

### **Health Resources**

All phone numbers (802) unless noted.

HIV/AIDS HOTLINES

Vermont: (800) 882-2437 New Hampshire: (800) 752-2437 New York State: (800) 541-2437 Massachusetts: (617) 522-4090 Maine: (800) 851-2437 National: (800) 342-2437 National TTY: (800) 243-7889 Teen Hotline: (800) 234-TEEN

Addison County AIDS Network (ACAN)

AIDS Community Awareness Project (ACAP) PO Box 608 • St. Johnsbury VT 05819 • 748-1149

AIDS Community Resource Network (ACORN)
PO Box 2057 • Lebanon NH 03766 • (603) 448-2220
or (800) 816-2220 • E-mail: acom@valley.net

ALANA Health Care Organization
PO Box 357 • 179 S. Winooski Street • Burlington
VT 05402 • 864-2631 or 864-2632

Bennington Area AIDS Project
PO Box 1066 • Bennington VT 05201 • 442-4481 or (801) 845-2437

Brattleboro Area AIDS Project
PO Box 1486 • Brattleboro VT 05302 • 254-8263 or 254-4444 (Helpline) • E-mail: sbell@sover.net

254-4444 (Helpline) • E-mail: sbell@sover.net

Comprehensive Care Clinics (for HIV/AIDS)

Hotline: (800) 763-2460

Brattleboro: 257-8860 Burlington: 656-4594 Rutland: 747-1831 St. Johnsbury: 748-7361

Dawnland Center (Native American)
PO Box 1358 • 121 Barre St. • Montpelier VT 05601
229-0601 • E-mail: Nadrumin@aol.com

Gay/Lesbian Alcoholics Anonymous PO Box 5653 • Burlington VT 05402 • 658-42

Lesbian Cancer Support Group 660-8386

Men's Health Project (see Vermont CARES listing)

National Association for People With AIDS (202) 898-0414

NH/VT HIV Information Network on the Web http://www.dartmouth.edu/~hivnet/

A VERMONT FOURTH OF JULY

North Star Holistic Health Care RR2 Box 3255 • Morrisville VT 05661 • 888-2858

Tribal Remedies (ALANA Community Organization) 8 Williston St. • Brattleboro VT 05301 • 254-2972

Twin State Women's Network
PO Box 3 • Cavendish VT 05142-0003 • 226-7807
E-mail: margoc@mail.tds.net
Web Site: http://www.dartmouth.edu/~hivnet/orgs/
TWSN1.html

Vermont AIDS Council
PO Box 275 • Montpelier VT 05601 • 229-2557
E-mail: vtaids@plainfield.bypass.com

Vermont CARES
PO Box 5248 • Burlington VT 05401 • 863-2437 or (800)
649-2437
PO Box 6033 • Rutland VT 05702 • 775-5884

Vermont Deaf AIDS Project
PO Box 172 • Brattleboro VT 05302 • (800) 257-1123
(TTY); (800) 253-0195 (Voice Relay);
(802) 257-2013 (Fax)

Vermont Department of Health 108 Cherry St. • PO Box 70 • Burlington VT 05402 AIDS Program Office: 863-7245 AIDS Hotline: (800) 882-2437

Vermont HIV/AIDS Care Consortium PO Box 9 • Hinesburg VT 05461 • 482-5100

Vermont HIV/AIDS Education Network
PO Box 1784 • Burlington VT 05402-1784 • 862-1668

Vermont Office of Minority Health c/o VT Dept. of Health (see above) • 863-7273

Vermont People With AIDS Coalition
PO Box 1055 • Brattleboro VT 05302 • 229-5754 or (800)
69-VT-PWA • E-mail: vtpwac@sover.net
Web Site: http://www.sover.net/~vtpwac/

Vermont Women's Health Center 336 North Ave. • Burlington VT 05401 • 863-1386

New group? Change of address?
To update, correct or add any information included in
the resource and
health resource listings, please
e-mail information to
OITM@together.net

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P.O. Box 875

Burlington, VT 05402

(802) 863-2517



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Celebrate the Fourth with bicycling and/or hiking in the Upper Valley, including a climb of Mt. Moosilauke as an option. Join us for a just a day or two if you prefer. On Saturday, we'll drop by the annual Vershire Day celebration, a low-key small-town. Bob's swimming pond will be wonderfully refreshing. Free lodging. Chip in for expenses, breakfast, and vegetarian dinners. Limited to 9 in the house, 2 in the cabin. Unlimited camping.

Chiltern Mountain Club Events

#### July 26 SAT SPRUCE MOUNTAIN HIKE & VERMONT CHAPTER POTLUCK

This is a good opportunity to get to know Chiltern Mountain Club, New England's outdoor recreation club for lesbians and gays. It has over 1200 members regionwide and is growing quickly in Vermont. In the morning, we'll hike Spruce Mountain in Plainfield. It's an easy peak that gives a good view of central Vermont. In the late afternoon, we'll swim in Bob's pond. The evening will be devoted to a potluck dinner and a discussion of Chiltern's Vermont Chapter. Free lodging for any who wish to stay over.

Aug 9 SAT

July 3-6 THU-SUN

MIDDLEBURY-VERGENNES BICYCLE RIDE

This is a 51 mile loop that explores the historic Champlain Valley. Starting in Middlebury at 9:30am, we'll ride through flat farmland framed by great views of the Green and Adirondack mountains. We'll do lunch at a state park on Lake Champlain and then wind our way up Otter Creek through Vergennes. Those who wish are invited to overnight Fri. & Sat. at Bob's place in Vershire, VT and do some light biking the following day.

August 29-Sept 1 FRI-MON

LABOR DAY WEEKEND & FORT TICONDEROGA RIDE

The focus of this event will be a bicycle ride starting at 9:30am on Saturday from Brandon, VT to Fort Ticonderoga, NY, including a short ferry ride across Lake Champlain. 44 miles with some moderate hills toward the end. The other days we'll do some light biking or hiking in the area closer to Bob's Vershire, VT home. Swimming in Bob's pond. Free lodging. Chip in for breakfast and vegetarian dinners. Limited to 9 in the house, 2 in the cabin. Unlimited camping.

For registration and more information contact Bob Bland (802) 333-9448 bland@sover.net. Explore the BlandWeb at http://www.sover.net/~bland for information about GLB bicycling and hiking as well as life, nature, and freedom in Vermont.

## Michael Gigante, Ph.D.

Psychosynthesis Counseling & Therapy

(802) 254-8032 15 Myrtle Street, Brattleboro VT 05301

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