

the Aliveness Project

A Time of Giving!

MASQUERADE BALL —

Thanks to everyone who helped with our Masquerade Ball on October 26 at the Semple Mansion! I want to express my appreciation to our fundraising committee, to the companies and individuals who donated prizes and silent auction items, and to all the volunteers and participants who helped make it a fabulous evening!

NEW AWNING —

The photo below shows a lovely, new awning and updated lighting over our front door. Thanks to Randy Hornstine and his team of member volunteers for their work on this project and to *Open Your Heart to the Hungry and Homeless* for providing a grant for this project and other building improvements!

Our newly renovated entrance with awning ▼



photo by Matt Butts

HOLIDAY BASKETS —

It's time once again for our annual Holiday Basket Program. This is the 20th year that The Aliveness Project has distributed gift baskets to individuals living with HIV/AIDS and their family members. Last year, we gave out 574 baskets with presents for 785 adults and 481 children. If you have applied for a basket, please check page 3 for a list of pick-up and delivery times.

These baskets mean so much to our members. Here are a few words that "Jim," one of last year's recipients, shared about the program:

"One of my favorite things about The Aliveness Project is the Holiday Basket Program. When I come in to get my basket, I see these brightly-colored boxes, painted by school kids and filled with items I really need..... It has been a very emotional experience knowing that someone cares and has taken the time to shop for me—to fill my season with hope that isn't always there."

Every year, I am amazed at the miracle of how hundreds of baskets are decorated and filled by our dedicated staff and caring volunteers. I encourage you to spread the word about our need for people to adopt baskets and volunteer in other ways (see pages 3-4).

volunteer spotlight

Brian Myrland and Tom Storkamp have something in common: a passion for grocery bags: the tall kind, with handles. *Why?* They are Aliveness Project Food Shelf volunteers! They spend their time sorting, bagging, and tracking the 38 tons of food The Aliveness Project distributes each year.



Volunteers
continued on pg. 6

I hope that you and your loved ones have a healthy and happy holiday season!

Joe Larson
EXECUTIVE DIRECTOR

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**Mark your '08
Calendars!**



**THURSDAY,
APRIL 24th**

Our Wish List

- Wrapping paper for Holiday Baskets
- "Space Planner" to help us define our needs in a new building

*In Living
Memory*

Betty M.
departed this life
September 18, 2007

Toni B.
departed this life
September 30, 2007

**Coming in
January...**

*Full coverage of the
Red, White & Black
Masquerade
Ball!*



Guess who?

**The mission of The Aliveness Project is to
encourage self-empowerment and provide
direct services to individuals living with HIV/AIDS.**

The Aliveline is published bimonthly by The Aliveness Project

Submissions should be sent to:

The Aliveline
730 East 38th Street
Minneapolis, MN 55407

aliveness@aliveness.org
www.aliveness.org

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.

Holiday Baskets 2007

There are oodles and oodles of ways to be involved! Just check the form on the next page or look online (www.aliveness.org) to see what might suit you. Otherwise, this might break it down for you:

Have a few hours for a one-time opportunity?

- Adopt one or more baskets, and shop for it with friends
- Schedule a time to come in and wrap gifts
- Have a cookie baking party with co-workers
- Deliver baskets on the morning of Monday, December 24
- Help us sort through donations
- Help out at a special event for World AIDS Day or during December (e.g., concerts or parties)
- Assist in the kitchen or food shelf

Have 15 or more hours to share over the course of the season?

- Be "Santa's helper" and select gifts from our stock to fulfill wish lists
- Organize a toy, or hat and mitten drive
- Supervise volunteer groups that wrap presents
- Recruit others to adopt holiday baskets
- Recruit donations
- *Help office staff keep their sanity!*

All activities are underway, so please call or sign up with the form or online. (Send us your students when they are home on break. We'll keep them busy!) If your chess club, yoga class, church group, or other group would like a short presentation about our volunteer opportunities, please give Monica Travis a call at 612-822-7946, extension 206.

Holiday Hours:

Thanksgiving: Our office will be closed from Thursday, November 22 through Sunday, November 25. This year, our Thanksgiving Meal will be served from noon to 2:00 pm on Wednesday, November 21.

Christmas: Our office will be closed on Tuesday, December 25.

New Year's Day: Our office will be closed on Tuesday, January 1.

Basket Pick-up & Delivery Times:

Hanukkah Baskets (*pick-up and delivery*):

Friday, December 7
9:00 AM - 1:00 PM

Holiday Basket Pick-up:

Wednesday - Friday
December 19, 20, or 21
Noon - 7:00 PM

Holiday Basket Delivery:

Monday, December 24
9:00 AM - 1:00 PM



How can I help?

Adopt a Basket

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

Stocking Pattern available online!



ADOPTION is our greatest need!

Sew Stockings

Create homemade holiday stockings. Return by December 14.

Bake Cookies

Bake your favorite holiday cookies at your home. Bag by the dozen and return between December 14 and 18.

Host a Drive

Your school, faith community, or group can host a drive for new clothing, hats, mittens, gloves, nonperishable food and hygiene items for our baskets.

Errand Drivers

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

Deliver Baskets

Deliver baskets to homes of recipients on Monday, December 24 (9:00 AM - 1:00 PM).

Leadership Roles

Volunteer as a "Captain" by supervising other volunteers, soliciting donations, organizing baskets, or coordinating specific activities (5-15 hours per week preferred).

20th Annual **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.



Your Name(s): _____
 Organization: _____
 Address: _____
 City, State, Zip: _____
 Telephone (H): _____ (W): _____ (Cell): _____
 E-mail: _____

ADOPT

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

To determine how many people you could adopt (and buy 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/DVDs, candy, nonperishable food, gift certificates, stuffed animals, etc.

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

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 or hygiene items)
- Helping with on-site basket pick up days on:
 December 19 20 or 21 (circle date[s] available)
- Delivering 1-2 Hanukkah Baskets on
 Friday, Dec. 7, 9:00 am - 1:00 pm (requires a vehicle)
- Delivering 2-3 Christmas Baskets on
 Monday, Dec. 24, 9:00 am - 1:00 pm (requires a vehicle)

Preferred Zip Code(s) for Deliveries: _____
 Type & Size of Vehicle: _____

**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**

**Online Registration
 AVAILABLE!
 www.aliveness.org**

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

Volunteer Spotlight on Brian & Tom continued from pg. 1

Brian Myrland has been volunteering at The Aliveness Project for five years. He was born in Wisconsin, but grew up in Red Wing, Minnesota. He stumbled upon The Aliveness Project by chance. "I was looking for a volunteer opportunity when I noticed an ad in Lavender's Yellow Pages. I called, and the rest is history," he says.

Brian's hero is Superman. He jokes, "I think it's the tights." His favorite memory while volunteering at The Aliveness Project is getting to know Food Shelf Coordinator Dan Capelli, Tom Storkamp, and all of The Aliveness Project people.

When he's not at the Project, Brian



enjoys taking classes at the University of Minnesota, hiking, reading, or cooking. He is close with family in the Twin Cities, including a 15-month-old niece, Isabella, who is "a blast to hang out with."

Brian enjoys knowing the hard work done in the Food Shelf makes a difference in people's lives. When asked what he would say to encourage others to volunteer at The Aliveness Project, Brian made a Top Ten List, below. Step aside, David Letterman, *this guy has talent!*

TOP 10 REASONS to Volunteer at Aliveness

by Brian Myrland

10. You'll feel needed
9. Hear "thank you" in several different languages and accents
8. Sean and Dan's finger-lickin' gourmet meals
7. Karma
6. Flexible hours
5. Resumé builder
4. Money is overrated
3. You may get to appear HERE
2. There's nothing good on TV anyway
1. Volunteers do GOOD!

Tom Storkamp has been volunteering with Brian in the Food Shelf for 15 months. When someone suggested The Aliveness Project as a great place to volunteer, he took them up on it. "I had some free time," he says.

Tom's hero is his oldest brother, "a good brother," he asserts.

His favorite Aliveness Project memory is visiting with people in the community.

Outside of volunteering, he works, attends AA meetings, and

simply "hangs out." One thing is certain: those who receive their food and hygiene products from the Food Shelf each month *definitely* appreciate that he "hangs out" so much in The Aliveness Project Food Shelf!

Thank you, Brian and Tom, for all you have done and continue to do.

Above: Tom Storkamp and Food Shelf Coordinator Dan Capelli

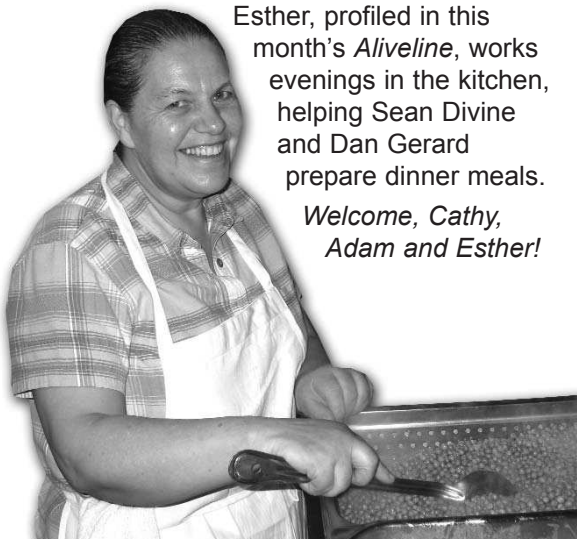


Project Staff Continues to Grow

Recently, three new employees joined the Aliveness Project's staff: Cathy Van Valkenburgh in September, and Adam Fairbanks and Esther Mendez in October.

Esther, profiled in this month's *Aliveline*, works evenings in the kitchen, helping Sean Divine and Dan Gerard prepare dinner meals.

Welcome, Cathy, Adam and Esther!



Meet Esther!

Where did you grow up? Mexico

What 3 words best describe your personality?

Hard worker, friendly

What turns you on creatively, spiritually or emotionally?

Something new

What turns you off? Injustice

What is your favorite cereal? Cheerios

What sound or noise do you love? The ocean

What profession other than your own would you like to attempt?

Teacher

What profession would you not like to do? Secretary

How did you come to know the Aliveness Project?

Searching for jobs in Yahoo!

What would you like to see happen at the Aliveness Project in 2008? Still open

"An Exciting Time"

THE LATEST IN HIV/AIDS MEDS WITH DR. KEITH HENRY

2007 has been a banner year in antiretroviral therapy. Just in the last six weeks, the FDA approved two new drugs from two new drug families. As Dr. Keith Henry of the HCMC HIV Program explains, traditionally, all HIV drugs belonged to three families: The "nukes", for which AZT was the prototype in 1986, the "non-nukes" for which Sustiva was the prototype, and the protease inhibitors, for which Kaletra was the prototype.

As antiretroviral therapy evolved in the years after the epidemic, it was found that the most effective treatment involved a cocktail of drugs from across the three families. Since HIV can mutate itself so easily, this is necessary to prevent resistance to one particular drug. However, time also told that these drugs were like members of our own families—not all siblings got along. Meaning, the drugs could only be mixed and matched in so many ways. This was not helpful in fending off HIV.

"A number of patients burned through all the families," said Dr. Henry. A relative newcomer is Fuzeon, a fusion inhibitor, which belongs to a class by

itself. However, its use has been hampered by awkward administration requirements (twice-a-day injections) and a lack of other new drugs aiming at new targets outside the traditional three families of HIV drugs.

But that was then. Today, there are two new drug families available: **receptor inhibitors** and **integrase inhibitors**.

Receptor inhibitors prevent the entry of HIV into the target T-cell by blocking activity of an R5 virus in the R5 receptor. (This drug will only work for you if you have an R5 virus.) The prototype is **Miraviroc**, a pill that goes down easily for most patients.

Integrase inhibitors prevent the integration of HIV DNA inside the cell, hence the name integrase. The prototype, **Isentress**, suppresses the virus faster than the potent "non-nuke" Sustiva, and is easy to take at one pill twice a day.

Having both Miraviroc and Isentress to offer patients in combination with drugs from other families is a huge breakthrough. "For the first time in the ten years of the modern treatment era,

we are finally ahead of resistance!" Dr. Henry exclaims. Since founding the first AIDS clinic in Minnesota in 1985—the same year The Aliveness Project began—he has never been more optimistic.

"We used to get one family [of drugs] at a time, but now we have a bonanza. Fuzeon, receptor inhibitors, integrase inhibitors...everyone I've seen so far has responded when at least two of these drugs have been used in a new regimen." More importantly, "There is essentially no HIV circulating in the U.S. today that cannot be controlled by optimal use of these drugs."

But medication is only part of the HIV/AIDS equation. Dr. Henry comments, "We rely on communities like The Aliveness Project to round out the patient's health and living experience. Food, emotional support, massage—these are things that are important to the overall well-being of HIV+ persons."

Dr. Keith Henry's professional focus involves HIV-related clinical research and care. He spends 100% of his time at work on HIV-related topics. He likes working at HCMC so he can see a wide diversity of patients and provide good care, even to uninsured patients.

“ There is essentially no HIV circulating in the U.S. today that cannot be controlled by optimal use of these drugs. ”

Food Flies Fast in the Food Shelf

Say that five times fast! The biggest news for The Aliveness Project Food Shelf in 2007 is that it has been hit hard! With more members using the food shelf and new members signing up every month, we have been *very, very busy*. The food goes out almost as fast as it comes in!

People see a lot of food coming in from a food drive and say, "Wow, that should hold you for a while." What they don't realize is that 2,000 lbs. of food is about a week and half's supply. In other words, *we could use more food drives!* If you have a holiday party, ask your guests to bring nonperishable food for the Aliveness Project.

We will be doing our last food drive of 2007 at the Wedge Natural Foods Co-op, at Lyndale and Franklin, on Saturday, November 3, and Sunday, November 4. There will be three shifts each day, three hours each, and 18 volunteers needed.

We always have a lot of fun on food drives and meet such wonderful people, so if you want to help, call Monica Travis at 612-822-7946, extension 206.

As always, if you recycle your tall, paper handle grocery bags, please recycle them to the Project.

Food Shelf Coordinator Dan Capelli would like to thank everyone who has helped in the food shelf in the last year. "Without you we couldn't survive! Thanks to you *all*."



Three human resources departments from Wells Fargo hosted a food drive in September. Thank you, Brian Larson, Bonnie O'Shea & Jean Mchichi 3933 lbs. of food and \$416 were collected!

Thanks, Donors!

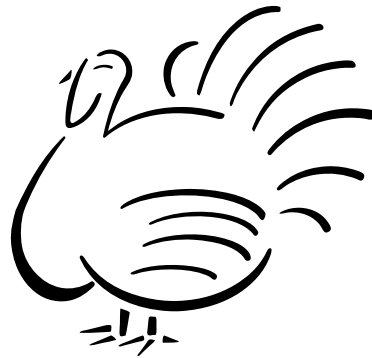
ORGANIZATIONS

4Charity Foundation, Inc.
 ACME Comedy Company
 Ameriprise Financial Employee Giving Campaign
 Anemoni Sushi & Oyster Bar
 Aurora Spa, Inc.
 Axel's Bonfire
 Azia Restaurant & The Caterpillar Lounge
 The Bibelot Shop, Inc.
 Bloomington Civic Theatre
 Blue Cross Blue Shield of Minnesota
 Brass Rail
 Brian Graham Salon
 Broders' Cucina Italiana
 Bryant Lake Bowl
 Buona Sera
 Christos Greek Restaurant
 Christos Union Depot Place
 Cupcake
 Designs by Shoshana
 Downtown Dogs
 First Tech Computer
 Franklin Bank
 Gray's Leather
 Greater Minneapolis Council of Churches - FoodShare
 Greater Twin Cities United Way - Donor Designated Fund
 Haskell's - The Wine People
 Hennepin Theatre Trust
 IBM Employee Services Center
 James Sewell Ballet
 Land Design, LTD.
 Lofty Gardens
 Lyn-Lake Barber Shop
 Mad BJ, LLC
 Madden's on Gull Lake
 Marshalls Donation Department
 McCormick & Schmick's
 Meet Minneapolis - Official Convention & Visitors Association
 Mike Welton Fine Art
 Minneapolis Eagle
 Minneapolis Foundation: Kenneth L. Eppich Fund for the GLBT Community of Twin Cities
 Minneapolis Foundation: The Sam & Dona Jordan Family Fund
 Minnesota Commercial Association of REALTORS®
 Minnesota Timberwolves FastBreak Foundation
 Mixed Blood Theatre
 Mystic Lake Casino & Hotel
 Anthony Whelihan
 Olcott House Bed & Breakfast Inn
 One Voice Mixed Chorus
 Park Square Theatre
 Park Tavern
 Prime Timers - Minneapolis/St. Paul Chapter
 Rural AIDS Action Network
 Scheherazade Jewelers
 Silver Beach Tan
 Sister Sludge
 Spill The Wine
 Target Center

Temple Bar & Restaurant, LLC
 Y'all Come Back Saloon
 The Spectacle Shoppe
 Theater In The Round
 Theatre de la Jeune Lune
 Theatre in the Round
 Trattoria da Vinci
 United Health Group
 Weis Builders, Inc.
 Weis Builders, Inc.
 Wells Fargo
 Wilde Roast Café
INDIVIDUALS
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 Annikka K. Anderberg
 Claudia Aurand
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 Cristopher Tibbetts
 Kathy Vader
 John Vener, MD
 Clare Verplank
 Les Vikre
 Sarah Weaver
 David Welper
 Robert & Michelle Wilhelm*
 Karen Williams

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



THANKS

to everyone who made financial & in-kind gifts between August 21 & October 24

Moved recently?

New email address?

Other updates?

Our database wants to know!

Contact **Tim Marburger**
 612-822-7946, extension 204
 events@aliveness.org



Pet People!

Ask for food for your critters when you make your food shelf appointment.

There is a **GOOD** supply at the moment!



November/December 2007

730 East 38th Street
Minneapolis, MN 55407

Change Service Requested

Nonprofit Org.
U.S. Postage
PAID
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Permit No. 3134



CELEBRATING 20 YEARS of
HOLIDAY BASKETS

12 Ways of Giving

ADOPT A FAMILY
ASSEMBLE BASKETS

LIGHT CANDLES OF HOPE
WRAP PRESENTS

HAVE A HOLIDAY FOOD DRIVE
DELIVER BASKETS

PREPARE A MEAL
DONATE FOOD

SEW STOCKINGS
BAKE COOKIES

DONATE MONEY
RUN A GIFT DRIVE

