

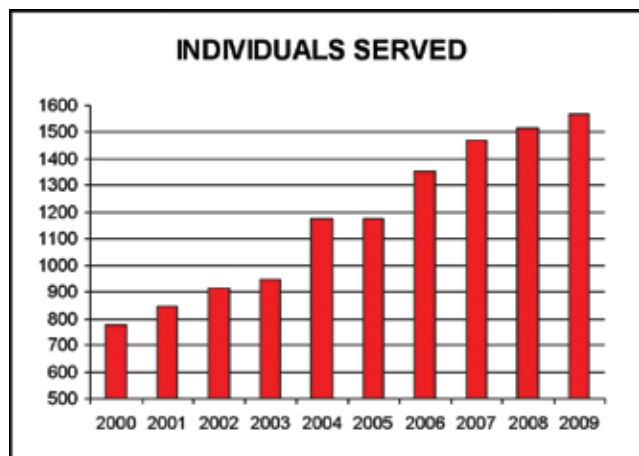
# the Aliveline

Serving Our HIV/AIDS Community Since 1985 March/April 2010 Vol. 20, Issue 2

## INCREASE IN NEW HIV CASES

The Minnesota Department of Health recently reported a 13 percent increase in new cases of HIV infection last year—the highest increase in 17 years!

This increase is reflected in the growing number of people who use our services. In 2009, we served 1,572 individuals, which is one out of four Minnesotans living with HIV/AIDS. This was four percent more than the previous year and twice as many people as ten years ago (see table below.)



## MINNESOTA FOODSHARE MONTH

Did you know that last year our Food Shelf distributed over **43 TONS of food**? March is Minnesota

### 3 Heartfelt Thank You

*From Holiday Basket recipients*

### 7 March is Food Drive Month

*Find out how to run a successful food drive*

### 11 Planning for 2010 Dining Out For Life

*Volunteer to be an Ambassador today!*

FoodShare Month. So, please help support our Food Shelf by planning a food drive, donating nonperishable food items or making a financial donation during March.

## CAPITAL CAMPAIGN

Our capital campaign is officially underway to raise funds to renovate a building we purchased last year. Our future home's address is 3808 Nicollet Avenue S. and we hope to move sometime this fall. We have a wonderful Capital Campaign Committee which has been working on requesting support from a variety of foundations, corporations and individuals in our community. We will need lots of involvement from people like you to accomplish this exciting project!



*continued on page 2...*





## DINING OUT FOR LIFE

Dining Out for Life will take place on **Thursday, April 29**. We have over 135 restaurants this year—many that participated last year and several new ones, too!

Last year, DOL raised \$128,000—and our goal this year is \$130,000, which is 14 percent of our annual

budget. Given the current economic situation, we especially need everyone's support of this event.

A complete list of participating restaurants and sponsors will be posted on our website at **www.aliveness.org**, as well as on the International Dining Out for Life website: **www.diningoutforlife.com**. This website lets you do searches by types of restaurants, locations, and meals.

We still need volunteers to serve as Ambassadors at the restaurants. Last year, Ambassadors helped collect close to \$35,000 at the restaurants! Please sign up to help at **www.aliveness.org** and invite your friends, co-workers, family members and neighbors to join you at your restaurant! Help us make this another successful Dining Out for Life!

— **Joe Larson**  
Executive Director

## THE ALIVENESS PROJECT

### Board of Directors

Daniel Cashman  
Deb Cohen, VICE PRESIDENT  
Max Fallek  
Jeffrey Farnsworth  
Brennan Hannon  
Randy Hornstine, PRESIDENT  
Joe Larson  
Brian LaMere, SECRETARY  
Michael Oian, MAC PRESIDENT  
Barbara Satin  
Scott Schlaffman  
Robert Shaw  
Barbara Smith  
David Welper

### Membership Advisory Committee

Kenneth Adams  
Joseph Behr  
Pam Benson  
Daniel Cashman  
Tom Genty  
Jeff Guckeen  
Kristi Holthus  
Rob Kacheroski  
Kim Langness  
Roger Moore  
Michael Oian, MAC PRESIDENT  
Darin Olson  
Otis Reeves  
Derrick Reeves

Tedd Richardson, VICE PRESIDENT  
Curtis Shelmon  
Scott Schlaffman, SECRETARY

### Staff

Darin Behr-Olson  
HEALTH & WELLNESS PEER EDUCATOR  
Dan Capelli  
FOOD SHELF DIRECTOR  
Sean Divine  
DIRECTOR OF FOOD SERVICES  
Hanna Dorn  
RECEPTIONIST  
Dan Gerard  
COOK  
Walter Gies  
HIV CASE MANAGER  
Jennifer Gunderson  
GAMING COORDINATOR  
Donovan Harmel  
KITCHEN ASSISTANT  
Johnny Herda-Anzaldo  
DIRECTOR OF MEMBERSHIP SERVICES  
Leah Johnson  
GRANT WRITER  
Joe Larson  
EXECUTIVE DIRECTOR

Tim Marburger  
DIRECTOR OF FUNDRAISING & SPECIAL EVENTS  
James Mattson  
FOOD SHELF ASSISTANT  
Esther Mendez  
KITCHEN ASSISTANT  
Frank Mlakar  
KITCHEN ASSISTANT  
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.*

# Holiday Basket THANK YOU

Each year after Holiday Baskets, we hear from many members of The Aliveness Project who are so appreciative of the extraordinary kindness of the adoptors, the caring spirit of the volunteers who deliver their baskets, the sweet paintings on their baskets and the act of being remembered where many have no one around to acknowledge them. From the many letters we received, we have compiled some of them below for your enjoyment. Please know that each of you made a HUGE difference!

"I would like to thank whoever adopted us. I know you put a lot of hard work and effort into everything. Thank you so much for the DVD, the scarfs and gloves; I will use all of them. You made my Christmas complete."

"Thank you for making my Holiday a little brighter this year! There was a light that lit the darkness, for a brief moment - and I'm so very thankful for that."

"I'M A SINGLE MOM OF A BEAUTIFUL 5 YEAR OLD GIRL. I AM A FREELANCE ARTIST/ACTOR AND WE STRUGGLE FINANCIALLY. I HAD TAKEN MY ENERGY BILL PAYMENT TO BUY A FEW THINGS FOR MY DAUGHTER AT THE DOLLAR STORE WITH TEARS IN MY EYES... WHILE I WAS THERE MY PHONE RANG AND IT WAS SOMEONE WITH A CHRISTMAS PACKAGE FROM THE ALIVENESS PROJECT TO DELIVER TO ME. MY DOORBELL WASN'T WORKING, SO I BEGGED HER TO WAIT, WHILE I RAN HOME. SHE DID, THANK GOODNESS! I WAS SO GRATEFUL AND TOUCHED AND IT WAS THE BRIGHT SPOT IN OUR HOLIDAYS."

"I wanted to thank the family who sponsored our gift basket. It was very nice and thoughtful of you. We loved everything. I think my youngest was the happiest about the blender, as she has made a lot of fruit smoothies already."

"I thank you from the bottom of my heart and I wish you well for the New Year. You have very kind hearts and if not for you, I wouldn't have smiled at all this holiday. Thank you so very much.....xoxo"

"Thank you for an unforgettable Christmas. I am grateful for people like you who make me smile and feel like someone cares."

"There really is a Santa Claus! I've recently developed arthritis in my hands and now it's progressing. The food chopper will save my hands from a painful workout. The Deluxe Massaging Foot Spa is a dream come true. My cats are fighting over the kitty bed and the catnip spray is making them crazy. I really want to thank all of the people at The Aliveness Project for all their hard work and anyone else who was involved, especially those who adopted me."

"MY DOORBELL RANG AND I OPENED MY DOOR AND ALL I SAW WAS A GREAT BIG BOX FULL OF PRESENTS. I COULD NOT SEE WHO WAS CARRYING THEM. I FELT LIKE A KID AGAIN. I WANTED TO THANK EVERYONE FOR OUR WONDERFUL CHRISTMAS. EVERYTHING WE GOT WAS LIKE WE PICKED IT OUT OURSELVES. ALSO, THANKS TO RANDI AND JULIE (THE PEOPLE WHO DELIVERED). I KNOW HOW MUCH WORK IT TAKES TO PUT THIS TOGETHER."

"Wow...the box of gifts came at just the right time. I was not feeling so good - what a blessing it was to get my holiday basket from The Aliveness Project. I think it was the nicest basket ever! I got a craft kit which I LOVE!...the best was the handmade lap blanket."

"Thank you is not ever enough to say for what you gave to me. Your gift made this Christmas the best of my life. There is no way to explain how your wonderful gifts made me feel the love of the season. I hope the people that made this possible realize what a miracle this was for me..."



**Dine Out, Fight AIDS**

**April 2010**

S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	<b>29</b>	30	

## Dining Out For Life

*-Tim Marburger, Director of Fundraising & Special Events*

Again!?!??? I hear that question a lot when I begin talking about Dining Out for Life each year. Well, 2010 will be our 16th year to hold this fun event and my eighth time coordinating it. There are times when I don't even feel like it's done, when we start again. It is fun, not only for me, but I see the smiles and hear people saying that they dine out each year. They have their favorite restaurants or like to try new ones (which we have each year). This is a great time to start planning where you will have breakfast, lunch and dinner! Watch for where Sven will be. We have also been blessed with you voting Dining Out for Life "The Top Local Fundraiser" in Lavender Magazine, not once but three times.

We are fortunate to have KARE 11 and Minnesota Monthly on board as sponsors this year. Many of the "old" restaurants will be there, plus many new places. To see a current list of participating restaurants for 2010 visit [www.diningoutforlife.com](http://www.diningoutforlife.com). Our restaurant numbers will increase this year to well over 135.

With this expansion of restaurants, we will be in need of over 400 ambassadors. Haven't you always wanted to be an ambassador to Joe's Garage or Afton House Inn? Ambassadors are The Aliveness Project's representatives at each restaurant for each meal. Last year, of the \$127,000 Dining Out for Life raised for the work of The Aliveness Project, ambassadors brought in \$35,000 of that. They invite, welcome and visit with all guests at their restaurant. You may ask, "Tim, what are the qualifications for this here ambassador position?"

I would say:

1. Have hundreds of friends to invite to the restaurant.  
(You may also include people whom you may not like too much.)
2. Talk glowingly about The Aliveness Project.
3. Attend a MANDATORY 1.25 hour training at The Aliveness Project  
(unless you've been an ambassador in the past 3 years).
4. Be able to talk to strangers, if all your friends don't show up.
5. Be able to smile for 3 – 4 hours.
6. Wear comfortable shoes.
7. Enjoy life and have FUN!!







## The Vets Are Coming, The Vets Are Coming!

The vets are returning to do another Pet Clinic on Saturday, March 27. The appointments will run from 1:30 to 3:00 p.m. There will be three doctors here that day, Dr. Heidi Mittelsteadt, Dr. Heidi Hammel and Dr. Scott Hammel. This means that there will be 21 appointments. Each member that books an appointment can bring up to two pets. We will pull the pets' charts to check if they are due for shots or not. If they are not due for shots, we will cancel the appointment and give it to someone else. Appointments will be available for scheduling as of **Monday, March 15**. Please do not call to book an appointment before that date.

We have openings for medical case management here at The Aliveness Project. If you do not already have a case manager and you are in need of assistance with accessing services, call Walter Gies (ext. 203) or Johnny Herda-Anzaldo (ext. 202) to set up an appointment for an intake. Case managers assist people with filling out applications for medical insurance or finding an HIV doctor. They can help with accessing financial assistance, applying for food stamps and General Assistance. They can help with getting a Rule 25 assessment for chemical dependency or finding a treatment center to fit your needs. They can help you qualify for affordable discounted transportation, find a mental health professional for therapy or medication, apply for social security, access legal assistance or apply for subsidized housing.

It is our job to help people to be able to get their needs met. If you need a case manager, please give us a call at 612-822-7946.

- Johnny Herda-Anzaldo LSW

## Volunteer Notes

A hearty thank you to all of our volunteers from this past year! Many volunteers joined in our Annual Volunteer Recognition Movie night February 25 at the Heights Theatre to enjoy award-winning *Julie & Julia* starring the legendary Meryl Streep. We feasted on a fantastic cake from our wonderful kitchen staff and enjoyed our food theme with door prizes of fun kitchen gadgets and copies of *Served with Love*, a collection of favorite recipes of The Aliveness Project's members, volunteers, staff & our own kitchen. Are you a volunteer who missed the event and therefore did not receive a copy? Let Monica know soon that you would like one. Thanks to all who participated. We are already looking forward to next year!

A special thanks to Ten Thousand Things Theater Company for performing *Stones in His Pockets* here in The Aliveness Project's big conference room on January 28th. Two Equity actors, Steven Epp & Jim Lichtscheidl, each played six roles, thoroughly entertaining our audience. Thanks to the rest of the crew including Michelle Hensley, Director, and Nancy Waldoch, Production Manager, for bringing their production to us once again!

Ambassador qualifications: be able to smile as big as Scott & Greg!

— Monica Travis



Scott and Greg



## Food Shelf News

Had enough snow yet? Personally I am waiting for an early spring! Lots of stuff happening In March! I'll start with the **Minnesota FoodShare March Campaign**. For 28 years, Minnesota FoodShare has coordinated the largest food and fund drive in the state. This will be the 10th year that The Aliveness Project has been involved with the campaign. Last year, we collected 2,185 pounds of food and \$2,206 in cash. **Our goal for 2010 is \$3,500 cash and 3,500 pounds.** If you want to help, you can organize a food drive at your school, civic group, business, corporation and/or faith community.

To order posters, balloons, signs and more, just go to **[mnfoodshare.gmcc.org/marchpromote.php](http://mnfoodshare.gmcc.org/marchpromote.php)**. All you have to do is set up a large box; decorate it if you like. You can also go to your favorite hang out (coffee shop, grocery, etc), and ask if you can set up a box for The Aliveness Project (and check it often to see if it needs to be emptied). Always leave a little food in the box so it looks like we are doing well. With the economy the way it is, the demand for food shelf services is stronger than ever, so please help us help others. You can find the main site at **[mnfoodshare.gmcc.org](http://mnfoodshare.gmcc.org)**. Just have fun with it and know you are helping many people to have access to food they desperately need to survive.

In addition, **The Feinstein Foundation is offering matching grants up to \$1 million** to participating nonprofits. We count dollars and pounds (each food item is counted as \$1), and can be reported March 1st - April 30th. Keep that food and money coming!

**The Aliveness Project will be doing a Food Drive on March 20 and 21 and our host again will be the Wedge Community Co-op (2105 Lyndale Avenue S).**

We will be there both days from 10 a.m. to 6 p.m. That's two 3 hour shifts and one 2 hour shift each day. We will need many volunteers to fill the shifts, so call Monica to sign up (612-822-7946, extension 206). We always have fun at these Food Drives. The Wedge has been very generous to us in the past, so go do some shopping there and drop off the non-perishable food at our table right out front. **BE THERE, DO GOOD, and HAVE FUN.**

**Just a quick thank you to all the folks who have been donating their tall handle paper bags to our food shelf. You are making a difference!**

Thanks for all you do,  
– Dan Capelli, Food Shelf Director



# March is Food Drive Month in Minnesota

It is time for the Minnesota Food Share March Campaign! More than 20 years ago, the Greater Minneapolis Council of Churches joined forces to try and solve hunger in Minnesota. Their efforts gave birth to the March Campaign, Minnesota's largest drive for the hungry. Since most food shelves run out of holiday stocks by March, the month was chosen wisely. This March, we ask you to hold a food drive at church, work, school or other community group. Results are tracked by weight and the most weight wins. Try to gather as many non-perishable food items as you can, and remember to have fun with it! Below are tips to run a successful food drive and below is a list of items we use in our food shelf. If organizing a food drive is not in your future, we also accept checks (please write "food shelf" on the memo line).

## Food Shelf Grocery List

### Breakfast

- ☐ Fruit juices (not frozen)
- ☐ Hot & dry cereals
- ☐ Powdered or canned milk
- ☐ Coffee, tea, hot chocolate

### Staples

- ☐ Crackers
- ☐ Sugar, flour
- ☐ Salt, spices
- ☐ Pancake/biscuit mixes

### Special Treats

- ☐ Cake mixes
- ☐ Muffin mixes
- ☐ Pudding
- ☐ Gelatin
- ☐ Cookies
- ☐ Granola bars

### Lunches/Dinners

- ☐ Hearty (chunky) soups
- ☐ Canned beef, poultry, etc.
- ☐ Peanut butter, jelly
- ☐ Canned fruit

### Boxed main dishes

- ☐ Canned vegetables
- ☐ Macaroni & cheese
- ☐ Pasta, spaghetti sauces
- ☐ Potato buds

### Hygiene Items

- ☐ Toilet paper, facial tissue
- ☐ Hand lotion
- ☐ Shampoo, conditioner
- ☐ Bath soap
- ☐ Feminine products
- ☐ Deodorant
- ☐ Laundry soap, bleach
- ☐ Toothpaste
- ☐ Toothbrushes
- ☐ Disposable razors

## Tips for Running a Successful Food Drive

Thinking about having a food drive for our Food Shelf Program? Listed below are some ideas\* for running a successful food drive at your workplace, school or community organization:

- **Educate everyone about the impact of hunger in our community.** If people understand the importance of food drives, they will be more willing to give.
- **Set a goal** If this is the first time you have held a food drive, pick a goal that is both challenging and achievable. If you have sponsored food drives previously, consider increasing your goal this year. Post information about the food drive in a prominent location and make regular reports about your progress in reaching your goal.
- **Pick a theme or catchy slogan.** A local company used the theme "Empty carts mean empty stomachs — Fill 'er up." They developed a simple logo with a grocery cart to use on their posters and materials. Some food drives focus on special needs (e.g., items for babies, nutritional supplements).
- **Use creative techniques to get everyone involved.** One workplace provided everyone with a grocery bag and lists of food to bring. The bags were distributed each morning and evening at employee entrances.
- **Thank donors.** Communicate final results and express thanks to participants, perhaps in your employee newsletter or on your intranet or website.
- **Provide incentives.** Friendly competitions can be arranged between different departments at your organization. Offer prizes (such as coupons for free lunches or a vacation day) to the team that brings in the most donations.

\*Based on material from The Pillsbury Company and Second Harvest Heartland.

# Thanks, Donors!

**Thanks to everyone who gave financial and in-kind gifts  
between December 16, 2009 and February 12, 2010.**

## **ORGANIZATIONS**

All God's Children  
Metropolitan  
Community Church  
Apple Valley Medical  
Center  
Beckman Coulter,  
Assay Technical  
Support Department  
BioScrip Pharmacy  
Calvary Lutheran  
Church  
The Chair Salon  
Coldwell Banker  
Burnet  
Communications  
Systems, Inc.  
Communications  
Workers of America,  
Local 7250, AFL  
Community United  
Methodist Church  
Cretin-Derham Hall  
DailyMed Pharmacy  
De LaSalle High  
School  
District 202  
The Dorsey & Whitney  
Foundation  
Edward Jones  
First Christian Church  
First Equity Mortgage  
Friendly Hills Middle  
School  
GiveMN  
Hennepin Avenue  
United Methodist  
Church, Reconciling  
Committee  
Hennepin County  
Medical Center/ HIV  
Program/Positive  
Care Center  
Hiawatha Church  
Homecare Assist  
IBM Employee  
Services Center

Improve Group, The  
Integrated Healthcare  
Strategies  
Jostens Foundation  
Lucky Ladies Social  
Club  
Lutheran Church of  
Christ the Redeemer  
Macalester Plymouth  
United Church, Youth  
Minneapolis  
Foundation,  
Kenneth L. Eppich  
Fund for the GLBT  
Community of Twin  
Cities  
Minneapolis South  
Rotary Club  
Minnesota Department  
of Human Services,  
HIV/AIDS  
Minnesota  
International Center,  
International Visitor  
Leadership Program  
New Spirit United  
Church of Christ  
Nordstrom  
Open Your Heart  
to The Hungry and  
Homeless  
Phresh Spa Salon  
Regions Hospital,  
Radiology  
Department  
Shir Tikvah, 7th Grade  
Sunday School class  
Smith Partners PLLP  
Spirit of the Lakes  
St. Alphonsus Catholic  
Church of Brooklyn  
Center, MN  
St. Anthony Park  
Lutheran Church,  
Confirmation  
Families  
Target Financial  
Services, TFS Target  
Volunteer Council

Target Store - Chaska  
TRUST Youth Group  
Valley of Peace  
Lutheran Church  
Walk to End Hunger  
Wells Fargo Insurance  
ASC  
West Side Community  
Health Services,  
Clinic 7 Team

## **INDIVIDUALS**

Jennifer & Ross Abbey  
Michael J. Abbott &  
Lisa Repka  
Abbie Abboud &  
Judith Young  
Sam & Sharon  
Abelson  
Vicky Adams &  
Kathy Bell  
Heidi Adelsman &  
Mike Everetts  
Ivette Aguila  
Jill J. Alexander  
Walter Altenbach &  
Jackie Casanova  
Julie Andberg &  
Annika Grahm  
Joshua Anderson &  
Katie Dybdal  
Anonymous  
Denise G. Artley  
Jen & Matt Augustson  
Peter Austin &  
Chris Foss  
Sue Austin & Family  
Laura Bachinski &  
Renee DeLong  
Steve Backoff  
Patrick Bailey  
Terry Baker  
Zak Baldrige &  
Derek Dahl  
Lisa & Jennifer  
Baldwin-Kusz

Bernice &  
Darrell Baltzer  
Daniel M. Barnes &  
Elaine M. Wilson  
Scott E. Bartell  
Ingeborg Bash  
Emily Bastian  
Gail Behrens-McArdle  
Deb & Ken Behringer  
Rita Benak  
Stephen J. Benton  
Christie Berbseth-  
Rojas  
Judith Berman  
William Biermaier  
Charlotte A. Bingham  
Thomas H. &  
Barbara Bingham  
Mary Ellen Bishop  
Shennon M. Black  
Thomas Blackmar  
Philip Blanding  
Jerry Blankenship  
Mara Bliss  
Alicia M. Bloch  
Kevin Boedigheimer\*  
Kerry & Debra Boese  
Lisa Boone  
JoAnn Boudreau &  
Gretchen Bueide  
Philip & Linda Box  
Jane & Anne Boyer  
Daniel Boyer  
Liz & Joe Brandel  
Susan Brott &  
Bob Noyed  
Rowan & Jessica  
Broyles  
Doug Bruska  
Jane Buette-meier  
Jeanne Burns &  
Liz Oppenheimer

Cathy Burrell  
Chuck H. Burrill  
John B. Callen  
Kenn Carlson  
Mike Carlson  
Mike Cassidy &  
Alan Holliday  
Gary A. Christensen  
Scott Christian  
Joanne, David &  
Amanda Claphan  
Deb Cohen  
Anne Coleman  
Kathleen Conklin  
Collin Conroy  
Julie M. Conway  
Dana Lee Cook  
Mary M. Coudron  
Krisha Crabtree  
Aaron Crenshaw  
Sue T. Crolick  
George & Janet Cruys  
Meg Currens  
Sadie Curtis  
Ann Dale  
Bruce Daleiden  
Althea Danielski  
Elizabeth Darling  
Kathy Davis  
Mike Debelak &  
Janet Conn  
Angelikah Demonikah  
Marilee DesLauriers &  
Jack Militello  
Mary Jo Deters  
Allison Deyenno  
Judy Dhooge  
John Doll  
Brad Domonick &  
Jay Tarnowski  
Gloria Dorf



David & Anita Dorffman	John P. Goggin & Julie Weighter	Carol Hoffman	Lindsey Kopp	Michele M McGaughey
Scott R. Dorn	Jules & Janice Goldstein	Jim Hollahan	Nikolas Kotz	Mary McGraw & Dawn Mans*
Carolyn Dotterweich	Gay Gonnerman & Larry Koch	Bertine Holmboe*	Nicole Kubista & Jenny Ryan	Patrick & Patricia McLaughlin
Eric Doughty	Raymond L. Gooderl	Jay Hornbacher	Edward Kulik *	David F McMahon
Geraldine Dudley	Joyce Gooselaw	Randy Hornstine & Don Flies	Tineka Kurth	Anne E. McManus*
Mark S. Dullinger	Mary Grandy	Amy Horst	Mr. & Mrs. Patrick Kush	Kathryn & Charles J. McMurray
Carole Dunn	William D. Gray	Kathryn L. Houston	Joseph J. Kuznik	Glen Meyer
Shawn Dunn	Kristin Green & John Ratigan	Courtney Howard	Brian K. Larson	Holly Miles & Michelle Hoover
Rae Ann Eisbrener	Richard Greene	Kathleen Humphries	Douglas A. Larson	Marilyn & Michael Miller
Nancy Emery	Robin Groenke	Sandra Isham & Allen Anderson	Joseph Larson & Charles Jordan*	Richard Miller
Myrna Engebretson	Del Grote	Charlotte & Paul Jacobson	Kurt D. Lawrason	William Miner & Rod Miller
Bruce Erickson & Jay Trevino	Roger Grusznski	Paul & Cindy Jacobson	Barry Leavitt	Randy P. Miranda
Anne Erickson	Kirk Gryder	Lyle J. Jaeger	Kathleen & Allen Lenzmeier	Andi & Tom Moffatt
Fred Erickson	Chris M. Guertin Family	Cecilia Jaisle	Andrew S. Leonard	Joel Molitor
Jeanette Evans	Philip & Susan Gulstad*	Phillip J Jares	Virginia Leslie	Susan E. Lester & Petra Mertens
De Anna Evjen	Eric Gustin	Jenny & Kyle Jendro	Steven D. Levy	Troy Monson
John Ewoldt	Dan Haag	Andrea Jenkins	Bud Lile & Randy Ingram*	Jo Montie & Carl B. Besser
Marilyn Farinella	Helene I. Haapala & Connie Martin	Ryan Jerhoff	Carolyn Lima	Kathy Moore
Jeffrey Farnsworth	Kit Hadley	Kimberly Johnson & Carla Simeone	Brien Link	Cindy Morrone
Suzanne Farrell	Patricia L. Hanauer	Kathryn Johnson	Mike J. Loosen	Charlotte Moses
Karen Feit	Emily Hanka & Mary Rugani	Lori L. Johnson	Rosemary Lovett & Family	Leah & Doug Moses
Ruth Fen	Brennan Hannon	Lora Jones	David Lozinski	Mike Muehlbach
Harvey Filister	David A Hanson & Ivars Edens*	Rachel Jones	Beverly Luther	Eric Mueller & Burton Coffin
Bruce Fisher	David E. Hanson & Cecil Cheek*	Dona Jordan	Dick Madigan & Ed Anderson	Pamela M. Muldoon
Lisa Fitzgerald	Steven & Laura Hanson	Timothy Kanaley & Kenny Kiser	Bev & Sheldon Mains	Audrey Murray & David Barkmeier
Kevin H. Flam*	Dr. Karin J. Harp	Sheila R. Kauppi	Joan & Matt Majovski	Ruben Murray
Gerald T. Flom	Jane Harris	Lynda Kayser	Mary Jo & Marty Malecha	Jean L. Nead
Larry Fonnest & Jim Nepp	Jean & Jim Hartman	Dennis Kearney Family	Robert & Mary Ellen Manske	Erica Nego
Maria Fontana	Harold & Shirley P. Haskovitz	Jaymie Kelly	Quinby Maple & Karen E. Johnsen	Bob & Mary Nelson
Sherman Ford	Robert V. Hassen	Jim Kemp*	Tim Marburger	Kendra Nelson
Gene & Charlotte Frampton*	Kim Havey	Sarah & Liz Kesler	Judith Marget	Cecelia A. Newton
Craig & Linda Franz	Nancy Hazelton	Kelsey Kiefer	Mohan Mathews	Rachel Nieder
Lynda Frayne	Paul Hebert	Neal Kielar	Ann & Robyn Mathews-Lingen	Michael T. Noble
Andrew Fritsch	Martha Hedstrom	William G. Kingsbury	Marcella G. Mathias	Donna, Peter, & Michael Norbeck
Theresa C. Gaffney	Frank & Jane Hennessy*	Marikay Klein	Denise McCabe	Jessie Nowak
Jane B. Galbraith	Sister Gabriel Herbers	Joel Klunke & Christopher Miller	Fran & Mike McCloskey	Glenn & Judith Nylander
Pat & Ralph Gamnis	Kevin Hershey	Joe Knight	Kelly McClure	Michael Oian*
Michael Garret & Tony Scornavacco*	David Hillert	Rebecca Knill	Cari McCollor	Judy & Rich Olsen
Judy Garrison	Susan Hitchcock	Cara Knittel		Richard C. Olson & Rob Rodgers
Janet George	Monica L. Hofe	Ani Koch & Erin Scott		
Walter Gies		Randy J. Kolodziej		
Rhonda Gilbraith & Jeff Radford		Jeni Kolstad		
Mary B. Gochnauer		Terry Kones		

*continued on page 10...*

# Many, Many Thanks!

*continued from page 9...*

Frank Olson	Janet Lund	Carolyn S Smith	Brenda Van Vugt
Mary Kay Olson	Jenni Ripley	Mark A. Snyder	Peggy Carnes & Eric Van Wyk
Sarah Olson	Kelly Robbert	Jennifer Song	Glen & Kate Varns
Terry A. Olson	Adam Robbins & Jesse Field	Frank J. Sorauf	John Vener, MD
Laura Ormaza	Brian Robinson & Adam Larson	Alicen Spaulding	Les Vikre
Lynn Ostrowski	Susan & Joe Robinson	Jethra Spector	Julie A. Vogl
Todd Park & Brian Thomson	Lee L. Roehl & Paul Shapiro	Mark Stephens	Nancy Waldoch
Mark & Cossette Parriott	Gregory A. Rogers & White Ash	Jane Stern, & Pat Sexton & Clare Sexton-Stern	Kim W. Waldof
JoAnne Parsons	Judy Rogers	Leah, Bob & Brady Stich	Julie A. Warner
Lisa A. Paulson	Cynthia Rooney	Gary E. Stone	Meg Waterman
Peter J. Paulson	Dorothy Rossing	Patricia & Gerald D. Stone	Margaret Watkins
Renee Pedley	Barbara Rowe	Kristi B. Stratton	Julie Weighter
Luisa Pessoa-Brandao	Judy A. Roy	Patti Svendsen & Doreen Dzenski	Barbara Weisman & Tom Wenner
Betsy Petersen	Carol Rue	Eugene & Dorothy Sylvestre	Madee Weisner & Moriah Stephens
Daniel L. Peterson	Crystal Ruzick- Friskney	John J. Szczech	Marvin Welk
Karen Peterson	Stacy Saathoff	Bill & Barb Taylor	David Welper
Karl, Ann, Cole & Tyler Peterson	Richard A. Scarlett	Bruce Taylor	Katherine Werner
Penny & Sanford Peterson	Maggie Schaeffer	Louise Teeter	Jack & Felisha Westbrock
Reid & Ruth Peterson	Scott Schlaffman	Amanda & Mark Tempel	Molly Wilbur-Cohen & Tim Highland
David & Ginny Poplau Family	Monica Schliep	Courtney J. Thompson	Megan Wilfert
Jennifer & Blaise Porter	Katie Schmoll	Steven J. Thompson	Tona Willand
Jason J. Potasnik	Alyssa Schulke & Todd Hashbarger	Brian D. Thorson & Dennis C. Bless	Estelle Willens
Mary S Potter	Timothy K. Schultz	Angela Tilbury & Josh Heffelfinger	Mari Jo Williams
Thomas M. Powell & Paul Hill	Father Paul A. Schumacher	Daniel N. & Patricia Tillman	Ronald Wilson
Cynthia Preston	William Schwartz	Pierre Tardif & Eric Tollefson	Ron Wiltgen
James A. Quan	Cheryl A. Schweitzer	Tim Tormoen	Ralph Winkelmeyer
Linda & Jeff Raines	Ryan Setterholm	Deborah Toth	Mary Jordan & Jeanne Witzig
Kevin Rajotte	Carlyn Shanley	Laura Toth	Daniel J. Wolter
Judy Ratliff	Michael S. Shasky	Stacy Tuccitto	Debbie & Mike Wyman
Dave & Brenda Reddick	Erika Shatz	Steven H. Ukasick & Michael J. Redmond	Michael Wysocki
Philip R. & Randi Reitan	Marjorie Sigel	Fernando S. Urbina	Danika Zick Dorame
Moses Renault-Moses	Nicky & Becky Simon Burton	Kathy Vader*	Louise Ziegler
Rick Reynen	Katie Simon-Dastych	Lawrence G Valley	
Janet Rice	Ann & Wayne Sisel	Kathy & Skip Valusek	
Laurie Richmond &	Angela Skelly		
	Linda G. Slarks		
	Barbara T. Smith		

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



# Thursday, April 29

## Dine out. Do good.



### To our fantastic volunteers:

Many of you have served as volunteer Ambassadors for our annual fundraiser, Dining Out for Life. Thank you! Now is the time for you to sign up both yourself and a friend to be an Ambassador.

This is your sign-up form, or you may fill out the form on [www.aliveness.org](http://www.aliveness.org). Please share this form with a sociable friend who would like to join you inviting friends and family to dine out on April 29 for breakfast, lunch and/or dinner. Over 300 Ambassadors are needed for various meal times, especially lunch and dinner. Tasks include inviting, welcoming and thanking diners, answering questions and encouraging donations. Training is provided with times listed below. If you have served as an Ambassador two or more times in the last four years, you need not attend training, but you will need to arrange to pick up materials. Please sign up now!

Thanks!  
Monica & Tim

Dine out at one of over 135 restaurants across the Twin Cities, Duluth and Rochester on April 29 and a portion of what you spend will be donated to The Aliveness Project, a local nonprofit agency that provides meals, food shelf, case management, holiday baskets and other services for people living with HIV/AIDS.

**For more info, visit [diningoutforlife.com](http://diningoutforlife.com) or call 612-824-LIFE (5433).**

**DON'T JUST EAT, VOLUNTEER!**



**Yes, I want to be a Volunteer Ambassador for Dining Out for Life. Sign up here or online at [www.aliveness.org](http://www.aliveness.org).**

Your Name (please print): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_ (h,w, or cell?) E-mail: \_\_\_\_\_

I will be a volunteer Ambassador for: ☐ Breakfast ☐ Lunch ☐ Dinner

Geographic Location or Restaurant Type: (i.e. Downtown, St. Paul, western suburbs, really dressy, casual, late night, etc.)

1) \_\_\_\_\_ 2) \_\_\_\_\_ Ambassador before for 2+ years? **Yes** or **No** ?

Suggestion of friend to be Co-Ambassador ?:

Name \_\_\_\_\_ Phone(\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_

Ambassador training date/time (circle one): **1)** Mon. 3/29/10 6:30 PM **2)** Wed. 3/31/10 12 Noon

**3)** Thurs. 4/8/10 6:30 PM **4)** Sat. 4/10/10 10 AM **5)** Tues. 4/13/10 4:00 PM **6)** Fri. 4/16/10 12 Noon

Returning Ambassador materials pick-up: Tues. 3/30/10 4:00- 6:00 PM, or Fri. 4/9/10 11:00 AM- 1:00 PM

**Please return to Monica Travis (Fax: 612-822-9668) or send to:**

**The Aliveness Project, 730 East, 38th Street, Minneapolis, MN 55407**

**Questions? Please call 612-824-LIFE, ext. 206 or Email [volunteer@alivness.org](mailto:volunteer@alivness.org)**

- Easy one-time opportunity!
- Need not have volunteered before!
- Simple, 1.25 hour training provided!
- Work in pairs!
- Make it a party for family & friends!

**March/April 2010**

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

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



**Get Yours  
April 29th!**

# **DINING OUT FOR LIFE**

## **Mark Your Calendar!**



Mark your calendars now  
for the 16th annual  
Dining Out For Life event:

**THURSDAY,  
April 29, 2010**

[www.DiningOutForLife.com](http://www.DiningOutForLife.com)

Ambassadors, it is not too early to  
contact us about your restaurant  
choices and shifts!



**KARE 11 meteorologist and DOL diner Sven Sundgaard**