



The Volunteer Newsletter

for the San Francisco AIDS Foundation

Spring 2008

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www.sfaf.org

www.aids hotline.org

www.aidsmarathon.com

www.sfaf.org/prevention/needleexchange/index.html

AIDS/Life Cycle (ALC) Kicks It Off...

AIDS/LifeCycle's (ALC) Kick Off Party was held on Sunday January 13th, 2008 at the Galleria at the San Francisco Design Center. This annual party represents the official beginning of the ALC year and what a year 2008 promises to be!!! 223 cyclists and 44 Roadies registered at the party! At this point, we have reached the maximum number of



SFAF Executive Director, Mark Cloutier addresses the crowd at the Kick Off

cyclists we can have and we are 3 months from the ride! If each cyclist raises their minimum of \$2500 (most raise more), just these new cyclists will raise \$560,000!!! Most Roadies also raise money. The over 130 volunteers who worked the event played a part in making sure that over one half million goes to HIV programs and services. Well done!

The participation in AIDS/LifeCycle has grown so much that, with the help of underwriting by Gilead, it moved to the Galleria this year

which is a MUCH larger location. The new venue allowed for even more activities and fun. The party filled the first three floors of the Galleria and was outfitted with tables and chairs donated by Blue Water Party Rentals. On the 3rd floor 8 gourmet restaurants including Askew Grill, Wichcraft, Poleng Lounge, Taste Catering, The Cliff House Restaurant and

XYZ at the W hotel donated some of their tastiest wares for the party guests. The 2nd floor showcased many of the San Francisco AIDS Foundation's programs and services and staff and volunteers were on-site to answer any questions the participants might have. On the street level were guest and volunteer check-in, ride registration, ALC merchandise, Pos Peds, coat check, Training Ride Information, general Information, and a record number (10!) different raffle packages donated by the various

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Holiday Party is a Huge Success!

The 21st annual Women and Family Holiday Party held on Thursday December 13th, 2007 was successful in a multitude of ways! We had many amazing donors, volunteers and toy drive companies/organizations who returned to help us again this year! Additionally there were a number of new toy drives and donors who each brought even more energy to the mix!

The activities that led up to the party were so fun that the excitement of the party started early and continued strongly all the way to the day after the party when we packed the gifts for our support group clients! Wonderful job by all of you! The seemingly unending positive outlook of our

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Steven Tierney to lead degree program in community mental health



Dr. Steven Tierney, deputy executive director for programs and services at the San Francisco AIDS Foundation, has been appointed Professor of counseling psychology at the California Institute of Integral Studies, charged with launching a concentration in community mental health within the Master of Arts in Counseling Psychology program. This will be among the first degree programs in the nation to use community-generated models as preparation for careers in

mental health counseling.

Tierney has built a significant legacy at the Foundation during a time of renewed vigor in reducing new HIV infections and improving overall health. He supervised the city's largest needle exchange program, the Foundation's community empower-

ment groups Black Brothers Esteem, the Speed Project, El Grupo, and the California AIDS Hotline. In addition to expertise in effective HIV prevention, community-led health initiatives and creating social options for gay men, Tierney spearheaded the Foundation's successful merger with the Stonewall Project and Magnet, which took place in July 2007.

"Steven Tierney has been a great colleague and leader at the San Francisco AIDS Foundation," said executive director Mark Cloutier. "He has assisted in redirecting services where the greatest needs are and in refocusing on improved health for gay men and men who have sex with men in the Tenderloin and across the city. Steven understands how to help people achieve good health, which has a lasting effect on HIV infection rates and every individual's sense of wellness." Tierney will continue to volunteer with the Foundation as a Magnet volunteer and as a local ally as the Foundation implements new prevention strategies to reduce HIV infection in San Francisco.

A New Event: The Seismic Challenge



The San Francisco AIDS Foundation is pleased to announce **The Seismic Challenge**, a two-day, two-hundred mile cycling event, which will be held on October 18th and 19th.

Cyclists will travel along the San Andreas Fault from Mendocino County, down the coast of the Redwood Empire, into Marin County, completing the trip into San Francisco.

Registration for the fundraising ride will open at the end of March and will include two nights accommodation.

Proceeds from **The Seismic Challenge** will support the San Francisco AIDS Foundation.

Please keep an eye out for upcoming volunteer opportunities with this exciting new event! The website www.theseismicchallenge.org, will debut on March 31 -- check it out!

NEWS BRIEF

HIV in the Southeastern United States

According to the CDC, the Southeast (which is comprised of 16 states and Washington, D.C.) accounts for 45% of new U.S. HIV cases and 50% of all AIDS related deaths. Ever increasing numbers of people living with HIV as well as 7 of the 10 states with the highest AIDS rates are also there. This has been a burgeoning problem in the area and does not seem to have hit its peak. Poverty and the combination of poor HIV and health service infrastructures and the lack of available needle exchange/services for drug users apparently are fueling this fire. The fact sheets also stated that "More than 21,000 people living with HIV/AIDS in Alabama, Louisiana and Mississippi were affected directly by Hurricane Katrina. In addition, half of the community-based prevention providers went out of business in New Orleans, where a large percentage

of people living with the disease did not return after the hurricane or came back months later to find their medical coverage was lost or in disarray."

HIV Testing in the Prisons

The number of confirmed HIV positive inmates in the Federal prison system is three times higher than that of the general population. However the actual number is thought to be much higher because prisoners are not tested consistently. The House of Representatives has passed a bill that would alter HIV testing requirements for federal prison inmates. This bill would mandate HIV testing for inmates entering the system and give them the option of requesting one test per year while incarcerated.

NEWS BRIEF-continued on next page

NEWS BRIEF-continued from page 2

Good News in Sacramento!

Three important bills have been signed into law in Sacramento, all of them good news. Bill SB 767 creates a 3 year pilot project in seven counties (including San Francisco) which authorizes overdose prevention programs and protects providers who prescribe naloxone (a medication used to reverse overdoses) to people who use opiates such as heroin and methadone. This is the same medication used by the DOPE Project that has been saving lives in the bay area for four years.

Bill AB 682 simplifies consent for HIV testing with the goal of making testing more routine and increasing the number of providers who offer it. Bill AB 110, which SFAF co-sponsored, permits counties to direct state HIV prevention funding to authorized needle exchange programs.

Routine Testing

The state of California Assembly has passed bill AB 682. Under this bill written consent for HIV tests will no longer be necessary. Patients routinely would receive the tests from doctors and hospitals unless they decline to be tested. HIV testing would become part of a normal annual exam. Many people feel that the approximately 40,000 California residents that are unaware that they are HIV positive could be effectively reduced.

Sperm Washing

Sperm washing is a procedure used to help HIV serodiscordant (and other) couples trying to conceive without passing on diseases or genes for disease. The process: Sperm are separated from the surrounding seminal fluid by a centrifuge, a device that separates components of a liquid as it spins at high speed. The sperm are then washed twice in a solution, in an effort to remove undesirable materials. If the donor also has hepatitis A or B, the partner should be vaccinated against those viruses.

If the donor has hepatitis C, for which there is no vaccine, it should be eliminated during sperm washing at the same time as the HIV and the sample tested for its presence afterwards (just as with HIV).

Note: Hepatitis C has not been shown to be easily transmitted during sex.

In 1989 a law was passed prohibiting HIV positive people from donating sperm, blood or tissue in an attempt to curb the spread of the virus. The law has prevented HIV positive men from using reproductive technologies that lower the risk of transmitting HIV to their partners. A new bill has been passed that allows HIV positive men to have their sperm washed and used for fertility treatments.

Interesting Side Note: Of the 3,800 reported cases outside California in which couples with an HIV positive man have used sperm

washing and/or other reproductive technology, there has not been one case of HIV transmission been reported.

Expanded Access for New Drugs

A recent Kaiser report says that reform of expanded access programs that allow HIV positive people to take new drugs before final federal approval is needed....” The report reviews the problems associated with the system and provides guidelines aimed at improving it, including a recommendation that pharmaceutical companies reimburse health care providers for EAP costs. “The goal of expanded access programs is to make promising drugs in the late stages of clinical trials available to patients who urgently need treatment and have exhausted all currently approved therapies,” Ben Cheng, deputy director of the forum said, adding, “Unfortunately, the current mechanism for early access to these promising drugs serves neither patients, companies nor regulators.

Note: Many of the work and subsequent successes in new HIV drugs are targeting resistant forms of the virus and people who are out or running out of options. There has been some good news on this front and we’ll address that in a NIM soon.



HIV Abstinence only results

We wanted to give you the conclusions of a long term study with information from 1980-2007. This study was to determine the effectiveness of reducing the risk of HIV transmission in developed countries using

Abstinence-only programs.

The study found that abstinence-only programs had no significant effect in either decreasing or increasing risky behavior when compared with the control groups. Seven of the trials tracked STIs and found no significant short- or long-term benefit to abstinence-only sex education programs. None of the programs made any significant difference in preventing pregnancy, reducing unprotected sex or delaying sexual initiation, according to the study.

Conclusions:

“Should the funding of abstinence-only interventions continue at its current levels, policymakers and practitioners might consider allocating more resources to methodologically rigorous evaluations with outcomes that directly indicate HIV risk,” the authors wrote. The researchers also said that ongoing school-based and community-based trials will “help remedy some gaps in knowledge” about HIV prevention and that “additional trials may be necessary, particularly to assess interventions run by faith-based organizations” (BMJ, 8/4). Underhill said, “We hope our review encourages a closer look at the empirical research regarding HIV prevention programs,” adding, “It appears that this evidence base is frequently neglected in debates over abstinence-based prevention”.



 NEWS

HIV Prevention Project (HPP) continues to evolve. After expanding the Saturday Sixth Street hours from 3-5 p.m. to 3-11 p.m. last summer, we have seen an increase in the number of exchangers we see, as well as the individual faces we see. By extending the hours until late on Saturday evenings, we now seeing some folks who previously had not been able to make it to a site at the other hours we operate. The Saturday night site also serves as a place where people can come in off the streets to sit and take a load off for a few minutes before going back out into the cold, and the high energy of 6th Street on Saturday nights. St. James Infirmary continues to do HIV and Hep C testing on Saturday afternoons, and once a month holds a “movie night”, when they open up the other side of the 6th Street space. People are welcome to come and go, watch a movie, engage in conversation, and have some coffee and snacks. Testing is available on those evenings for those interested as well.

Our newest venture has proven to be quite well received. After having lacked a strong presence in the Mission District for some time, HPP is now out there every Friday night, roughly between 6-8 p.m., or until our supplies run out, which happens on most Fridays! And out there we are. While not a fixed “site”, we are now doing street outreach on the corners of 16th and Mission and the surrounding couple of blocks. Street outreach has really improved that way that HPP applies the Harm Reduction principle of “meeting people where they’re at” by physically going to an area well known for being highly traveled by many members of the IDU community. We are also able to reach some of the sex worker community as we hand out a lot of safer sex kits with condoms and lube. Since starting the Friday evening street outreach at the end of October 2007, we have seen the number of exchangers we see out there rise from about 50, to now closer to 80-100. And like our two other outdoor locations, we are there rain or shine. This has

been very exciting for our program and really shows how seriously needed our presence in this neighborhood really is. We are hoping in the next few months to be able to start doing Narcan (overdose prevention) trainings on our outreach nights as well.

We are also very happy that we have been able to bring medical care back to some of our sites that were lacking this very important service. We have re-established a strong connection with the Tom Waddell Health Clinic, and our long time Tuesday morning nurse practitioner from our 6th street site. Mark, who has taken over Monday nights at Ivy Street as the medical provider, with a little help from his Americorps volunteer sidekick named Mat.

We have also re-instated medical care at our Tuesday night Duboce site, behind the Safeway in the Castro. Paul, a doctor who is also from Tom Waddell, is now there every other week providing services with another Americorps volunteer named Adam. When Paul sees a person at the site on a Tuesday night, he can see them for follow up at the Tom Waddell Clinic on Wednesdays, so there is an opportunity to provide a continuum of care. Aside from doing the routine medical care for exchangers at the sites, it has been great to have them there to be able to re-fill naloxone (Narcan) prescriptions, which cannot be done without a medical provider’s signature. Naloxone has been vital in saving many lives, and the more exchangers who have access to it, the less unnecessary loss the community will endure. As always, we would like to thank all of the volunteers that enable HPP to continue its important work.

We really appreciate all of the time, dedication and compassion that we are so lucky to benefit from. We’re always looking for new volunteers, so if you know someone that’s interested, send them our way! See you at the sites, Katie, Melissa, Jahaira, & Pauli.

LIFE CYCLE-continued from page 1

Community Support Partners including Mike’s Bikes who donated all the goodie bags and a bike.

The height of the festivities from the stage was a performance donated by Beach Blanket Babylon. It was a great time. Later we were inspired by the announcement of the new Director of AIDS/LifeCycle, Michael Barron (long-time volunteer Road Manager and Logistics Coordinator and past Director of Florida’s Red Ribbon Ride); the new Associate Director Susan Parish (who had been the acting Associate Director), and Russ Medivil long-time rider/Training Ride Leader as the newest Cycle Buddy. It was also nice that past Associate Director Stephen Cadby was in attendance to see how the ride is moving into the future.

As a team, the volunteers and staff set up the 3 huge floors; checked in 1100+ guests and 130+ volunteers; made sure restaurants and programs areas on the upper floors ran smoothly; helped with the new registrations; acted as impeccable hosts directing and tidying; added humor and grace to the mix; checked a literal TON of coats etc.; gave out information LIBERALLY; broke down everything and loaded the vans so that we were completely DONE before 6pm! Quite an accomplishment and it goes to show how these events would not be possible without volunteers!

There were several groups to acknowledge including 2 groups from One Brick, Kappa Psi UCSF Pharmacology Professional Fraternity, 3 groups from the Lowell High School Make a Difference Club, and the Lowell Pre-Law Club. Talk about team spirit! If you or your group would like to volunteer for the next ALC event it is the Expo on Sunday March 30th. See the full description in the Upcoming Events section of this newsletter.

hot ART at the hotline



The Hotline area was recently redone as part of the foundation's remodeling project. Although the space looks great, a number of volunteers suggested that we put something a bit more colorful on the walls. We are pleased to report that we were able to acquire two original pieces of art, painted by our very own Hotline Supervisor, Tom McElroy. Please stop by to see them when you get a chance. We hope everyone will enjoy them.

WOMEN AND FAMILY-continued from page 1

volunteer team was infectious and made sure that the year ended on a resounding up-note!!!

We had a record FIVE gift sorting and wrapping parties of various types from wrapping the toy drive 'loot' to putting together the gifts for our support groups! This year many pitched in to help with uploading all the gifts and transporting them to the Annunciation Cathedral as well as set up the Cathedral and unload the vans at the Foundation. Incredible people doing so much to help! This year we even had the Banana Republic Grant St. making sure that not only was the dining area set up, clean and ready but extremely festive as well! The tables were strewn with ornaments and the walls shone with pretty graphics!

Banana Republic wasn't the only group to come through; we also had the Balloonimals team, Bosley, Lowell High School's Aid for People With AIDS, Lowell's Make a Difference Club, Wells Fargo (in many forms and iterations!), and Western Union. Tribute should be paid to our Volunteer Captains Beth, Blair, Cal, Claire, Celeste, Sergio, Stephanie, and Shinita! But as they would say...they couldn't do it without the support of their teams who were made up of so many extraordinary individuals!!!

There were many comments from

the guests, SFAF staff, and others as to how lovely the party was and how smoothly everything was running. Everyone pulled together to get all that was needed to get us set-up, to ensure the event ran smoothly, to share the holiday spirit and the clean up was done so fast that we were out before 9pm! You did a great job in making sure that everyone was having a good time.



Each year soliciting donations is an arduous task and this year was no different. Early on Amy Li planted the seeds for many of the donations and toy drives. Yours was invaluable foundation-laying Amy! Later Sean Harris and Kris Gebhard joined the project and followed through with the donors, the toy drives, facilitated the barrel drop-offs, pickups, the gift sorting/wrapping and logistics. Amy, Sean and Kris, your organization and dedication toward the production of the

party are really admirable and without you we wouldn't have had such great gifts and so successful a party! Thank you!

Mike Canellos at the Annunciation Cathedral, has a lot of love for this event and each year he has labored to ensure that we are able to have the party there. Mike and his team of volunteers make sure that not only is the space there for us, they work really hard to ensure that our limited budget is not blown!!! Mike even arranges a tree decorating party beforehand so that we have a beautifully decorated tree and this year he added penguins and Santa!!! Very Fun! Thank you Mike for all that you do!!!

Every year we are lucky to have entertainers who volunteer to share their talents and cheer with us. We would like to acknowledge the work and art of Head Royce Choir and their leader Bob Wells; Blair Cambra & the Balloonimals Team (Dale, Steve, Leon, Cassie); Billy Beyer & Kris Gebhardt (Elves); and Papa Ray Knowles (soloist and MC)! A special thank you to Don delCollo (Father Christmas) who at the last minute stepped in to be our Santa/ pinch hitter!

Thank you all for the energy and love you put into this party!



Megan Fields

Sept. 07

Megan started volunteering with us in July 2005 as a Health Educator for the California AIDS Hotline. After volunteering with us for a few months we recognized that Megan was capable of more responsibility so we promoted her to a volunteer hotline Shift Supervisor. Megan has also assisted us with hotline trainings and was instrumental in helping to get new volunteers trained prior to taking their first calls. Our sincere thanks for all you've done for us Megan!!!



Elmer "Papa" Ray-Knowles

Oct. 07

Elmer "Papa" Ray-Knowles
Where do we begin to sing the praises of Papa Ray? He is so very involved in so many things. He is an ordained minister who is heavily involved in supporting his community, from his tenants' association to singing in his church choir and his active involvement in SFAF's Black Brothers Esteem (BBE). For BBE, he is on the steering committee, a Peer Health Advocate, an active volunteer in general, and one of the primary spiritual advisers for the group. Papa Ray also volunteers for the California AIDS Hotline as a Health Educator while at the same time pursuing his B.A. in Psychology at S.F. State University. We love having Papa Ray around!!! and thank him for his many contributions.



Amanda Silmes

Nov. 07

Amanda goes to New College and is in hot pursuit of a B.A. in Humanities. Amanda started volunteering at the needle exchange in Santa Cruz in 2004, where she became interested in harm reduction and helping others. Since January 2006 she has been volunteering for our needle exchange. Amanda spent 5 months in Peru earlier this year volunteering in a Mother Teresa Hospice and in a prison with women incarcerated for drug crimes. Amanda supervises some of our needle exchange sites where she has repeatedly expressed how much she loves her work with us. Well, the feeling is mutual as we love and appreciate having Amanda on board.



Sean Harris and Kris Gebhard

Dec. 07

Sean Harris began his volunteer work with us this year and has proved himself to be an extremely valuable asset in a very short period of time. Sean assisted our Volunteer Special Events Coordinator in the development of this year's 21st annual Women and Family Holiday Party. Sean is currently attending Foothill College fulfilling his pre-requisites for nursing school. We sincerely thank Sean for all he has done for us and wish him much success in his future endeavors.

Kris came to us from Dartmouth University where he is pursuing his B.A. in Sociology complimented with an African Studies Major. He has been volunteering with us for three months, and what an experience he has had. From taking calls at the California AIDS Hotline, to working at our needle exchange, to helping with Public Policy work and assisting with the Women and Family Holiday Party, Kris has gained a tremendous amount of experience in a very short period of time. It has been a pleasure having Kris at the San Francisco AIDS Foundation, even though his time with us has been too short.



Michael McDonald

Jan. 08

Michael McDonald has been volunteering at the San Francisco AIDS Foundation since December 2005 doing clerical work for us. Soon thereafter, Michael became a Health Educator for the California AIDS Hotline where he remains to this day. Michael's flexibility, enthusiasm and overall wonderful demeanor makes him the January 2008 'Volunteer of the Month'...what a great way to start the year. Thanks for all your hard work and dedication Michael, it's great to have you with us.



Angelo Pagano

Feb. 08

Angelo has been volunteering for the San Francisco AIDS Foundation as a Health Educator for the California AIDS Hotline since September 2006. In addition to his dedicated work on the hotline, Angelo regularly volunteers for community outreach events throughout the year. Angelo was a Roadie on AIDS Life/Cycle 6 and is currently registered as a rider for ALC 7. He is also involved in this year's ALC "Training Ride Leader Trainings" where he assists the ALC staff with various projects. Thank you Angelo for all you do for the San Francisco AIDS Foundation.



*Nicole Casper,
sister of Cycle Buddy Hillary Casper*

March

The AIDS/LifeCycle Expo and Roadie Training

Sunday March 30th, 2008
SF County Fair Building (at 9th and
Lincoln in Golden Gate Park)

This event gathers the cyclists and Roadies (volunteers on AIDS/LifeCycle) together to get them ready for the ride. It begins with a training ride, and encompasses vendor fair where participants (and volunteers!) can pick up all sorts of great items, Roadie Training, and a host of workshops to prepare the participants for the ride! As volunteers we will be doing everything to make this process understandable, smooth and more fun!!! We still need people from 11am-4pm. For more information, please contact Emily Mariko-Sanders at 487-8081 or via e-mail at emariko@sfaf.org

April

Setup for Day On The Ride

Friday April 25th, 2008
SF County Fair Building (at 9th and
Lincoln in Golden Gate Park)

Day On The Ride replicates the look and feel of an actual day on the ride. In order to prepare for it, we will be setting up bike parking, the training ride snacks, volunteer and guest check-in, safety, etc. so that the volunteers don't have to do it at 4 AM the next day!!! We need volunteers from 12-4pm. For more information, please contact Emily Mariko-Sanders at 487-8081 or via e-mail at emariko@sfaf.org

The Day On The Ride

Saturday April 26th, 2008
SF County Fair Building (at 9th and

Lincoln in Golden Gate Park)

This event replicates the look and feel of an actual day on the ride so we will facilitate bike parking, snacks, volunteer and guest check-in, safety, the pasta feed, etc. The riders arrive early and then we send them on their way. They ride out on a 40 or 80 mile ride and then instead of moving down the state they loop back to us in the park or "camp" as it were. We need people 5:15- 8:45AM (26 volunteers and believe it or not this time is the MOST energetic and fun), 12:30-3:30 (17) and 3-7pm (17)! For more information, please contact Emily Mariko-Sanders at 487-8081 or via e-mail at emariko@sfaf.org

May

Leadership Recognition Dinner Set Up

Thursday May 1st, 2008
Festival Pavilion at Fort Mason

Each year the San Francisco AIDS Foundation hosts the Leadership Recognition Dinner. The Dinner honors individuals and businesses who have made a significant impact in our ongoing battle to end the pandemic and the human suffering caused by HIV/AIDS. We are looking for volunteers to help us set-up the event. We need folks to assist us in setting up the tables, chairs, china, flowers, and making the place glamorous!!! 10am to 2pm and/or 1pm to 5pm. Please contact Sergio Cano at scano@sfaf.org or 487-8014.



Dirk Echols, roadie and avid volunteer

AIDS/LifeCycle Binder Assembly

TBD but approximately ~Thursday, May 22nd, 2008
San Francisco AIDS Foundation, 995
Market Street @ 6th, San Francisco

We will be putting together the binders of directions, maps etc. for the AIDS/LifeCycle staff and Roadies. Perhaps your company or social club is interested in an evening of a charity group activity!?!?! 6-9pm (10 Volunteers) Please contact Sergio Cano at scano@sfaf.org or 487-8084.

AIDS/LifeCycle Registration Packet Assembly

TBD ~Tues-Fri May 20-23rd, 2008
San Francisco AIDS Foundation, 995
Market Street @ 6th, San Francisco

We will be putting together the registration packets for the Riders and Roadies to be given to them on Orientation Day, the day before the ride begins! This packet is the participant's last step to make sure that they are ready to head out on the road. 10am-2pm (8 volunteers), 1-5 pm (8) and/or 5-8 pm (8) Please contact Sergio Cano at scano@sfaf.org or 415-487-8014

Pre- UPLOAD for AIDS/LifeCycle

Wednesday, May 28th, 2008
Cow Palace, San Francisco

Volunteers will help 'id' the vehicles that will accompany the ride down to LA. 9am-1pm (3-4 volunteers) and/or 1pm-5pm (3-4) Please contact Emily Mariko-Sanders at 487-8081 or via e-mail at emariko@sfaf.org

UPLOAD for AIDS/LifeCycle

Thursday, May 29th, 2008
Cow Palace, San Francisco

We will be sorting and organizing the supplies for the event and then loading up the vehicles. Please be aware that there will be lifting of 20-50 pounds. There will be snacks and beverages and lunch for the early shift. 10-2pm and/or (this shift will receive lunch) 2-5pm. For more information, please contact Emily Mariko-Sanders at 487-8081 or via e-mail at emariko@sfaf.org

AIDS/LifeCycle Orientation Set Up Day

Friday May 30th, 2008
Cow Palace, San Francisco

We are preparing the Cow Palace for Orientation Day when the AIDS/LifeCycle riders from far and wide will all come together for the first time! We will set up Bike Parking, Check-In, Hospitality,

Luggage, Information, Medical, Safety Video Theater, Tent Assignment, Traffic Control, Volunteer Check-In, Pledge Office and Merchandise areas. 8-1:30pm (10 volunteers) and/or 12:30-6pm (10 volunteers) *For more information, please contact Emily Mariko-Sanders at 487-8081 or via e-mail at emariko@sfaf.org*

Orientation Day

Saturday May 31, 2008
Cow Palace, San Francisco

This is the day that all of the registered Riders and Roadies come from all over the world to participate in AIDS/LifeCycle. They will Check-In, turn in any additional monies/their medical forms, they will receive the last of their safety information, they will get their tent assignments, the rider's bikes will be parked for the ride out the next day and the roadies will gain their last training. 8 am -- 1:30 pm and/or 12:30 -- 6pm. For more information, *please contact Emily Mariko-Sanders at 487-8081 or via e-mail at emariko@sfaf.org*



Volunteers from Lowell High School at SFAF annual toydrive

June

Opening Ceremonies

Sunday June 1st, 2008
Cow Palace, San Francisco

Opening Ceremonies are the grand send-off of the riders and Roadies and represent the first day of AIDS/LifeCycle's 7 day ride down to Los Angeles. The riders are warmed up, stretched out and then the ceremonies begin with speakers representing the beneficiaries and the sponsors of the ride. The end of the ceremonies is the sending out of the riders on their grand 585 mile journey to help ending the AIDS pandemic! Duties



Sara Waldron, SFAF volunteer doing an AIDS Walk in the Great Wall of China

will include Arena Crowd Control, Bike Parking, Gear, Late Registration, Security, Traffic Control, Volunteer Check-In, Water, and Breakfast Staff. 4-8:30 am (another early one but REALLY fun and extremely inspiring!) For more information, *please contact Emily Mariko-Sanders at 487-8081 or via e-mail at emariko@sfaf.org*

AIDS/LifeCycle

Sunday June 1st-June 7th, 2008
First weekend in June to the second weekend in June

AIDS/LifeCycle is a bicycle ride which begins in San Francisco and ends in Los Angeles over 580 miles. This extraordinary ride has been raising money and awareness for over 10 years. It is the only AIDS fundraising bicycle event in California organized by the non-profit agencies it benefits and we can only do this with your help. Our volunteer Roadies are on the Event to do everything that needs to be done. This includes, but is definitely not limited to setting up and breaking down campsites and rest stops, serving meals, pouring water, making Gatorade, picking up trash, parking bicycles, fixing bicycles, picking up exhausted riders, wrapping sore knees, giving massages, leading cheers, giving directions, hanging signs, marking the route, and just about anything else you can think of. If you are interested in being a member of this invaluable crew

of over 400 people, please go to www.aidslifecycle.org/roadies/teams.html to see which team you would like to join and then register via www.aidslifecycle.org/register/form.cfm?b=sf. Questions? Call 415.581.7077 info@aidslifecycle.org

AIDS/LifeCycle Bike Retrieval

Monday and Tuesday June 9-10, 2008
Location to be determined, SF

We will be getting all the bikes that are returning via truck from the ride to LA ready to be picked up by their tired and sore riders! We will be moving the bikes around, so volunteers should be able to lift 20 pounds.

Shifts for Monday: 9AM -- 12PM (4-6 volunteers), 12PM -- 4PM (4), 4PM -- 8PM (4)

Shifts for Tuesday: 8AM -- 12PM (4 volunteers), 12PM -- 4PM (4), 4PM -- 8PM (4)

Please contact Sergio Cano at 487-8014 or via e-mail at scano@sfaf.org

July

AIDS Walk San Francisco

Sunday July 20th, 2008
Golden Gate Park

Join SFAF Team and walk in California's most popular, with over 35,000 walkers), AIDS fundraiser. The ten kilometer (6.2 miles) AIDS Walk begins and ends in Sharon Meadow in Golden Gate Park. You can join Team SFAF and raise urgently needed funds to send the message that the AIDS crisis is not over - change the course of the epidemic. You will get a t-shirt, breakfast, snacks, beverages, and if you raise \$25 or more a delicious AG Ferrari lunch! For more information <http://www.sfaf.org/teamsfaf/>

If you don't wish to walk but would like to help us out, we would love to have you volunteer at the SFAF tent! 8am -1pm (6 volunteers), 11am -4pm(4), 12-5 (10)

For more information about the team or volunteering at the SFAF tent, *please contact Emily Mariko-Sanders at 487-8081 or via e-mail at emariko@sfaf.org*