

The Mission of **TEN** is to provide educat**10**n & informat**10**n for HIV-positive individuals in Colorado. In addition, we strive to empower individuals to be proactive in their mental and physical health and well-being. The newsletter is a peer-based collaborative effort, and we encourage material written and contributed by poz individuals to achieve our goal of being "by the community, for the community." We believe that "knowledge is power" and that individuals have a lot to learn and gain from each other by sharing their experiences and information.



**AUTUMN 2011**  
**VOLUME IV, ISSUE XIV**

## INSIDE THIS ISSUE

JIM CHANDLER REMEMBERED	1-3
THE GIFT WE RECEIVE	2
BEARHUG...	3
PFLAG HONORED JIM	3
LUCKY 7	4
PROJECT ANGEL HEART	5
TEN FROM TEN	6
WINDOW TO YOUR OVERALL HEALTH	7
IT WAS JUST ANOTHER DAY... THEN	8
COMMUNITY EDUCAT <b>10</b> NAL FORUMS	9
WOMEN WITH A HIV DIAGNOSIS	10
SUPPORT GROUPS	11
AIDSOVER <b>SIXTY</b>	12
DENVER PRINCIPLES CHANGED AIDS	13
A VERY SINFUL WEEKEND	14
CALENDAR OF EVENTS	BACK



**SIN Colorado is a Gay Poz Men's Social Network supported by Treatment Educat**10**n Network**



**www.ontheten.org**

## The Newsletter of Treatment Educat**10**n Network—TEN

"WE MUST MOVE BEYOND TOLERANCE, BEYOND ACCEPTANCE, IN CELEBRATION OF OUR DIVERSITY. ONLY IN CELEBRATION DO WE TRULY EMBRACE THE GIFTS WE EACH ARE AND EMPOWER OUR OWN LIVES WITH THE GIFTS OF OTHERS."

"THERE IS A PLACE WHERE ALL PEOPLE COME IN ALL OUR DIVERSITY, ON ALL OUR DIFFERENT PATHS AND WITH ALL OUR INDIVIDUAL AND UNIQUE EXPRESSIONS OF LIFE; THEY COME TOGETHER TO CELEBRATE OUR INHERENT ONENESS AS PERFECT MANIFESTATIONS OF THE ONE SPIRIT THROUGH THE USE OF SCIENCE OF MIND PRINCIPLES.

WE RECOGNIZE THAT OUR THOUGHTS CREATE OUR JOURNEY AND BY AFFIRMING LOVE, COMPASSION, AND JOY, WE ATTRACT BEAUTY, PEACE, AND PURPOSE INTO OUR LIVES.

WE GIVE THANKS FOR OUR UNIQUENESS AND OUR DIVERSITY OF LIFE, WHILE WE CELEBRATE THE ONE LIFE THAT IS ALL LIFE... GOD'S LIFE!!"

—JIM CHANDLER



**IN MEMORY OF  
REVEREND  
JIM CHANDLER**

**NOVEMBER 12, 1950  
—AUGUST 12, 2011**

**SURVIVED BY  
HIS PARTNER  
STEVE TRUSAS**

**W**hile I have many fond memories of Jim, there is one that particularly stands out in my mind. When my mother was diagnosed with breast cancer in 2001, I moved her from Mississippi to Denver into her own apartment so that I could look after her. Unfortunately, the cancer had progressed

too far by the time she arrived in Denver for chemotherapy to do any good. By the latter part of June 2002, she had deteriorated so badly that she needed to be admitted to a hospice. Needless to say, one of the hardest things I've ever had to do in my life was to admit my mother into a hospice. When it came time to have her transported to St. John's Hospice by ambulance, she would not go! I tried everything I could think of to convince her that this was the right thing to do. Regrettably, she wouldn't or couldn't accept the reality of the situation. After much crying, screaming, swearing at me and asking me why I was sending her away, I was at my wit's end.

(continued on page 2)





## JIM CHANDLER REMEMBERED

(continued from page 1)

Fortunately, I had been talking with Jim about my mother's impending death... I did not know what else to do but to call Jim. Within fifteen minutes, Jim was at my mother's apartment and by her bedside. When Jim walked in, my mother was screaming hysterically, I was crying and distraught, and the ambulance drivers couldn't get her to budge—she was literally hanging onto and grabbing the bed posts, door frames, and anything else she could get her hands around. Jim asked us to leave her room while he quietly and gently sat next to her on her bed. Jim began talking to her in a soothing, reassuring voice. He picked up her hair brush started brushing her hair while telling her how pretty she was. In no time, my mother calmed down—I've never in my life seen a person have such a miraculous affect on anyone as Jim had on my mother that night! After a half hour or so, Jim had convinced her that going to the hospice was indeed the right thing to do. He had subdued all of her fears to the point that she quietly and calmly let the ambulance drivers carry her out and put her into the ambulance. Jim gladly rode with her in the ambulance to St. John's Hospice to comfort and ease her fears and anxieties while I followed in my car.

From the time my mother entered St. John's Hospice at the end of June until her death on July 16th, Jim visited my mother every day! He brought her a Teddy bear (*which I still treasure and value*) as well as candy and treats over the course of her stay. Needless to say, without Jim's caring and loving actions, my mother's last days would not have been as peaceful as they were and I would not have been able to cope with the situation as well as I did. I will never, never forget the wonderful, extraordinary, compassionate and caring deeds that one amazing man did in the course of three weeks to soothe and comfort the last days of a woman he had only recently met. **These are truly the actions of a "minister!"**

Another fond memory of Jim involves a dick-pump and an overcoat—but that's a story for another time and place...

*Article by Anthony Stamper*

## THE GIFT WE RECEIVE

(written by Jim shortly before his death, waiting for 2 transplants)

Probably the most difficult aspect of being a donor recipient is the not knowing when an appropriate donor provider will become available. The wait is filled with periods of hope and joy, followed by periods of disappointment. These ups and downs are sprinkled with appointments and procedures to monitor one's health and maintain health joined with the financial and social challenges, which are all a part of the process. The gift of an organ transplant is one of the miracles of modern medicine yet the process cannot help but bring stress to the patient, their family, and everyone who is a part of their support system. The not knowing when it will happen is perhaps the most difficult I know, I am waiting for both a liver and kidney transplant at the same time, and placing my own life on hold has been one of the greatest challenges I have ever faced, this is the same challenge we are all facing who are on the "list." My heart goes out to each of you.

Each of us is finding different ways to cope. I compare it to our Colorado weather. One of its biggest challenges is the unpredictability of what each day will bring. With Colorado weather the prediction may be for warm weather, and by afternoon we see rain, they may predict snow and we see sunshine.

One of the reasons we live in this great state is the variety that it brings to our experience and that lack of predictability is a part of that variety. Good or bad, we never know what or when it is going to happen. Waiting for a transplant is much the same and we can see it as a blessing or a curse. Will this be a day of unbelievable joy or a day of waiting, will it be just another day to get by or a day to understand a bit more about the joy of life. Perhaps it is the gift of a stranger coming to us when we need it the most, or just another day to give thanks for our caregivers here at the hospital or at home.

The difference is all in perspective. We are each receiving a special gift, whether we chose to see it as a long hard process or a miracle is ours alone to see. Yes, at times it may seem like we wish to cry and wonder "why me?" At other times the day we are given is a blessing and we rejoice and ask "why me?" It is all ours to see and to receive, the gifts of a stranger, the wonders of modern medicine, the talents of our caregivers and team at the hospital and the love that surrounds us at home. We are the recipients of a special gift, and for that we should be thankful. Big or small, it is all a gift.

### Would you like to contribute to this newsletter?

The *TEN* Newsletter is published quarterly and welcomes submissions on anything HIV-related.

All submissions are subject to editing (for length & clarity) and should be 500-600 words or less.

Please send articles to [rebuiltdenver@yahoo.com](mailto:rebuiltdenver@yahoo.com)  
(put "newsletter" in subject line).



## BEARHUG...

by Rod Rushing

In the winter of 2004, I dropped into a Sunday service of The Denver Church of Religious Science at 1420 Ogden. To my surprise, there was a small dark room peppered with normal looking folks all hugging teddy bears of all colors and sizes, some bears in bow ties and some bears in leather vests and chaps. Everyone was listening to this guy (turned out to be Jim Chandler) giving what must have been a sermon. It was the bear-hug service. It felt as if I had stumbled onto the set of a "Will and Grace" taping. It was completely surreal and I hope I never forget it. Here's a tiny blurb I found about Bearhug Service.

On Valentine's Day, our little messengers will make their final trip to Hospice. Each hospice resident will have the opportunity to select their special bear – a bear to be there even when their family or caregivers cannot. A bear to give them comfort on their journey from this life expression. The caregivers at Hospice who give so



much from their heart will also choose their bear, to fill their hearts again with our love. And, any family members or friends of those in care may choose a bear to help mend their hearts at this time of loss.

The next time I saw/met Jim Chandler was when a friend and I were looking for a space to house a recovery meeting for meth users. There was another genre of recovery meeting that has just moved

into the Ogden location and it seemed perfect. Jim was a complete advocate to get us clearance to use the space. He talked about how many of his gay male church members continued to struggle with meth issues, many to the point of devastation of their lives. He indicated he felt it was like a plague and wanted to help with more than just lip service. It turned out he took quite a bit of flack from his board. Many were not at all happy that tweakers would be roaming the halls of the church in the evenings unsupervised.

Those meetings that started in those days are still going strong and it is not completely known how many Denver gay men (and others) that have been supported in finding their way back into a healthier lifestyle. He would never have acknowledged it, but it was because of Jim Chandler that gay men in recovery from crystal meth had access to find their own voices.

These are my experiences with Jim Chandler. He did a lot for our community without fanfare and without a calling card. He didn't always require grant money and he didn't require research strategies to do outreach and help provide services. He was not perfect by any means, but he was a valuable and colorful member of the Denver central HIV community.

## PFLAG HONORED JIM ON AUGUST 19, 2007

PFLAG Denver is pleased to recognize the leadership of the Rev. Jim Chandler this afternoon in a public setting — where he can be honored in front of an extended family of gay, lesbian, bisexual, transgender, and straight people, including both families of origin and families of choice.

Rev. Jim Chandler is so much more than the founder and pastor of the Denver Church of Religious Science. By living his life openly and honestly and by being true to his authentic self, Rev. Jim has become a superb role model for leadership in many areas of our diverse communities — the GLBT community, the HIV/AIDS community, the drug abuse/recovery community, the leather community, the hospice community, and the faith community.

Rev. Jim's life path has embraced a spirituality that teaches: "God loves you just the way you are." What a wonderful message for him to share with GLBT persons, many of whom have been emotionally and spiritually wounded by their own religious traditions! We thank Rev. Jim for sharing this message of unconditional love with all of our various communities.

Interesting, isn't it, that this is also the basic message that PFLAG parents have been speaking proudly from Day 1 of the organization? "We love our gay kids just like our straight kids. There is nothing wrong with our gay kids; they're fine just the way they are, and they don't need to be changed!"

The Gardener LXI: Peace My Heart  
Rabindranath Tagore

Peace, my heart, let the time  
for the parting be sweet.  
Let it not be a death but completeness.  
Let love melt into memory and pain into songs.  
Let the flight through the sky end  
in the folding of the wings over the nest.  
Let the last touch of your hands be  
gentle like the flower of the night.  
Stand still, O Beautiful End, for a  
Moment, and say your last words in silence.  
I bow to you and hold up my lamp  
To light you on your way.

When I started this newsletter, I immediately asked him to contribute. He always did, without reservation—something I struggle to get service providers who get paid very good salaries to care for HIVsters to do. He sent article after article peppered with his own brand of idealism and religious science. I was truly saddened to hear about his transition. And I felt for his longtime companion Steve. I guess I will continue to have a bearhug service for the both of them.

## LUCKY 7

by Rod Rushing

September 27 marks the 7th anniversary of my sobriety date. And it's about a month from the 26th year of living with this HIV issue. Autumn continues to be a very powerful and introspective time in my life. There are so many things I am grateful for. I have had the opportunity to work with Strength In Numbers for a few years, develop this publication, work with other HIVsters at Treatment Education Network to continue the tradition of educating ourselves and advocating for our needs on a larger level than just at the ASO or CBO.

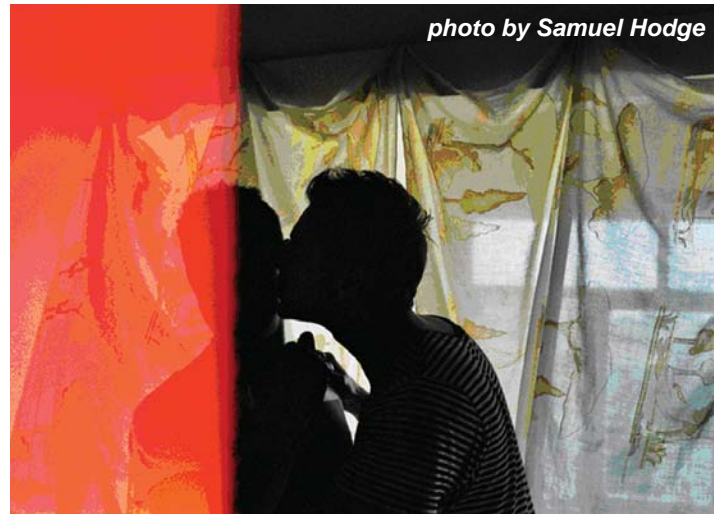
The ideas that I have encountered in my journey to stay clean have far surpassed anything I could have imagined. On the days when I am grounded, I know I feel healthier, happier, and more whole (very queer as I used to repeat an affirmation with those words). And on the days when I am not on my game, sometimes I feel as if I have been turned inside out, like a wayward sock at the bottom of the dryer, all my insides hanging out and picking up lint, the pattern and texture of my life visible for the world to see – (as if anyone is really looking at that stuff but me).

My world view has expanded as my ability to work with others and hear their stories has grown. I hear many painful stories and all of the tough realities that I have witnessed and trudged through in this process may just be leading me (and sometimes them) to a safer and higher overlook. Before sobriety, I had no idea that many of the things I have thought about myself were based on misperceptions and circumstances – not truth. I had no idea that I was not to blame for others' inappropriate behaviors. I had no idea that I had every right to be – just the way I am (I honestly had no clue about this – for the whole of my life before sobriety, I quietly believed that somehow I was tainted and wrong).

I didn't realize that a mental health issue was just like thin hair or brown eyes and could be managed and worked with- after a lifetime of thinking it called the shots. I have learned that not reacting is sometimes the best response to a situation. I am understanding that my impulses-although succinct and powerful – are not necessarily facing a good direction. And I have learned (albeit painful sometimes) that saying "no" to myself is sometimes the kindest thing I can do.

Through all this, life has once again become an uncharted and fun adventure for me. The unknowns have moved into my awareness more, but the fear of these aspects is diminishing. Life has become full and savory. As I come up on this anniversary and reflect, I let go of more and more regret and find gratitude for the lessons that regret ushered in. I am even in the process of forgiving my betrayers. It's so much saner than holding that jagged shard of glass called resentment (fear).

I always joke with my mother because she was in labor with me for almost 48 hours. It was 1958 and cesareans weren't as commonplace as they are today. I tell her that even though I had agreed to come down to live this life, I was there in the womb, lodging myself in her birth canal,



because I was having second thoughts. I had changed my mind (pentimento). I got stage fright and couldn't go on. I knew how hard it was going to be and I didn't think I could do it. And I have echoed those thoughts at several junctions along the way.

Yet somehow, with the help of something outside myself, I have managed to do it. This fact, indeed, is a miracle. Here's to a fantastic autumn. I'm gonna enjoy this good mood while it's in town. If you read through these pages, you will see that we believe there are some big changes ahead. Stay tuned. The financial crisis in Washington is here too. And it's gonna hurt a little before it gets better. That's how it was when I got sober. It hurt – quite a lot. But it has definitely gotten much much better.





# PROJECT ANGEL HEART

If you live in the metro Denver area, you have probably heard of Project Angel Heart, the 501 (c)(3) nonprofit organization that prepares and delivers nutritious meals to those with life-threatening illnesses. Perhaps you or someone you know receives meals from Project Angel Heart. Perhaps you are a donor or a volunteer. Or, perhaps you are not familiar with Project Angel Heart at all but you attend Dining Out for Life, an annual event in Denver in which hundreds of area restaurants donate 25% of their earnings on a single day to support the mission and services of the organization.



Regardless of whether or not you are familiar with Project Angel Heart, you may not make the immediate connection that many of the people receiving life-sustaining meals are living with HIV/AIDS. You may also not be aware of the fact that Project Angel Heart was originally founded to provide nutritional and emotional support for those living with this illness.

In the early days of the organization, a group of volunteers solicited food donations from local restaurants and delivered it to people living with HIV/AIDS on the weekends. Over the next three years, Project Angel Heart grew steadily both in the number of clients served and through the services provided. The client base eventually expanded to serve people with life-threatening illnesses other than HIV/AIDS, including cancer, heart disease, and multiple sclerosis.

Two decades later, Project Angel Heart is a financially sound nonprofit organization serving more than 800 clients each week. The service area has expanded beyond Denver to include clients in Adams, Arapahoe, Boulder, Douglas, El Paso, and Jefferson counties. Twelve percent of clients served are living with HIV/AIDS.

In 2010, Project Angel Heart served 222 HIV/AIDS patients and their dependents – children under the age of 18 or adults who are unable to prepare meals on their own. One of these clients is Mary, age 23, who is pregnant. After she was diagnosed with HIV, Mary found herself in dire need of good nutrition and support not only for herself, but also for her unborn baby. Another client, Veronica, was diagnosed with HIV in early 2001. She had two young children to provide for at the time. Project Angel Heart was able to provide life-sustaining food for these women and their children when they needed it the most.

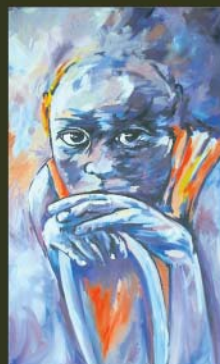
In today's challenging economic climate, many food banks around the country and ultimately within Project Angel Heart's service area are being forced to cut back and some have been forced to close their doors altogether. Circumstances like these make Project Angel Heart's mission of delivering life-sustaining food to home-bound clients and their dependents more important than ever.

As one young female client says, "Project Angel Heart provides such a wonderful service to our family. Thank you for being a true blessing to me."

To find out if you qualify for Project Angel Heart's services, please contact their client service coordinator at 303.830.0202 / 800.381.5612, ext. 22 or email [Brandy@ProjectAngelHeart.org](mailto:Brandy@ProjectAngelHeart.org).



Fading Away



By Rod Johnson

An Evening of Art With  
**ROD JOHNSON & MIKE MOBLEY**

Art Exhibit & Open House  
 To Benefit

## Pre-World Aids Day

Open House & Art Exhibit

November 3rd, 2011 4 - 8 pm  
 3030 Downing Street Denver, CO

RSVP

303.297.8010

RSVP by Oct. 30th Appreciated

Sponsored by  
 Greater Northeast Denver  
 Interfaith Alliance  
 &  
 A Brand New Start

# TEN *from* TEN

**1** The 2012 dates for the HIV Retreat at Shadowcliff have been announced. Next year there will be one retreat: Thursday July 5 - Sunday July 8.

Registration will open early Spring. More information will become available at: [www.OnTheTen.org/retreat](http://www.OnTheTen.org/retreat)

**2** AIDS is on the rise in many Muslim countries, driven by men having sex with other men in secret because of homophobia, religious intolerance and fear of being jailed or executed, according to a new study. The study found about 2 to 3 percent of men in the region have sex with other men, consistent with global averages. But condom use is low, gay and bisexual prostitution is common, and many married men hide their bisexuality and risk infecting their wives. In some countries, even male prostitutes often marry for appearances' sake.

**3** Higher testosterone levels are associated with less loss of lean body mass in older men. *Duh.*

**4** In August, the FDA approved a fixed-dose combination of rilpivirine (brand name Edurant) with tenofovir+FTC (brand name Truvada). The brand name of the new combo is Complera. It is a once a day formula for persons who have never been on treatment, and is recommended for those starting therapy with a viral load under 100,000; and it needs to be taken with a fairly high-calorie meal. Complera is not yet available from ADAP, but Edurant is currently on the formulary.

## *Speaking of new combos ....*

The FDA has approved Juvissync, a fixed-dose tablet combining the diabetes drug sitagliptin (Januvia) with simvastatin (Zocor). This is the first product with drugs for diabetes and cholesterol in a single pill. Sitagliptin is a DPP-4 inhibitor and simvastatin is one of the most popular statin drugs for reducing total and LDL cholesterol.

**5** HIV+ people on suppressive ART were significantly less likely to die if they were also taking a statin to manage lipids. The researcher suggests that statins' ability to reduce inflammation may have a survival benefit for people with HIV. Growing evidence links chronic immune activation and persistent inflammation with non-AIDS conditions such as CVD and neurocognitive impairment. Studies indicate that these conditions develop more often and sooner in HIV+, even if they are undetectable. ART reduces inflammation, but not to the level of HIV-neg people. Researchers are studying various other approaches for lessening inflammation among HIV+.

**6** SCAP (southern CO), NCAP (northern CO), and WestCap (western CO) have all merged with CAP to form a new statewide Colorado AIDS Project.

The original CAP is now named Denver Colorado AIDS Project. They will all continue to operate independently, so nothing will change regarding services for clients at each agency. However, the new united front will march forward together to meet the rapidly evolving needs of people impacted by HIV/AIDS in Colorado. This will mean greater efficiency, greater access to funds, and greater leveraging of funds in pursuit of their mission.

**7** Of the 100 trillion cells our bodies, only 1 in 10 is human. The rest are an assortment of microbes, primarily bacteria, but also viruses, fungi and other microorganisms. Evidence indicates this microbial ecosystem populating our guts, mouths, noses, and other nooks & crannies play crucial roles in keeping us healthy.

**8** ViiV Healthcare has started a Phase 3 clinical trial comparing maraviroc (Selzentry) vs. tenofovir+FTC (Truvada), each in combination with boosted darunavir (Prezista) in treatment naive individuals. The 96 week trial will enroll ~800 persons.

**9** The FDA has approved Cialis to treat benign prostatic hyperplasia (BPH), when the prostate gland becomes enlarged; and to treat BPH and erectile dysfunction (ED), when the conditions occur simultaneously. Cialis was approved in 2003 for the treatment of ED. BPH symptoms include difficulty starting urination, a weak stream, a sudden urge to urinate, and more frequent urination.

**10** There may be a major global AIDS funding shake-up. A panel of experts rank has ranked priorities as follows:

1. Scale-up vaccine funding by \$100 million per year
2. Introduce medical infant male circumcision
3. Prevent mother-to-child transmission
4. Make blood transfusions safe
5. Scale-up ART enrolment
6. Make medical injections safe
7. Scale-up male circumcision
8. Mass media info campaigns
9. Large-scale testing and counseling
10. Cash transfer to keep girls in schooling
11. Reduce risky injecting drug user behavior
12. Prevent Cryptococcal Meningitis
13. Add gender and HIV training
14. Introduce alcohol taxation
15. Invest in community mobilization
16. Cash transfer for counseling and testing
17. Deploy community health workers



## The Yoga Group - for **pozitive** people

**Tuesdays: 4:30-6pm \* 2670 S Gilpin St**  
(call Claudia for info: 303.744.3407)

**Wednesdays: 5:15-6:45pm & Saturdays: 12-1:15pm**  
**Iyengar Yoga Center \* 770 S Broadway**  
(more info: 303.575.1673 \* [www.yogagroup.org](http://www.yogagroup.org))

**Join us. No reservations necessary!**  
**Wear loose-fitting clothes**

Since 1989, the Yoga Group has provided free classes for people with HIV in a friendly, relaxed environment. We have found yoga helpful in maintaining health, relieving drug side-effects, and providing emotional support.

Yoga Group classes are free for all positive people regardless of current health condition, or previous yoga experience. Your partner is welcome to join us for a nominal fee of \$5 (free on Saturday).



## THE WINDOW TO YOUR OVERALL HEALTH IS YOUR ORAL HEALTH

*advice from Howard dental*

**D**id you hear about the 50-year-old in NY who visited her dentist for a broken tooth from chewing on ice, and five months later, suffered a massive heart attack?

The mother of four and scholarship coordinator at a New York City high school was so consumed with work and family that she ignored her own health. The dentist took one look at her mouth, noticed rapidly advancing gum (periodontal) disease, and knew those were red flags that indicated a bigger health problem. He urged her to see her doctor. Her doctor diagnosed and treated for her high blood pressure and anemia, *yet five months later, she suffered the heart attack.*



Research shows that more than 120 diseases originate in the mouth. Gum disease is linked to many illnesses including heart and respiratory disease, diabetes, osteoporosis, and rheumatoid arthritis. By combing through 1,000-plus medical histories, researchers found that *people with gum disease were twice as likely as others to die from a heart attack and three times as likely to have a stroke.*

At Howard Dental Center, it is our fundamental belief that oral health cannot and should not be separated from overall health. This is why we focus on integrated care – working hand in glove with our patients' doctors. And you should too. Make sure your doctor and dentist have the same information about your health – especially your medications and your counts.

Since your health is ultimately your responsibility, there is no time like the present to make sure you have healthy habits in place: 1) brush your teeth after every meal, 2) floss once a day, and 3) see a dentist regularly.



### 7<sup>th</sup> Annual Poz Cruise

\* November 5-12, 2011 \*

A 7-night sailing from Ft Lauderdale  
aboard the "Crown Princess"  
calling at Aruba, Curacao, & Bahamas  
Rates start at \$726

More info: [www.HIVcruise.com](http://www.HIVcruise.com)

### "UB2" SIN Happy Hour



**Second Friday  
of every month  
6-7pm**

Meet **upstairs** at  
**The Skylark Lounge**  
**140 S Broadway**

**SE corner of S Broadway & Maple Ave**

*First drink is free if you have never attended before!*

# IT WAS JUST ANOTHER DAY... THEN

By Sallie Campbell

Where do I begin? How about the beginning? I was born & raised in Denver. I have 2 brothers, always a caregiver and confidante. I endured many dysfunctional events in my childhood. Society has so many "behind closed doors" skeletons. The skeletons in the closet also kept me in my own "personal closet." I was unable to boldly open the doors to even attempt a process of healing, because of the scariness and fear that held me bound. God forbid I speak out loud! When I tried, I was punished. Not only did I feel responsible, but the punishment assured me that it had to be my fault. HUSH! HUSH! HUSH! I was driven to be that "Good Little Girl," so I kept quiet.

It was **Just Another Day** ...soon it will be morning and I can bid the monster farewell until the night.

I had some wonderful days when I had my children and began playing house. Those days were good at times. I played the role of mate, mother, employee, and homemaker, along with being the victim of abuse on another level. Oh, the verbal abuse was absolutely awful! I took it because I wanted a mother and a father in the same household. Again, keeping the silence & the skeletons in the closet for Just Another Day turned into many years of hidden skeletons of pain. Then the drugs, oh boy! Still, I tried to maintain, not knowing the true harm I inflicted upon myself and my children. Deep down I never really expected a "good" future. I just rolled with the punches. Then physical abuse started on top of the verbal abuse. I was the "Ugly Duckling." One day I fell for the story of a better life in Florida. It looked so pretty.



My in-laws-to-be liked me so much. I was fooled again to believe they really loved me. HA!! *Blood is thicker than water.* Never will I forget that saying! Reality finally set in. This man never loved me and he became very verbal with that fact. Oh how stupid, alone, and lost I felt. Always keeping the skeletons in the closet, living in denial about the abuse I got from the mouth and hands of my children's father. My self-esteem was non-existent. What did that word mean? Shoot, I didn't know, I was a follower. I'd been in a closet all my life ... **Just Another Day**. One-day things will change.

They did! I became the biggest dope-fiend, and I left my kids. On the journey of keeping myself doped up to not have to deal with my responsibilities, and my inability to hold a job after 24 years of employment ...my days and nights rolled into one for 8 years. The grief of not being able to look at my kids ate me up inside. I was guilt-ridden and kept on running. Homelessness, jail, prostitution, being pimped ...all for crack cocaine. No one wanted me ...Sallie.


But who was Sallie? Soon there became a desire to find out who Sallie was, by the encouragement of a dope dealer. Thank you God for he and his wife. Today they are doing

well and living a life free from drug dealing. I left Florida with their help and blessings, but most importantly, their belief in me ...Sallie. I moved in with my daughter in Texas. Okay, so there was my chance to rekindle my desire to live appropriately on a day-to-day basis. I got to be with my grandchildren, who barely knew me at first. I decided to go to school, and the day I was to sign the papers to attend, I went into the hospital. For 9 long days, the doctors had no idea what was wrong with me. I was sick as a dog. They just couldn't figure it out. Then I had a true **Just Another Day**, but that Day changed my entire life! The only test that hadn't been done was HIV, so I signed the consent form. Half a day later I was diagnosed with AIDS. *Oh God!! Why me?* But the answer to "Why me?" was my lifestyle choices. Although I had basic condom awareness, my behavior was dangerous. *Now what?* That was **Just Another Day** ...then!! That **Day** was 3 years ago. Truly my life's desires set in.

My children ...all 6 ...ARE THE GREATEST!!! Not only have they begun to forgive me for leaving them, they are also a part of my living with this diagnosis. I returned to Denver nearly 3 years ago and was isolated for a period of time. But TODAY, I'm dedicated to educating and loving myself first. In doing so I've joined support groups, take my meds daily, am working on my substance abuse, and have obtained certifications in various areas of HIV/AIDS Education. I'm currently participating in the Aids Alliance for Children, Youth and Families Training; Consumer Leadership Corps Training Program.

Because of my **Just Another Day** I can now say "Thank God, truly for another day of life." I'm blessed to love myself and to know that I am special, unique, beautiful, and worthy. The 3 greatest loves in my life are: JESUS, SALLIE, and ALL OF MY CHILDREN who are young strong adults now!! I have engaged myself, as well as being accepted into a strong and loving community of people who love me, listen to me, and guide me in my daily life. I am able to give back and do my part, shouting in a strong voice, saying "COME AND JOIN IN! WE ARE THE VOICE THAT NEEDS TO BE HEARD!"

I can't keep my mouth shut and I WON'T!!!!!! We are LOVE and we are to be LOVED! I will continue to dedicate myself and my efforts to inform others of HIV/AIDS. I too maintain a goal to save one life at a time through education. I won't stop sharing my story. Let me say, I STILL STRUGGLE! That's a part of life. I hope my disclosure will give one-person encouragement to try **JUST ANOTHER DAY!!**



**THE STONEWALL HUDDLE**  
Fridays 3pm - 4:30pm.  
Meet up at Unit 9 Denver Health Campus  
667 Bannock (OBHS)  
ground level yellow flag.  
Drop in group for support, for information  
A fresh approach to healthy living...  
Need Info?? 303-436-4981....



please visit  
[www.ontheten.org](http://www.ontheten.org)





# COMMUNITY EDUCAT<sup>10</sup>NAL FORUMS

*"BY THE COMMUNITY ... FOR THE COMMUNITY"*

## October 11: New Rules & Guidelines

How to Make Money & Not Endanger Your SSI, SSDI, Medicaid & Medicare

Teresa McGarry, Community Work Incentive Coordinator

Todd Grove, CDPHE, HIV Care & Treatment Program

(usual location, see below)

## November 15: (Two Parts)

1st part: "HIV & Substance Abuse"

2nd part: "Client Confidentiality- Under Threat?"

Held at Hamburger Mary's (Club M): RSVP required (space is limited).

To RSVP, send an email to: [forums.colorado@gmail.com](mailto:forums.colorado@gmail.com) with name & phone number

## December 13: Understanding Anxiety & Depression

Skip Rosenthal

El Paso, Texas

(usual location, see below)

\* FREE DINNER 6 PM \*

\* FORUM 6:30 PM (NO RSVP REQUIRED) \*

COMMUNITY ROOM AT OUR SAVIORS

9<sup>TH</sup> & EMERSON (LOWER LEVEL, ENTER ON THE SIDE FROM EMERSON ST)

SPONSORED BY

TEN (TREATMENT EDUCAT<sup>10</sup>N NETWORK)

[WWW.ONTHE<sup>TEN</sup>.ORG](http://WWW.ONTHE<sup>TEN</sup>.ORG)

(IF YOU HAVE MEAT, WHEAT, OR OTHER FOOD ISSUES AND PLAN TO ATTEND, PLEASE LET US KNOW BY EMAIL TO: [FORUMS.COLORADO@GMAIL.COM](mailto:FORUMS.COLORADO@GMAIL.COM))

DenverC<sup>AP</sup>  
COLORADO AIDS PROJECT

Save the Date  
December 4th

*Red Ball*  
Igniting Awareness  
for World AIDS Day

*An Unforgettable,  
Ultra-Chic,  
Cutting-Edge  
Hair & Fashion  
Runway Experience*

www.RedBallDenver.org | 303.962.5304

303 OutFront! Jump! FOX31

AllAboutDenver.com | Westword

## EVALUATING OUR VALUE AS WOMEN WITH A HIV DIAGNOSIS

by Penny DeNoble

Here's the deal...you really want to meet someone and start a relationship, but you constantly ask yourself if having an HIV diagnosis doesn't make you "damaged goods" in the eyes of the one who might be dating you. Let's not pretend that disclosing your HIV status-and the potential of rejection-isn't a real issue. But if you're looking to fall in love, thinking of yourself as the last choice isn't exactly putting your best foot forward. I'd like to offer a few practical steps of being your own cheerleader and marketing agent:



- You need to decide now to build yourself up, not tear yourself down.
- Recognize you are a human being with a multitude of talents, interests, qualities, hopes for the future, and even a few interesting quirks.
- See yourself through a big picture that includes everything that you bring to a relationship.
- Reframe the way you talk to yourself. Instead of saying, "I could be a great partner, but..." begin to say something positive like, "I have a lot to give and I'm ready to share myself with someone who's ready to share themselves with me."
- Recognize that there will always be people who are naturally attracted to you and others who aren't. When you encounter someone who isn't, don't assume you know why, and then beat up on yourself. Just smile and keep circulating.
- Make sure you have a strong support system around you. Life isn't all about being in that one special relationship, but while you're waiting on the one, don't forget to appreciate what you have.
- Be a friend to the people you care about; be open and generous, enjoy the love you already have in your life.

Sometimes what you're looking for pops up when you finally stop looking so hard. Be yourself. Enjoy your life. Follow your passion. When you simply enjoy your life for what it is-without the agenda of having to find that one true love-you are so interesting and attractive that all kinds of opportunities to meet new friends and, who knows, potential love interest may present themselves. So get out and enjoy the world around you.

*Be Well! Go Well! Live Well! Love Well!  
Life is Beautiful and so are You!*



visit [www.gravitydenver.com](http://www.gravitydenver.com)

*"A social network group for  
poz folks in their 20s & 30s"*

DONATE \$ CONTRIBUTE \$ DONATE \$ CONTRIBUTE \$ DONATE \$ CONTRIBUTE \$ DONATE \$ CONTRIBUTE \$ DONATE \$ CONTRIBUTE

Treatment Educat10n Network is a small grassroots non-profit organization.

With no paid staff, all of our resources go directly to fund our programs.

Please consider supporting TEN with a fully tax-deductable donation.  
No amount is too small or too big.

Checks can be sent to: TEN \* Box 9153 \* Denver CO 80209-0153  
-OR- you can click on our PayPal "Donate" button at [www.OnTheTen.org](http://www.OnTheTen.org)

DONATE \$ CONTRIBUTE \$ DONATE \$ CONTRIBUTE \$ DONATE \$ CONTRIBUTE \$ DONATE \$ CONTRIBUTE \$ DONATE \$ CONTRIBUTE





## SIN Coffee Get-together

First Sunday of Every Month  
11am - 1pm

October 2:

\* Panera - 13th & Grant

November 6:

\* Barracuda's - 1076 Ogden

December 4:

\* Black Crown - 1446 S Broadway

coffees and light brunch fare  
are available (but not required)

... casual conversation with other gay poz guys ...  
(this is not a support group or heavy discussion group)



## S U P P O R T   G R O U P S

Every Monday 1-2pm: "Positive Outlook" (drop-in)

It Takes a Village \* 1475 Lima St \* Aurora 80010 \* More info: 303.367.4747

Every Tuesday 5:30-7pm: "Positive Support" (closed group, sign-up required)

CAP \* 2490 W 26th Ave 3rd floor \* Denver 80211 \* More info: Mary Ann 303.837.1501 x490

Every Wednesday 6:30-8:30pm: "Going Strong" (closed group, sign-up required)

9th & Sherman \* Denver 80203 \* More info: Paul or Ryan 303.399.9988

Every Thursday 7-9pm: "Compas" group for Spanish-speaking men (drop-in)

Denver Health \* 6th Ave & Bannock St \* Denver 80204 \* More info: Marshall 303.602.3619

Every Friday 4-6:30pm: Support Group (drop-in)

Rocky Mountain CARES \* 4545 E 9th Ave \* Denver 80220 \* More info: Adrian 720.883.7761

Fourth Tuesday of the Month 5:30-7pm: HIV & Hep-C Co-Infected Group (drop-in)

Meet in lobby 1735 York St \* Denver 80206 \* More info: Ugur 720.335.5403

First Wednesday of the month 6-8pm: Group for Poz & their partners (drop-in with potluck dinner)

SCAP \* 1301 S 8th St Ste 200 \* Colorado Springs 80905 \* More info: 719.578.9092 / 800.241.5468

Third Wednesday of the month 6-8pm: Poz only Group (drop-in with dinner provided)

SCAP \* 1301 S 8th St Ste 200 \* Colorado Springs 80905 \* More info: 719.578.9092 / 800.241.5468

**If you would like to list your group, please leave a message for Michael at 303.377.3127**

# RICHARD KEARNS, AIDSOVERSIXTY: ON AIDS, MORTALITY & LEMONADE

by Richard Kearns, Labor Day 2011

big j wants to know  
who what where when  
how many how much  
and why — and  
it's why that draws the  
wise wise line from  
journalism to poetry  
come travel that distance with me  
i do not believe there is a cure  
for mortality  
you and i will  
surely die of it  
but the way we die with AIDS  
is a story  
is history  
it's world war two and we are  
churchill bargaining empires away  
for life we are black & fighting  
we are sisters writing we ride the rails  
we pace the jails we are illegal  
we are queer we are AIDS activists  
these are our accounts and you  
already recall the song sung along  
i sang it from a cell in birmingham  
i traveled the trail of tears  
across america i joined the union  
i marched to be free  
with you  
a melody of love and liberty  
on my AIDS walk  
and you and i shall overcome and die  
of joy when we get there  
some other day  
till then, along the way  
my words are windowsills  
to stay alive:  
i drink lemonade all day long  
from tall white styrofoam cups  
tight with ice  
it is the secret of life  
today  
—rk



Richard Kearns is an AIDS activist, a Medical Marijuana activist, and a blogger and poet living in LA. His current blog project is [www.aidsoversixty.com](http://www.aidsoversixty.com)

n.b.—(from wikipedia article) "In the United States and Canada, the word styrofoam is often incorrectly used as a generic term for expanded (not extruded) polystyrene foam, such as disposable coffee cups, coolers, or cushioning material in packaging, which are typically white and are made of expanded polystyrene beads. This is a different material from [Dow's] extruded polystyrene used for Styrofoam insulation."

yr poet is following in webster's usage steps: styrofoam cups are poetically precisely identifiable cultural icons.

## WE WANT MEN!

We are looking for guys interested to become recruiters in the social network project

It is simple:

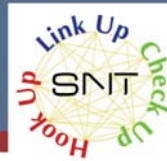
- **You get** \$50 gift card to interview
- **You give** out vouchers which offer \$20 gift cards for other men to get an HIV test
- **You get** another \$20 gift card each time your vouchers are used by men who have sexual risks with other men

Hook Up, Link Up, Check Up is a program from by Tri-County Health Department and Denver Public Health funded by the Colorado Department of Public Health and the Environment targeting men from 18-55 who have male sex partners to test for HIV.

Contact:

Shannon 303-363-3067 [scornelius@tchd.org](mailto:scornelius@tchd.org)

Marshall 303-602-3619 [Marshall.Gourley@dhha.org](mailto:Marshall.Gourley@dhha.org)



## MIRACLES

Welcome to the Miracles Substance Abuse program as I share who we are. The Miracles substance abuse program was designed to meet a woman's needs as she goes through her difficult journey of substance use. It is important to reflect within yourself internally, as progress is being made externally.

We support all of our unique women no matter who they are. The process in coming to terms and facing their deepest challenges allows them to share their ongoing strength. Services are provided to our clients through education of HIV, healthy relationships trauma, community resources, and women in crisis, volunteers, and a variety of other outreach programs.

We at The Council and The Miracles Program feel it is important that women are empowered and we assist in promoting growth to help women successfully succeed.

If we are able to assist you in any of the services listed above, please feel free to contact us at: 303.825.8113

[cgibson@milehighcouncil.org](mailto:cgibson@milehighcouncil.org)  
Carolyn Gibson CAC II  
Miracles Program Coordinator  
655 Broadway, Suite 200  
Denver, Colorado 80203  
[milehighcouncil.org](http://milehighcouncil.org)



# HOW THE DENVER PRINCIPLES CHANGED AIDS (AND HEALTH CARE) FOREVER

by Mark S King

**Y**ou must know this, because it matters. Because it has already changed your life and you may not even realize it. It was 1983. Just a year prior, Acquired Immune Deficiency Syndrome (AIDS) became the fearful nameplate



for the murderer of gay friends and lovers. The virus that caused it, HIV, had only been identified a few weeks earlier. Amidst this atmosphere of unrelenting grief and fear, a group of activists met in Denver as part of a gay and lesbian health conference. Among them, a dozen men with AIDS. (And among their number, the inspirational Michael Callen of New York City, pictured at right, and Bobbi Campbell of San Francisco.) They were about

to do something that would change our response to AIDS — and health care in general — forever.

As the conference drew to a close, the activists asked to address the attendees. Rather than having a report presented about the state of the AIDS crisis, they wanted to speak for themselves. If the word “empowerment” hadn’t yet been a part of the health care lexicon, it was about to be.

The group took turns reading a document to the conference they had just created themselves, during hours sitting in a hospitality suite of the hotel. It was their Bill of Rights and Declaration of Independence rolled into one. It would be known as The Denver Principles, and it began like this: “We condemn attempts to label us as ‘victims,’ which implies defeat, and we are only occasionally ‘patients,’ which implies passivity, helplessness, and dependence upon the care of others. We are ‘people with AIDS.’”

The seminal moment in AIDS activism was arguably those few minutes, when the principles were outlined by these brave “people with AIDS.” Identifying themselves as such, that alone, was startling at the time. How could they not be seen as anything but victims of an arbitrary and cruel killer? But they would have none of it. And they did not stop there.

They outlined 17 principles that covered everything from health care decisions to civil rights to sexual conduct. And their impact on all of us is so obvious today it can easily be taken for granted. Please honor their service and read on.

They demanded that physicians see their patients as “whole people,” and provide “accurate information.” They believed their opinion on their care should be awarded equal weight, and this was revolutionary. The next time your doctor consults you about a change of medications or whether a diagnostic test may be required, you can thank The Denver Principles.

They asked “all people” to fight against AIDS discrimination in the workplace and in housing, which was a provocative concept in the fearsome days of 1983 when people recoiled from those with HIV.

Astonishingly, they even advocated for “as full and satisfying sexual and emotional lives as anyone else” for people with AIDS. Imagine that, at a time when a new blood- and sexual contact-driven disease was in full bloom, a group of people suffering from it wanted sexual rights. Amazing. And yet today, if you are HIV positive and



disclose your status to potential partners without feeling like a diseased pariah (or you have observed sexual evolution, like serosorting and sex clubs for positives), you can thank The Denver Principles. For that matter, if you’re HIV negative and negotiate sex with partners of any stripe, you can thank the Principles for believing that we all deserve a satisfying sexual life.

While gay men were the designers of the document, The Subversive Librarian notes that this was a situation in which lesbians and gay men worked together really effectively. As Walt Senterfitt wrote in 1998: “Part of the widespread acceptance of the notion of self-empowerment must be attributed to lessons learned from the feminist and civil rights struggles. Many of the earliest and most vocal supporters of the right to self-empowerment were the lesbians and feminists among the AIDS Network attendees.”

A clear line can be drawn between how all of us participate in our own health care decisions and The Denver Principles. It has influenced the doctor/patient relationship in every disease category, benefiting millions of patients.

Longtime activist and POZ Magazine founder Sean Strub delivered the keynote speech at the Campaign to End AIDS’ 5th Anniversary event last year. He devoted his powerful remarks to the historic importance of The Denver Principles and announced a plan to create a Denver Principles Empowerment Index that will hold AIDS groups accountable to the people they serve. That work continues today, with a planned meeting of activists underway to map the criteria of the Index.

*(continued on page 15)*



# A VERY SINFUL WEEKEND

by I won't tell

Ten courageous adventurers arrived at Shadowcliff in Grand Lake throughout the afternoon on Thursday (9-15), to kick off the Mountain SIN autumn weekend. The first to arrive at Cliffside Lodge (our home for the weekend) and forge the way for the others were Michael & Jon, then Doug, followed by Lenny & Jeff, then Carl & Keith. The last to arrive, being fashionably late in the usual queenly style, was Lee, Bobby, & Kurt. The afternoon was spent settling in and getting to know each other.



We had exclusive use of Cliffside for the weekend, which has a great lounge on the 3rd floor. Having brought up a keg of Trademark Pale Ale from Breckenridge Brewery, our first Happy Hour kicked off in the lounge, *and never really ended*. Then down to our dining room where everyone gorged into a delicious dinner prepared by Michael: hearty Italian sausage-mushroom-onion-pepper marinara over whole wheat pasta with a garden salad. A tasty brownie cake dessert with "mile high" frosting was devoured as Lee's 4? Birthday was celebrated. Lee was presented with 2 ready & willing hunks, unfortunately they were on cards. The night was spent relaxing, drinking, snacking, and playing Jenga. It was decided that the music theme for the weekend was to be Lady Gaga "(Sow me your) Teeth."



Friday found the girls awaking to coffee and a ham, turkey, onion, mushroom, cheddar egg bake. Due to the forecast, it was decided the hike would be Saturday, and to forge ahead with the road trip through the Rocky Mountain National Park. Lunches were made and cars loaded. Carl signed up for a Golden Age pass, which provided a welcome opportunity for him to flirt with the Park Ranger. *We still think the ranger copied his phone number down*. The others in the car were getting their eyes full of the young ranger that was bending over picking up trash. The "scenery" was fabulous that day, of course the Rockies did add splendor, too. Lee was caught taking a picture of a hottie, passing it off that he was taking a picture of Lenny. *Sorry Lenny*.



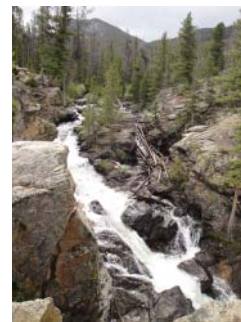
At the top of the mountain, they hiked up the tundra trail to the sundial that lists peaks, topography, and distance. Bobby earned his Junior Ranger patch by politely spanking some Arizona tourist that was carelessly intruding on the vegetation. Hopefully, the tundra can repair itself before their great grandchildren come to see it. Lunch was enjoyed at the bottom of the valley in the company of a flock of bluebirds. The return trip up the steep, dirt, one-way Old Fall River Road was beautiful, with Aspens just

starting to turn. The main highlight of the day came from the stop at Forest Canyon Overlook. A group of *College Girls Gone Wild* alumni, who took our group picture, asked what group we were. We replied: "Wasn't it obvious that we were Chippendale dancers?" "Alumni, no doubt." They retorted.

Upon return to Shadowcliff, Rempel Lodge was booked for a wedding and was full of activity. It seemed they had missed the "no smoking on the property" policy. The gay mafia approached them, but was ignored as they continued to puff away, (the wedding had something to do with Middle Eastern belly dancers). Dinner was prepared by Lee, assisted by Jeff & Doug: white bean chicken chili, corn pudding, & Greek salad, followed by several rich cakes with frozen yoghurt. *We knew it had to be a true Greek salad because it was short, hunky and really hairy*.



After dinner, Jeff, Lenny, Doug, Kurt, Keith, & Jon took in "Almost Heaven: the Songs and Times of John Denver" at the historic Rocky Mountain Repertory Theater in town.



The cast was talented and put on a great performance with a meet & greet afterwards. Doug commented that he enjoyed the showed with 3 hot boys, *what was the name of it?* The new theater is great. The donor wall (\$1000-\$20,000) includes the names of Shadowcliff notables, as well as the Grand Lake Gay and Lesbian Alliance (*but if you Google them, they don't exist - closet queens must have a lot of money*). Those who didn't go to

the theater perused a local bar Sagebrush, to check out the local flavor, which is known for its jail bars. Michael ordered a micro beer, Lee had Kettle One splash tonic, and Bobby drank Bailey's topped hot chocolate. Do you think the bartender knew they were gay? The cute bartender (*no wedding ring, Lee noticed*) and Bobby talked football, so that gave them some straight "cred." But that was lost when Lee ordered his Cosmo. The girls then kept an eye out for the locals and their pitch forks.



The remainder of the evening was spent in Cliffside lounge... drinking, playing anything goes, Jenga, & Apples to Apples. Doug and Bobby continued to cruise Scruff to no avail (*they totally missed out on the orgy downstairs hosted by Michael and Jon*). The foot fetish party was postponed due to an outbreak of athlete's foot from the bathroom shower (*which was bleached for that day's golden shower*). Later that night, Michael set up the telescope to look at 3 of Jupiter's moons. Some of the drunken wedding party came out to join the gazing, and ended up seeing more moons than anyone.

(continued on page 15)



## A VERY SINFUL WEEKEND

(continued from page 14)

Saturday had the girls up at the crack of dawn to biscuits'n'gravy, eggs, turkey bacon, and Carl's homemade plum jam (*really hit the spot, yum*). After dishes were done & lunches packed, all the girls packed into Lee's truck and headed to the East Inlet Trail for the "long" hike. The hike was awesome! A 3.5 mile one-way trek along the sometimes babbling East Inlet brought us to the falls at the end of the valley, but a downpour forced everyone to take refuge under a rock outcropping, where we had lunch. After lagging behind, Lenny, Jeff, & Keith did make it all of the way to the falls. Lenny gave the excuse "Jeff, Keith, and I were having an orgy under a rock, trying not to get wet." (*video*



*online at Youtube: gay queens make good use of down time*). On the way up the mountain we had our picture taken again by a group of women. They, too, inquired on our group and remarked, "*but you're all men?*" They then proceeded to inform us that we should join their bridge club cuz they needed more men. *Maybe next time, ladies*. It rained practically all the way back down the mountain but was an enjoyable experience, including a pair

of Moose that were posing for the cameras. *How do the rangers get them so well trained?* Jeff was viewing the bull with his binoculars when the group of ladies showed up again. They spent about ten minutes trying to figure out if it was moose or elk, so Jeff let them use his binoculars to find out. After all, the moose had a rack as big as Keith's luggage. Are you sure it wasn't just a deer?

Later that afternoon back in town, Lee & Jeff couldn't resist shopping- shop til you drop. Lee got a shot glass, a Grand Lake moose beer bottle opener, a cheap bottle of Pinot Noir, & a bear lard bucket. Ever the more sensible shopper Jeff purchased a stunning Grand Lake hoodie (*you won't believe the price she got it for*), a stuffed moose, a moose figurine, and a GL moose window decal. We resisted the overpriced Chaska's at Humphrey's, despite the flaming queen behind the counter. Dinner was prepared by Michael: grilled burgers, potato salad, coleslaw, and zucchini (from his garden), followed by fresh baked cookies, and frozen yogurt. After the dishes were done, the girls made their way downtown for a night of bowling.



Two lanes were reserved: The Pointer Sisters (Lenny, Jeff, and Lee, with honorary scorer Bobby) spanked the other group (Carl, Kurt, Michael, Doug) who didn't bother to name themselves. Suggested title was "Losers" or "The Spanked." Honorary cheerleaders, Keith & Jon were in charge of music. Lee gave them \$5 to play gay songs to impress the straight hunks in the next lane. They chose Tambourine Man, Parsley, Sage, Rosemary & Thyme, and Big Balls. Lee had drunk enough -and a trusting fool- so

## THE DENVER PRINCIPLES

(continued from page 13)

Sean knows a thing or two about accountability. When I worked for various AIDS organizations through the 1980's and 90's, we were shaking in our boots each year when POZ Magazine produced their chart outlining which of the country's AIDS organizations met certain criteria. The chart rated things like financial transparency, the cost of fund raising, and how many HIV positive people served on the Board (for which, by the way, you can thank The Denver Principles, which demanded people with AIDS "be included in all AIDS forums.")



The Empowerment Index that Sean and others are creating (he's open to input) would chart similar criteria for AIDS organizations and other health care providers, by measuring the degree to which their clients feel empowered and involved in their own decisions. It would tangibly rate things like fund raising, transparency, HIV+ representation, and the delivery of services.

So the Denver Principles live on. A list of profound basic rights were outlined during the dawn of this epidemic that continue to have an impact on us today. Anyone facing a chronic illness should laud the amazing journey and profound importance of this document.

*(When I was invited to participate in an "e-Patient Bill of Rights Roundtable" at a conference next week, The Denver Principles immediately sprang to mind. So why not revisit this part of our history as people living HIV/AIDS and their advocates? This is a revised version of my posting from May 4, 2010. — Mark)*

Mark S King is an author and activist. He currently blogs for [thebody.com](http://thebody.com) and his own blog

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

when they asked for another \$5 he gave it to them. They did play a couple of Pet Shop Boys and Lady Gaga, which the rest of the bowlers didn't even notice because they were all drunk. Michael said some lady was slipping rupees in our beers (*which were required to be back from the lanes behind us*), so Lee chased her away from them saying: "*You're freaking me out! Get away from our beer!*" The remainder of the night was spent watching porn, cruising Scruff & Grinder, playing games, & polishing off the keg. Later that night after all had gone to bed; someone heard something from someone's room... *but remember, what happens at Mountain SIN, stays at Mountain SIN!*

Sunday breakfast was another egg bake, toast, and the rest of Carl's plum jam. The girls packed up & brought the weekend to a close. Once again, the Mountain SIN weekend was a blast, and will go down in history as another sinful success. *Watch this newsletter for information on the September 2012 Mountain SIN Autumn Weekend.*

# CALENDAR of EVENTS

## October

- 1 (Saturday) free day: Denver Art Museum (13th & Broadway)
- 2 (Sunday) 11am: SIN Brunch at Panera (13th & Grant)
- 6 (Thursday) 5pm: DHRPC Meeting: 1437 Bannock St Rm 389
- 11 (Tuesday) 6pm: Community Educational Forum (b)
- 14 (Friday) 6pm: SIN Happy Hour upstairs at the Skylark (Broadway & Maple)
- 16 (Sunday) 4-8pm: Wrangler Beer Bust (benefits TEN)
- 18 (Tuesday) 6:30pm: Health Concerns 4 MSM: Nightingale Rm 777 Bannock St (Pav C)
- 20 (Thursday) 11am: DHRPC Rebuilt+ (PLWH) Committee: 200 W 14th Ave Ste 210
- 20 (Thursday) 7-9pm: EMBRACE Heart Circle at ELEMENT 655 Broadway Suite 425
- 20 (Thursday) 6-9pm: SIP for CHIP at Lola (1575 Boulder St Denver 80211)
- 26 (Wednesday) 5:30pm: Denver Health CAB (c)
- 28 (Friday) 11:30am: University of Colorado CAB (d)
- 29 (Saturday) Touch Team Training [www.denverelement.com](http://www.denverelement.com)
- 31 (Monday) free day: Museum of Nature and Science (17th & Colorado Blvd)



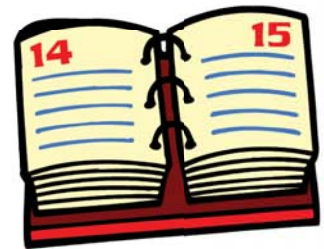
## November

- 3 (Thursday) 5pm: DHRPC Meeting: 1437 Bannock St Rm 389
- 3 (Thursday) 4-8pm: Pre-World AIDS Day Art Exhibit (3030 Downing St)
- 3 (Thursday) 6-9pm: Desserts & Delights (Hep C Connection benefit) Courtyard Marriott
- 4 (Friday) free day: Chatfield Botanic Gardens
- 5 (Saturday) free day: Denver Art Museum (13th & Broadway)
- 6 (Sunday) 11am: SIN Brunch at Barracuda's (1076 Ogden)
- 10 (Thursday) free day: Denver Botanic Gardens
- 11 (Friday) 6pm: SIN Happy Hour at Skylark (Broadway & Maple)
- 12 (Saturday) EMBRACE: Community Building Weekend ([deryk@sageriver.com](mailto:deryk@sageriver.com))
- 13 (Sunday) free day: Museum of Nature and Science (17th & Colorado Blvd)
- 15 (Tuesday) 6pm: Community Educational Forum (at Hamburger Marys) rsvp req'd
- 16 (Wednesday) 5:30pm: Denver Health CAB (c)
- 17 (Thursday) 11am: DHRPC Rebuilt+ (PLWH) Committee: 200 W 14th Ave Ste 210
- 17 (Thursday) 7-9pm: EMBRACE Heart Circle at ELEMENT 655 Broadway Suite 425
- 18 (Friday) 11:30am: University of Colorado CAB (d)
- 22 (Tuesday) free day: Museum of Nature and Science (17th & Colorado Blvd)
- 26 (Saturday) Touch Team Training [www.denverelement.com](http://www.denverelement.com)



## December

- 1 (Thursday) WORLD AIDS DAY
- 1 (Thursday) 5pm: DHRPC Meeting: 1437 Bannock St Rm 389
- 3 (Saturday) free day: Denver Art Museum (13th & Broadway)
- 4 (Sunday) 11am: SIN Brunch at Black Crown (1446 S Broadway)
- 4 (Sunday) Red Ball (benefit for CAP) [www.redballdenver.org](http://www.redballdenver.org)
- 5 (Monday) free day: Museum of Nature and Science (17th & Colorado Blvd)
- 9 (Friday) 6pm: SIN Happy Hour at Skylark (Broadway & Maple)
- 13 (Tuesday) 6pm: Community Educational Forum (b)
- 15 (Thursday) 11am: DHRPC Rebuilt+ (PLWH) Committee: 200 W 14th Ave Ste 210
- 15 (Thursday) 7-9pm: EMBRACE Heart Circle at ELEMENT 655 Broadway Suite 425
- 30 (Friday) 11:30am: University of Colorado CAB (d)
- 31 (Saturday) Touch Team Training [www.denverelement.com](http://www.denverelement.com)



CAB = Community Advisory Board      SIN = Strength In Numbers Colorado  
 DHRPC = Denver HIV Resources Planning Council (Ryan White funded services)  
 ELEMENT = [www.thedenverelement.com](http://www.thedenverelement.com)      \*\*\* EMBRACE = [www.embracedenver.com](http://www.embracedenver.com)

- (a) Our Saviors Community Room 9th & Emerson (enter on the side from Emerson)
- (b) Denver Health 6th & Bannock Rm 245 (Julia 303.602.8742)
- (c) U of C 12401 E 17th Rm 360 (nr Colfax & Peoria) (303.724.0797)

If you have an event for the calendar, send to: [michael@OnTheTen.org](mailto:michael@OnTheTen.org) or leave a message at 303.377.3127