup
Amy Ruzick & Kay T. Johnson
Kevin Saltzer
Christine Sanken
Tim Sauter
Brian Schaefer
Councilmember Gary Schiff
Scott Schlafman
Bill Schlichting & Steve Lenius
Lyle Schlundt
Robert K. Anderson & John D. Schmidt
Nick Sega
John A. Seman
Kerry Severson

Erika Shatz
Roger Shaver
Margaret L. Shoemaker
Jay Sieler & Missy Kum
Janet Silverstein
Donna Simpson
Gary Skarsten
Bert Sletten
Barbara T. Smith
Cheryl Smith
Deborah Snouffer
Frank J. Sorauf
Mark F. Sprung
Mark Stephens
Rick R. Stout
Stephen Suttan
David Swarhout
John J. Szczech
Douglas C. Taylor
Brenda Thompson
Brian Thomson
Colleen Timmer
Pierre Tardif & Eric Tollefson
Benny B. Toole, Jr.
Tim Tormoen
Paul B. Tuchman
Tony Tuchscher & James Klahr
Dong Tuong
Venesha Turner
Kathy Vader *
Nick Velde
Patrick Vetting
Carol Y. Waldoch
Carolyn L. Walters
Dale Watson & Lan Pham
Richard Weinberg
Wayne J. Weinhold
Sara Wilkinson
David J. Wilson
Marc A. Wilson
Matt Wilson
Nathan Wiswell
Amy Wojcik
Mike S. Wolthoff
Timothy Woodman
Troy Young
Becky J. Zeilinger

*Denotes Friends of Aliveness Program donors, who pledge monthly gifts.

The Aliveness Project joins the Walk to End Hunger

WALK TO END HUNGER



When: Thanksgiving morning
Thursday, November 26, 2009

Where: The Mall of America – Best Buy Rotunda

Time: 7:00 a.m. – 10 a.m.

The **Walk to End Hunger** is an initiative developed to raise awareness and funds in order to end hunger in the nine-county metro area of Minnesota by 2013. We also seek to gather thousands of non-perishable food items for hunger relief organizations in the Twin Cities. It provides the public with a meaningful, accessible, family-friendly opportunity to contribute to this important cause that addresses the most basic of human needs — hunger.

Sign up to walk for The Aliveness Project by visiting www.walktoendhunger.org. When you register, be sure

to designate that you are raising funds for The Aliveness Project and 90% of all monies you raise will come to The Aliveness Project. Make a difference on this important day where so many have so much while so many have so little!

REGISTRATION:

Individuals

\$25 registration before 11/24
\$30 registration after 11/24 or at the door

Families:

\$35 registration for families up to four, before 11/24
\$50 registration, for families up to four, after 11/24 or at the door

Students:

\$15 registration before 11/24
\$20 registration after 11/24 or at the door

A minimum of \$50 must be raised in addition to registration fee to receive a free Walk T-shirt. T-shirts will be available for sale at \$10 at the event.

Walk to End Hunger: Thanksgiving Day Morning, Thursday, November 26, 2009 7:00 to 10:00 a.m. at the Best Buy® Rotunda in the Mall of America®.

- 7:00 to 9:30 a.m. Open Registration
- 7:30 to 10:00 a.m. Walk (the 5K route takes less than 2 hours for the average walker to complete; walkers can walk as much or as little as they like). Activities and entertainment will take place at locations around the Walk route.
- 8:30 to 9:30 a.m. Program and Entertainment at the Main Stage in Best Buy Rotunda.

Food Shelf News

by Dan Capelli

The Food Shelf will be holding another food drive at the Wedge Community Co-op at Franklin and Lyndale, September 12 and 13, 2009. If you like to help with this, please call Dan Capelli or Monica Travis at **612-822-7946**. You can also send an e-mail to foodshelf@aliveness.org for more info about our foodshelf.

We had a good summer thanks to all the people who donated lots of food and sometimes money. I must also thank the management, members, staff and shoppers of

the Wedge Community Co-op for hosting our food drives; they are a vital source for our foodshelf.

I again have to applaud the folks who have heard our call for recycled tall handle bags. We can use all the bags we can get. We can't use the shorter bags because we can't put as much food in them. So if you or a neighbor recycles, we can always use them in the foodshelf. Re-cycling your bags here saves us a lot of money, so keep up the good work. See ya at the Project.

Harvey Milk – My Fraternity Brother

by Max Fallek – Board Member of The Aliveness Project

Little did I know on that early September Friday in 1947, that I was attending Freshman Camp at Albany State Teachers College (now the State University of New York-Albany) with a fellow who would forever leave an indelible mark on the fight for equality with respect to GLBT rights in the United States. The classmate, who also became my fraternity brother, was none other than HARVEY MILK.

My classmates and fraternity brothers knew from the very outset that Harvey was a born leader. It was no surprise to any of us that Harvey became the first gay American to win an elected office as councilman in a major American city - San Francisco. Harvey had shown his leadership skills and abilities in his first two years at U-Albany. He became student manager for our varsity men's basketball team and by his sophomore year was appointed sports editor for the University's newspaper, which he held until graduation.

Let me share some interesting biographical points about my friend, Harvey Milk. He was born and raised on Long Island. Harvey learned early on what it was to be part of a minority group — being Jewish. They lived in a non-Jewish neighborhood and often faced numerous anti-Semitic incidents and comments. Harvey took up boxing and flirted with the idea of making it a career.

Upon graduation Harvey went through the Navy's officer candidate school in Newport, Rhode Island and distinguished himself in the closing hours of the Korean War. The movie picks up his career following his naval service. Harvey returned to New York for a few brief years before moving to San Francisco. Here history speaks for itself.

Harvey's name will always be synonymous with the city of San Francisco. For it was he who not only turned the city upside down, but also the United States of America. Portrayed by Sean Penn, Harvey's life in San Francisco was chronicled in this Oscar nominated movie — *MILK*.

I feel quite fortunate to be a member of the Board of Directors of The Aliveness Project. I know Harvey, would be quite pleased with this. Thank you, Harvey for the wonderful memories and what you did for all of us.

– Max Fallek, Board Member

Each year, our Holiday Basket Program delivers hundreds of baskets with gifts, clothing and food to people living with HIV/AIDS and their families.

There are a variety of ways you can help, including:

Adopt a Basket:

You shop for gifts for a specific individual or family basket. (Suggested budget is \$35/person.) This is a wonderful project for your family, faith group or co-workers!

ADOPTION IS OUR GREATEST NEED!

Sew Stockings:

Create lovely homemade holiday stockings. We can provide a pattern. Return by December 18.

Bake Cookies:

Bake your favorite holiday cookies at your home. Bag by the dozen and return between December 14 and 17.

Host a Drive:

Your school, faith group or workplace can hold a drive for new clothing, gloves, small household items, nonperishable food, hygiene items, toys, or gift cards.

Errand Drivers:

Pick up and transport donated goods and other items to our office, using your vehicle. Gas reimbursement is available.

Deliver Baskets:

Deliver 1-2 baskets to recipients' homes on Thurs., December 24 (between 9 AM - 1 PM).

Leadership Roles:

Exciting, meaningful and dynamic opportunity! Volunteer as a "captain" by supervising other volunteers, soliciting donations, filling baskets, or coordinating specific activities (5-15 hours per week).

In Living Memory...

Charles C.

departed this life
April 1, 2009

Robert T.

departed this life
March 1, 2009

Derrick J.

departed this life
July 27, 2009

Tom J.

departed this life
July 22, 2009



Share the Spirit of the Season!

Founded in 1985, The Aliveness Project is a local nonprofit agency that offers a variety of services for individuals living with HIV/AIDS in Minnesota. Since 1988, our Holiday Basket Program has provided thousands of baskets to men, women and children affected by HIV/AIDS throughout Minnesota. Typically, hundreds of volunteers help by adopting baskets, donating gifts, wrapping presents, sewing stockings and quilts, and delivering baskets.

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

Holiday Basket Program Donor & Volunteer Form

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

Name(s): _____

Organization: _____

Address: _____

City, State, Zip: _____

Telephone (H): _____ (W) _____

Telephone (Cell): _____ Email _____

ADOPT

I want to adopt (& buy gifts for) a Holiday Basket for: Individual Adult Couple Family

To determine how many people you could adopt (buy and wrap presents for each person), first choose the total amount you want to spend; then divide that total by \$35.00 (the amount we suggest spending on each individual). We will provide you with information for individuals or families, depending on your preference.

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

DONATE

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

We need in-kind donations of new clothing, toys (for children & teenagers), mittens/gloves, stocking caps, scarves, quilts, hygiene items, CDs/tapes, candy, nonperishable food, gift certificates, stuffed animals, etc.

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

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

Credit card number: _____ Expiration date: _____

Name on credit card: _____

Your signature: _____

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

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

VOLUNTEER

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

Leadership role!* (5-15 hrs/week) Sewing holiday stockings Wrapping presents

Special events!** Phone calls or office help Soliciting in-kind donations

Driving errands Sewing quilts / afghans / throws Baking cookies

Organizing a drive for new clothing, toys or other gifts

Organizing a food drive (for nonperishable food, candy or hygiene items)

Helping with distribution of baskets on: December 22 or 23 (circle date[s] available)

Delivering Hanukkah Baskets on Friday, Dec. 11, 9:00 am - 1:00 pm (requires a vehicle)

Delivering Christmas Baskets on Thursday, Dec. 24, 9:00 am - 1:00 pm (requires a vehicle)

- Preferred Zip Code(s) for Deliveries: _____

- Type & Size of Vehicle: _____

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

Notes: _____

IF YOU CAN HELP,
PLEASE SEND THIS FORM TO:
Holiday Basket Program
The Aliveness Project
730 East 38th Street
Minneapolis, MN 55407
TEL: 612-824-LIFE (5433)
FAX: 612-822-9668
E-mail: events@aliveness.org

September/October 2009

730 East 38th Street
Minneapolis, MN 55407
Change Service Requested

Nonprofit Org.
U.S. Postage
PAID
Minneapolis, MN
Permit No. 3134

**JOIN
US!**

**WALK
TO END
HUNGER**



**The Walk to End Hunger
will take place Thursday,
November 26, 2009
Thanksgiving Day morning**

**The Mall of America –
Best Buy Rotunda**

7:00 a.m. – 10 a.m.

We need your help and support to
raise awareness and funds in order
to end hunger in the nine-county
Twin Cities metro area by 2013.