

A Journey of Hope



UNCLE
RICHARD
WANTS
YOU
RUNNING
NOW!!

5kaidscancer.com

**WORLD
AIDS
MARATHON**

KISUMU KENYA DECEMBER 1, 2011



worldaidsmarathon.com
The Richard M. Brodsky Foundation

“Yours is a beautiful message of Hope.”

Dr. Bruce Dezube, Harvard Medical School

*“Always remember how much I love you.
Let’s always remember how lucky we are to have each other.”*

Jodi Brodsky

*“There is no harder working team of race directors on
Long Island than Richard and Jodi Brodsky.”*

Mike Polansky, President of the Greater Long Island Running Club

IN LOVING MEMORY OF

Albert Wahnon, Antonia Paulino, Arthur Brodsky, Ben & Dorothy Seger, Betty Schachner, Catherine Kirschenbaum, Christina Felice Mazzitelli, Christopher Williams, David Brodsky, David Frank, David Swed, Dennis McCarthy, Dorothy Macaluso, Edith & Wally Goetz, George Dennis, Harry Ford, Herbert Brodsky, Herby Grossman, Ilene Backer, Irwin Rich, Jacob S. Matathias, Jeanne Lorey, Jerry LaPenna, Joanne Slansky, John DeSola, John Fleming, John Kalmar, Joseph Sartori, Lee Steinfeld, Leo Dobrzeniecki, Louis & Francis Dundie, Lucienne Cahill, Lynette & Aubrey, Margie Parker, Maria & Joseph Gehl, Marion Wendland, Martin Kaufman, Mary Alice Roon, Mary Matathias, Mary Napolitano, Mary Ochoa, Michael Lewis Levine, Mickie Schreiber, Mohinde Kaur Virdee, Patricia O'Rourke, Peter Paxinos, Robert Lasky, Robert Vaughn, Rose Citrin, Ronnie and Joe Yachnowitz, Sam Samanowitz, Shirley Gershenfeld, Sierra Morgado, Sylvia & Al Benesowitz, Terre Swed, Theresa Alessandra Russo, William Graham, William Robertson.

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Richard's Story

My name is Richard Brodsky. I've been married to Jodi for 31 years and we have three daughters. In 1997, I had to tell Jodi I was both bisexual and HIV-positive. She reacted in the most surprisingly supportive and loving way I could have ever hoped for. Jodi and I had always been marathon runners and 15 months after being diagnosed HIV-positive I ran my fastest marathon, 03:23 at age 46. In 2002 I wrote a book: *Jodi, The Greatest Love Story Ever Told*. The book was a gift to my wife for keeping our family loving and whole. It was also a plea to governments and corporations to make AIDS medicine and follow-up medical care available to HIV-positive people all over the world. Since 2002, when the book and I 'came out' I have willingly stayed faithful to my devoted wife.

It was a little rough on Jodi's and my family when they first learned of my story. Everyone wanted me to focus on my architectural practice, and each time our story was told on national TV, I could always expect some tough phone calls. I recall leaving home the day after my 50th birthday and going on a cross-country book tour for two months. It was difficult for both Jodi and me because we had never been apart for more than a day. My return to New York on October 31st was expected to be the most exciting week of my life. I would be seeing Jodi, doing book signings at Barnes & Noble in Greenwich Village and three blocks from the White House, and speaking at American University and NYU; even NEWSDAY was planning to write a story about Jodi and me running the 2002 NYC Marathon, and the Pfizer Corp. was considering having Jodi and me as spokespeople for Viracept, an AIDS medication I take. However, on November 1, 2002 my world crashed; I had a seizure at my own book signing at the Barnes & Noble Greenwich Village Store.

November 26, 2002, I was scheduled for brain cancer surgery and the diagnosis was grim going into the surgery. I was told they could get about 80 – 90% of the tumor out without affecting my mental and physical functions. There was always the slight possibility that I would not survive the surgery. During our goodbyes as they wheeled me into the operating room, Jodi and I must have shed a bucket of tears. But this will be the last sentence of despair you will hear from me. After all, this is my 'Journey of Hope' and I've invited you to share my journey. Two years to the day of my brain cancer surgery, Jodi and I were flying to Mbita, Kenya to sponsor the first ever "World AIDS Marathon."

Upon arriving in Africa, I was totally unprepared for the poverty that existed. I was very naïve in thinking that all you had to do was get the AIDS medicine and follow-up medical care to people living with HIV. I was totally unprepared to see firsthand the effects of malaria, tuberculosis, hunger, poverty, and the lack of clean drinking water. This really was a "Dark Continent." Yet there were signs of hope which I embraced. From Nature's perspective, Kenya has an alluring natural beauty with its wildlife and flowers. From a human point of view, we couldn't help but feel how rewarding it was to be able to help the Kenyan orphans by sponsoring orphan dinner dances. The Richard M. Brodsky Foundation has sponsored nine orphan dinner dances for 2,800 Kenyan orphans. Although there are more than 12 million orphans living in Sub-Saharan Africa who have lost one or both parents to AIDS, at least as one volunteers said, we were bringing a 'window of hope' to the some of those orphans. The orphans really did seem to appreciate Jodi and me coming to Africa, as they see us as people who really do care about them, as opposed to some faceless, nameless donors whom they will never meet.

You be the judge as you continue to read through the next several pages: Are we a worthy charity? How many HIV-positive brain cancer survivor Presidents of Foundations are running marathons to raise awareness and money for people living with HIV and cancer both in America and Africa?

American Medical Student Association supports the Richard M. Brodsky Foundation

Jodi and I are fully aware that had we been born in Africa our children would likely be three of more than 12 million orphans living in sub-Saharan Africa. Would someone be there for my girls? Would someone be there for your friend's or relative's child?



Photo: courtesy of American Medical Student Association

Donating over \$9,000 in cash and toys to Steven & Alexandra Cohen Children's Medical Center of New York



The Richard M. Brodsky Foundation is equally committed to helping Americans living with HIV and cancer, especially children. For example, every year we collect toys for children living with pediatric cancer at the Steven & Alexandra Cohen Children's Medical Center of New York, formerly known as Schneider Children's Hospital. Since 2008, the Brodsky Foundation has donated over \$9,000 in cash and toys to the Cohen Children's Medical Center. The Event banner in the photo above is typically donated by PIP Printing and Marketing Services of Inwood.

Richard M. Brodsky Foundation Board Members

RICHARD M. BRODSKY – President of the Richard M. Brodsky Foundation, to learn more visit www.richardmbrodsky.org, www.5kaidscancer.com, www.worldaidsmarathon.com, or www.trebloon.com to learn about the book Richard M. Brodsky published and wrote, titled: *Jodi, The Greatest Love Story Ever Told*.

DR. CASILDA BALMACEDA – Neurologist and my brain cancer oncologist whom I credit with saving my life. Her research in the field of brain tumors is widely published.

LUISA DUTRA – Cancer survivor and owner of local Dunkin' Donuts stores in Lawrence and Valley Stream, NY; Luisa and her husband John were recently honored by St. Joachim's Church of Cedarhurst, NY for their service to the community.

ALIE ELEVELD – Project Manager of Safe Water AIDS Project; Alie's organization has provided clean drinking water for large areas of western Kenya. Alie is the chief organizer/fundraiser for the World AIDS Marathon and Alie provides safe drinking water for the Event.

BOBBY HOWE – KTYM radio talk show host. Ms. Howe serves on many boards focused on advancing the causes of women, literacy and education. In 1998, Bobby was invited by the Japanese Government to visit Tokyo, Hiroshima and Kyoto for the purpose of building bridges between the African-American and Japanese communities.

PHILIP MAIYO – Secretary of the Chepkerio Athletics Club in Kenya; Philip has helped more than 200 Kenyans attend colleges in America through athletic scholarships.

ASHER MATATHIAS – Adjunct Professor Political Science at St. John's University, Queens, NY; President of Five Towns, Long Island Chapter of B'nai B'rith; and Chair of the Annual Greek-Jewish Holocaust Commemoration.

PETER NGUYEN – Vietnamese-born Peter Nguyen is currently the CEO of BizWorks Group, creator of Advertiser360, and President of Shock Media Group. Peter was recognized as the Top Minority Business Owner and Top 30 Under 30 by the Advertising Specialties Institute. Peter also serves on boards for five national and global non-profit organizations.

JOSEPH OCHIENG – The first and only African IAAF Walk Judge Level III and the first African Olympic Walk Judge for the 2012 Olympics; Joseph's expertise and international contacts makes him the ideal race director for the World AIDS Marathon. Joseph is an architect supervising CDC projects in Kenya.

RUPERT REYNEKE – Rupert Reyneke is currently the Director of Graphic Design Projects at The International Cancer Advocacy Network (ICAN) ican.org. ICAN's effective patient advocacy programs outline the most promising treatment options for the patient to discuss with their medical team.

DR. TIMOTHY THOMAS – AIDS researcher working with CDC in Alaska, no one was sorrier than me to see Tim relocate from Kisumu, Kenya to Anchorage, Alaska; It was Tim's invitation to relocate the 2004 World AIDS Marathon to Kisumu that encouraged my Board Members to sponsor the 2006 World AIDS Marathon in Kisumu, Kenya. Tim continues to be a great advocate for AIDS testing. As a CDC researcher, Tim was chief of HIV/AIDS research at CDC/KEMRI in Kisumu, Kenya.

For more info about the Board Members visit www.richardmbrodsky.org and click on governance.

To my Jewish Friends

DR DAVID M SILVERSTEIN MD, FACC, FACP
CONSULTANT CARDIOLOGIST / PHYSICIAN

DIPLOMATE AMERICAN BOARD OF INTERNAL MEDICINE
CARDIOVASCULAR DISEASES

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April 23, 2010

TO WHOM IT MAY CONCERN

RE: JODI AND RICHARD BRODSKY

I have known the Brodsky's for approximately 3 years both from their visits to the Nairobi Hebrew Congregation Synagogue as well as the excellent work they have been doing in the field of HIV Aids in Kenya. Through their foundation they have been sponsoring of orphan dinner dances since 2007 for as many as 1,900 orphans.

Mr Richard Brodsky, who is HIV positive, has been very helpful by coming forward and sharing his story with other HIV positive patients helping to remove some of the stigma of this disease in Kenya as well as the rest of the world.

He has been working on a program to provide seed for orphans and caretakers to grow their own fruits and vegetables and thus become independent and self reliant. He comes yearly to run marathons in Kisumu. During these events he has been successful in getting over 700 people to come for Aids testing. The latter is a very important strategy in Africa as well as other places in the world to prevent the spread of the disease.



DR DAVID M SILVERSTEIN FACC FACP
CONSULTANT CARDIOLOGIST/PHYSICIAN
/jm

To my Jewish friends, may I say AIDS is not a disease that affects any one group. The fastest growing group affected by AIDS is people over 50. One in seven Americans who are newly diagnosed HIV-positive is over 50.

When Jodi and I travel to Kenya we stay at the home of Dr. David Silverstein. Dr. Silverstein is the President of the Nairobi Hebrew Synagogue as well as the personal physician to the former President of Kenya, Daniel Moi. The two gentlemen have traveled together to Israel and there are close ties between these two countries.

Israel is at the forefront providing the newest technology in irrigation, farming, medicine and thwarting terrorists by sharing this knowledge with Kenyans both in Kenya and in Israel, where Kenyans are invited to attend seminars. This is a telling example of the bond that Israel and Kenya share.

The above is a letter from Dr. Silverstein.

Nairobi Hebrew Synagogue

Interior of the Nairobi Hebrew Synagogue. During my annual visit to Kenya, I make it a point to visit the Synagogue. In 2010, I was the 10th and final Jew to enter the Synagogue, after which the Torah was removed from the ark and read.

"I'm very inspired by the way you have chosen to spend your time on earth. What you are doing are undoubtedly deeds of righteousness, loving kindness and holiness."

-Rabbi Gershom Sizomu of Uganda



About the Richard M. Brodsky Foundation

The Richard M. Brodsky Foundation has donated money or in-kind donations to the following projects:

- Sponsored or co-sponsored (and participated in) seven World AIDS Marathons, six in Kenya and one in Florida, to raise awareness that people living with so-called terminal illnesses can live healthy, productive lives if they have access to the AIDS medicine and follow-up healthcare. The Richard M. Brodsky Foundation also seeks to raise further awareness of the problems in Africa with insufficient clean drinking water, hunger, poverty, malaria and tuberculosis.
- Sponsored nine orphan dinner dances for over 2,800 orphans in Kenya.
- Provided 15 orange and mango seedling plants so orphans can grow their own fruit; we hope to expand this program in conjunction with future World AIDS Marathons.
- Sponsored or co-sponsored children's walks for 1,250 children in Kenya, the day of the World AIDS Marathon.
- Sponsored a FREE Concert and provided meals and transportation for 50 Kenyan runners for the 2006 Kisumu, Kenya World AIDS Marathon.
- Provided over \$9,000 in cash and toys to children living with pediatric cancer at the Steven & Alexandra Cohen Children's Medical Center of New York, formerly known as Schneider Children's Hospital.
- Provided \$5,000 to Center of AIDS Research and Treatment at North Shore University Hospital, University of Florida at Gainesville, as well as various other research projects for AIDS and cancer, and AIDS projects both in America and Africa listed on the Foundation's website, www.richardmbrodsky.org
- Provided \$2,000, which was enough money to commence ground breaking for a 50 – 60 bed orphanage in Nakuru, Kenya after an 18 month construction delay.
- Provided \$36,000 in cash and toiletry/gift items to people living with HIV or Cancer. Recipients of these items were: breast cancer survivors at Nassau University Medical Center; Don Monti Cancer Center; Hewlett House; HIV-positive people associated with Long Island Minority AIDS Coalition; Planned Parenthood of Nassau County; Center of AIDS Research & Treatment at North Shore University Hospital; Long Island Association of AIDS Coalition; Thursday's Child; JCC of the Five Towns Greater Food Pantry; Five Towns Community AIDS Service Programs; Circulo de la Hispanidad; Living Hope Fellowship of Massapequa, NY; Congregation Sons of Israel; Wyandanch High School; participants of two of the FREE 5K Run/Walks for HIVers, Cancer Survivors & Friends in Oceanside Park.
- Sponsored seven 5K AIDS Cancer Run/Walks in America since 2008; three of these Events were FREE.

I know I'm very fortunate to have such a loving wife while surviving HIV and brain cancer too. Jodi and I appreciate the opportunity that we get to travel to Kenya every year and raise awareness that HIV-positive people can live a productive life. Considering that AIDS is rampant in Africa, you would think that Africans would be more tolerant and forgiving of family members living with HIV? The harsh reality is that HIV-positive people are much more discriminated against in Africa than in America. Many Africans who are living with HIV are thrown out of their homes. When Jodi and I visit Kenya, often times I'll hold her hand or give her a kiss. People look at us and wonder why Jodi would subject herself to becoming HIV-positive.

2004 World AIDS Marathon Mbita, Kenya

Welcome to the first-ever World AIDS Marathon, Mbita, Kenya, World AIDS Day 2004. We only raised about \$3,000 but it was enough money for the Little Lambs, a home for 50 – 60 orphans in Nakuru, Kenya to begin groundbreaking after an 18 month construction delay. Some of the money raised also went to AIDS research at the University of Florida and other AIDS and cancer projects. Jodi and I traveled in three planes for 17 hours, drove four hours and took a ferry ride with donkeys, goats, chickens, and Kenyans to finally arrive there.



Above: 2004 World AIDS Marathon, Mbita Kenya. Below: Little Lambs Orphanage in Nakuru, Kenya.



2005 World AIDS Marathon in America and why we returned to Kenya in 2006

The Richard M. Brodsky Foundation held its first annual World AIDS Marathon in 2004. The full impact of the marathons was realized on March 28, 2006 when the World Health Organization issued a report stating Kenya was only one of two African countries that had a declining rate for new HIV cases from December 2003 through December 2005.

My board members and I thought we would raise more funds by sponsoring a World AIDS Marathon in America rather than Mbita, Kenya. Sadly, we were wrong, as the 2005 World AIDS Marathon and Surviving & Thriving Conference cost the Richard M. Brodsky Foundation money. But we did meet some very caring people whom we stay in touch with to this day. We were at a loss as to how to proceed, but after reading the slide prepared by AMSA, American Medical Student Association, it became clear we had no choice but to return to Kenya.

Zeus, King of the Greek Gods visits Kisumu, Kenya for 2006 World AIDS Marathon



Welcome to the 2006 World AIDS Marathon in Kisumu, Kenya. See the guy in the blue t-shirt on the left side? It was almost as if Zeus, King of the Greek Gods, traveled from atop Mt. Olympus to see how his modern-day marathon was faring, or could this have been a sign that a cure or vaccine was in the distant future?

Dr. Timothy Thomas had invited the Richard M. Brodsky Foundation several months earlier to choose Kisumu, Kenya for the 2006 World AIDS Marathon. Given that Dr. Thomas was chief of HIV/AIDS research at CDC/KEMRI, it sounded like a great idea. That, and the fact that he was a strong advocate for AIDS testing, especially for pregnant women, it became a no-brainer. If pregnant, HIV-positive women and their offspring took Neviripine at the time of birth, it would be 98% certain the baby would be HIV-negative. Local AIDS organizations provided AIDS testing for 86 Kenyans.

The marathon started and ended at Jomo Kenyatta Sports Ground, the same park where then Senator Barack Obama and his wife Michelle were HIV tested in August, 2006. Mr. Obama wrote me four letters from 2004 – 2007, and I also received letters from President Clinton, Senator Ted Kennedy, Congresswomen Carolyn McCarthy, and United Nations Special Envoy for HIV/AIDS in Africa, Stephen H. Lewis, and others that can be viewed online by visiting our website, www.worldaidsmarathon.com, click on *letters of support*.

Sponsoring a FREE Concert in Kisumu, Kenya



Pictured above is the Mighty King Kong. The man had a heart of gold and was widely loved throughout Kenya. I recall him serenading Jodi when we returned to America with his hit song, 'Ladies Choice.' Sadly, a few months later he was poisoned while running for Parliament. Limpopo International in the white outfits, (right photo) also performed at the concert.

The Richard M. Brodsky Foundation also sponsored a concert in Kisumu and provided lodging, meals and transportation for 50 runners, along with a modest \$1,000 prize package which we provide every year. These 50 runners were brought from Eldoret, Kenya by Philip Maiyo, Secretary of the Chepkerio Athletics Club and a Board Member of the Richard M. Brodsky Foundation. Eldoret is where Kenya's elite runners hail from, so naturally Philip's runners ran off with the bulk of the prize money. Philip has arranged for over 200 athletic scholarships for Kenyans to attend college in America. The concert, lodging and meals were becoming expensive and the Richard M. Brodsky Foundation could no longer fund these Events, but I realized this would help raise AIDS awareness and everyone would have a great time. Kisumu's Mayor Prisca invited Jodi and I for lunch at her home, later at her office I was presented with the 'Key' to the City.

In 2006, the Kisumu World AIDS Marathon Group was established and headed up by Alie Eleveld, another Board Member of the Richard M. Brodsky Foundation. Alie is the Project Manager of the Safe Water AIDS Project, which provides safe drinking water for much of western Kenya. Her presence has been vital for these marathons to succeed. She is an excellent fundraiser! Thanks to her efforts to bring 300 volunteers to the Event, and for providing safe drinking water and sponges at every kilometer, as well as hefty donations from her main donor Harbor Foundation and others, we have managed to organize the Event every year since 2006. Alie was also the keynote speaker for a safe water conference in Atlanta a few years ago.



5K AIDS/Cancer Run/Walk in America and a power point presentation by NIKE

“Knowledge is power, community is strength and positive attitude is everything.”

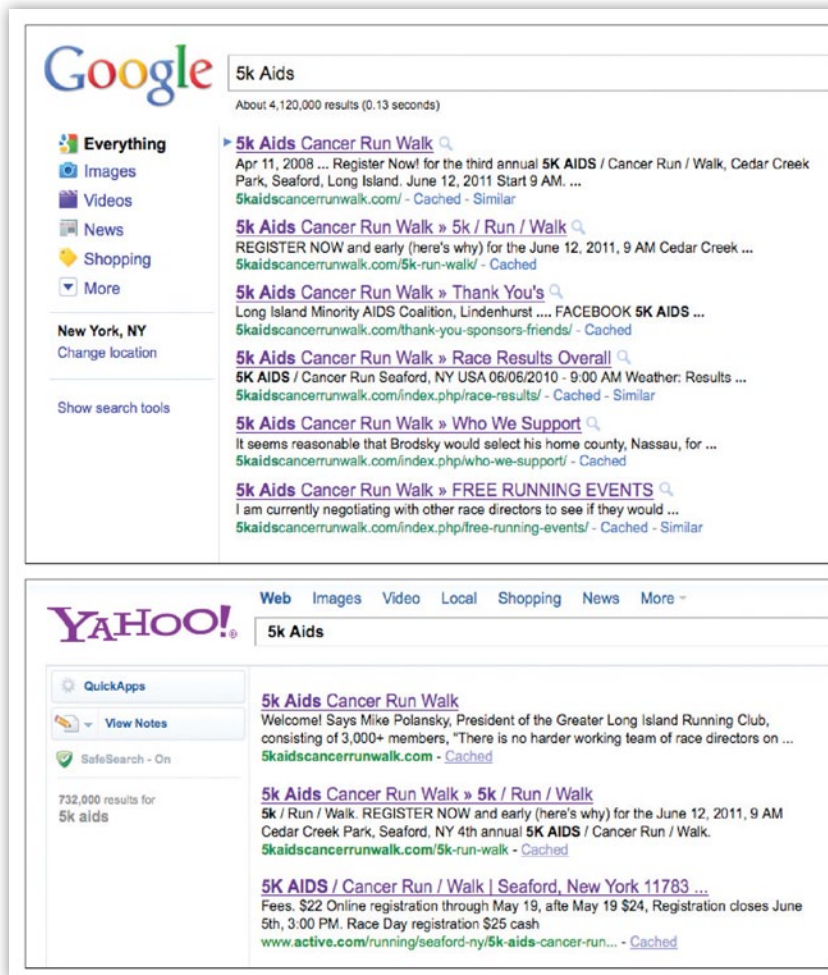
– Lance Armstrong



It was becoming increasingly difficult to raise money for the World AIDS Marathon and related Events. Too many people in America were asking me what we were doing for people living with HIV/AIDS and cancer in America. I realized if the Foundation were to succeed we needed to organize Events in America. Since 2008, the Richard M. Brodsky Foundation has sponsored four 5K AIDS/Cancer Run/Walks in New York in: Cedar Creek Park, Seaford and Long Island, and three FREE 5K Run/Walks for HIVers, Cancer Survivors & Friends. Besides the FREE Events, we also do not charge people living with HIV/AIDS or cancer if they cannot afford the \$22 – \$25 registration fee.

We're #1

We are listed as #1, 2 and 3 on both Google and Yahoo when you do a search for **5K AIDS**. We are also listed as #2 on Google when you do a search for **5K Cancer**. We would have been #1 except AVON took out a paid ad, which placed them first.



For anyone donating \$200 or more to the Richard M. Brodsky Foundation, will have their logo and/ or name placed on the home page of www.5kaidscancer.com, along with a link to your website. Site pages also have a link to your website as well.

Naturally your name will be placed on the Event banner as well as the Certificate of Completion which all runners receive.

3rd Annual 5K FREE Run/Walk for HIVers Cancer Survivors & Friends, October 30, 2011

The Richard M. Brodsky Foundation will be sponsoring its 3rd annual 5K FREE Run/Walk for HIVers, Cancer Survivors & Friends on October 30, 2011. The reason for these FREE Events is that I believe running is largely responsible for why I am still alive today and I'd like to share that gift with as many people living with HIV/AIDS or cancer as possible. Even if you cannot run three miles you can walk the 3-mile water view course. We ask that you get your doctor's consent ensuring you are fit to run the 5K, however we do not require a physician's note. Each loop of the course is one mile so even if you run or walk a portion of the course, it's a great opportunity to make new friends, enjoy a sumptuous breakfast, receive a personalized Event t-shirt, and be eligible for a few thousand dollars in FREE raffles. At the last two 5K Events we gave all the participants \$45 in toiletry/gift items. We ask all the participants to accept these items so no one will know who is healthy and who is not. During the first week of November 2011, if you are healthy, we ask that you donate the toiletry/gift items to someone who is living with HIV/AIDS or cancer.



Pictured above: start of the 2009 FREE 5K Run/Walk for HIVers, Cancer Survivors & Friends in scenic Oceanside Park, NY. Pictured below: two paths diverged in Oceanside Park fronting West Bay. We hope you will choose the water view to finish the 5K Run/Walk.



To register for the annual FREE 5K Run/Walk in Oceanside Park, visit www.5kaidscancer.com and click on: FREE RUNNING EVENTS.

Uncle Richard logo by Keely Payne and World AIDS Marathon logo by Rupert Reyneke

The Richard M. Brodsky Foundation has a team of very talented volunteers. We are always seeking volunteers to make phone calls, and people skilled at website design, graphics, computer skills, fundraising, recruiting runners, writing, requesting toys/toiletry gift items, and organizing fundraising events. We also welcome organizations and schools looking for a motivational speaker.

To get involved, please contact Richard at: richardm.brodsky@gmail.com.



www.5kaidscancer.com



Donating \$36,000 in cash and toiletry gift items to people living with HIV/AIDS or cancer



Richard M. Brodsky donating toiletry/gift items to breast cancer survivors at Nassau Health Care Corporation, June 2008

Events are a great opportunity not only to raise cash for AIDS and cancer projects, but also to donate toys for children living with pediatric cancer, and toiletry/gift items for people living with HIV or cancer. We have donated over \$9,300 in cash and toys from the May – June Events from 2008 – 2011 in Cedar Creek Park, NY for children living with pediatric cancer at Steven & Alexandra Cohen Children's Medical Center of New York. For the upcoming October 30, 2011 Event, we will be collecting toys for children at South Nassau Communities Hospital in Oceanside, NY. Official toy drop-off locations are Bikram Yoga, 120 E. Park Avenue and Bliss Juice Bar & Lounge, 852 W. Beech Street, both in Long Beach, NY. Our goal this year is to surpass the \$12,000 mark in toiletry/gift items we donated last year. We have already surpassed last year's toy donation by 20%.

The Richard M. Brodsky Foundation has donated over \$36,000 in cash and toiletry/gift items to various organizations on Long Island, NY in addition to its funding AIDS and cancer research in Kenyas globally. This has been made possible only by your generous support, and we hope you will continue to support the Richard M. Brodsky Foundation.

Your work is easy; mine is a lot tougher on my joints but with your support and prayers, I will continue running marathons.

Turning back the clock



Pictured above: Jodi and I completing the 2006 Ocean Drive New Jersey Marathon.

Jodi and I were scheduled to run a Marathon on August 28th, 2011 in Quebec City, Canada. However Hurricane Irene had other plans, forcing the race director to cancel the full marathon. Salvaging our months of training, we laced up our shoes and completed the half marathon in 02:02. Calculating this time it would have been well under the 04:28 time I needed to reach my goal of running my fastest marathon time since being diagnosed with brain cancer back in 2002.

My goals are threefold:

1. Raise awareness for people living with HIV or cancer ensuring that they lead healthy, productive lives.
2. Help convince society, government and organizations that healthcare is a universal right and that providing AIDS medicine and follow-up medical care to HIV-positive individuals will surely reduce the current number of 1.8 million people dying from AIDS every year.
3. Slow down or reverse the clock of our aging process. It's all about having a positive outlook and goals.

FAILURE IS NOT AN OPTION!

People living with HIV and cancer need to be resourceful. A friend once told me: if someone offers to do an errand for you and you do not need their help that week, just thank them and ask if you can count on them next week. And don't be too bashful to ask for favors. One of the reasons for running my fastest marathon is that I have been provided with more than \$2,600 in goods and services for FREE!

Thank you to the following groups for helping me in my quest:

- Bikram Yoga of Long Beach, NY for providing me with free yoga for the year.
- Bliss Juice Bar and Lounge of Long Beach, NY for providing me with a free smoothie every week.
- Norman Swed of Long Beach and Great Neck, NY; owner of Acupuncture Healthcare, PLLC for providing me with free acupuncture treatments for the August 28th Quebec City, Canada Marathon.

Dr. Richard Sartori and Reverend Wanda Myers to visit Kenya on World AIDS Day 2011

If anyone is interested in running the 2011 World AIDS Marathon in Kenya, start your training now! We typically do not get Americans flying to Kenya just for this Event, but we do get a few dozen Europeans, Asians, Australians, and a handful of Americans participating who happen to be working or vacationing there. Currently, Dr. Richard Sartori of Garden City Pediatrics has committed to the trip and also agreed to donate a day of medical services. Reverend Wanda Myers of Living Hope Fellowship is also planning to make the trip. Reverend Myers always sings our National Anthem at our FREE Event in October; her voice carries far and wide, with or without a microphone.



The 2010 World AIDS Marathon had 404 finishers, including 29 wheelchair athletes.

Daily Nation, Kenya's leading newspaper reports on World AIDS Marathon

The local media in Kenya really seems to appreciate that the Richard M. Brodsky Foundation and Kisumu World AIDS Marathon Group come together to co-sponsor the World AIDS Marathon in Kisumu, Kenya every year. The Daily Nation is the equivalent of the New York Times and its reporter, Walter Menya interviewed Jodi and I after the marathon and wrote an article about the Event and Jodi's and my participating in the marathon. In the article that appeared on December 2, 2008, Mama Sarah, President Obama's grandmother, told Walter Menya, "I feel greatly privileged to be invited because my grandson is very concerned about the ravages of HIV."

DAILY NATION

Race to stamp out killer virus gathers speed



Richard Brodsky and his wife Jodi during the Kisumu World Aids Marathon which they sponsor and take part in. Their work has been praised by world leaders, including US president-elect Barack Obama.

President Obama's grandmother, Mama Sarah starter at World AIDS Marathon 2008 & 2009

From 2008 through 2010 President Obama's grandmother, Mama Sarah, was involved with the World AIDS Marathon. She waved the Kenyan flag signifying the start of both the 2008 and 2009 marathons. She is pictured below having dinner in the yellow dress and in the blue dress holding the flag. The evening before the 2008 and 2009 marathons, Jodi and I had the privilege of dining with Mama Sarah and her daughter Marsat Onyango. All Mama Sarah's clothes are designed by Marsat.



Pictured in the photo standing left to right are: Alie Eleveld; Betty Okero, CEO of Civil Society Organisation Network; my wife Jodi Brodsky; Joseph Ochieng; and Douglas Wakiihuri, winner of the 1989 London Marathon and 1990 New York City Marathon. Seated left to right are: Richard M. Brodsky; Mama Sarah, and her daughter Marsat Onyango.

Mama Sarah presents \$1,000 in proceeds raised by the Richard M. Brodsky Foundation

How did we get Mama Sarah to come to the Event? One of the Foundation's Kenyan board members, Joseph Ochieng, (*pictured second from the left*) the first and only African IAAF Walk Judge Level III and the first African Olympic Walk Judge for the 2012 Olympics happens to live in Kogelo, the same village as Mama Sarah, and they have been friends for years. When Joseph invited her to the Event, Mama Sarah who adores children, responded eagerly in the affirmative to be part of the children's Event.



Pictured above is Mama Sarah giving away the \$1,000 prize money the Brodsky Foundation raised.

You might ask, 'Where's Richard?' Board member and race director, Joseph Ochieng told me if I ran the half marathon I would be included in the festivities. Joseph is a good natured, fun loving guy. I thought he was kidding, which is why I am not in the photo. Besides, even if I'd thought he was serious I still would have run the full marathon. My Foundation did not send me to Kenya to run a half marathon. I did complete the full marathon in a disappointing time of just under seven hours due to temperatures approaching 80 degrees, elevations of 3,500 feet and unpaved road conditions.

Everyone including the bear had the best time



Pictured left and right: children, and a “bear,” from the 5K Children’s Walk.

The 2008 World AIDS Marathon and related events were attended by over 1,700 people. The Richard M. Brodsky Foundation kept its promise by making the World AIDS Marathon a memorable event to orphans, runners, individuals whose lives have been affected by HIV/AIDS, and the people of Kisumu, Kenya. Your contribution also helps to support our local and global communities! By contributing to Richard M. Brodsky Foundation, you enable us to continue our mission of educating, caring and supporting vulnerable members of our society. We view our donors as partners and believe it is our responsibility to ensure all gifts entrusted to us are put to the best use. Donations are tax-deductible and support our work year-round. To get involved, please visit: www.richardmbrodsky.org and click on DONATE.

Some of the highlights of support from donations were:

- 288 runners participated in the Marathon and Half Marathon
- 250 children participated in the 5K Children’s Walk
- 275 orphans were served dinner at Reach-Out Orphan Support Centre
- 86 orphans were served dinner at St. Catherine’s Orphanage
- 300 volunteers participated in the various events
- OVER 500 people were tested for HIV/AIDS!

Orphan dinner dance at Reach-Out Support Centre

The Richard M. Brodsky Foundation has also sponsored four orphan dinner dances since 2007 which served over 1200 orphans at Reach-Out Orphan Support Center. The facility is under the direction of Hezekiah Nyaranga. We plan to return this year as well, donations permitting. You can write to Hezekiah directly at reachout5@yahoo.com.



The Richard M. Brodsky Foundation also donates money for medicine to Reach-Out Support Centre. On the eve of the World AIDS Marathon, 350 orphans were fed at Reach-Out Support Centre, a shelter for orphans established by Hezekiah Nyaranga (pictured left). Hezekiah cares for these children during the day, and at night the children return home. By Hezekiah caring for the children, the state cannot take away their land. But Hezekiah needs help. Hezekiah has a pharmacy and while the children receive free medicine, some of the medicine Hezekiah is required to pay for. There is even a small clinic on the premises and medical care is available for free to the children.

Here's why we keep returning to Africa, orphans dancing at Hope Initiative

Here are the orphans dancing at Hope Initiative. Rispah A. Ochula cares for the children as if they were her own. The land for the orphanage was donated by Rispah's dad, and much needs to be done so the orphans can have a clean, safe environment. In spite of a harsh and difficult life, here the orphans are dancing and appear very happy to see Jodi and I returning to Africa where the Richard M. Brodsky Foundation has co-sponsored its second annual orphan dinner dance. Thanks to Maidenbaum Property Tax Reduction Group, LLC and Omar Rodriguez of Associated Food Stores of Long Beach, NY, each donating \$500 and proceeds from the Richard M. Brodsky Foundation, we were able to sponsor this orphan dinner dance at Hope Initiative. If you would like to contact Rispah A. Ochula directly, you can write her at: hope.initiative@yahoo.com.



There is no greater joy than feeding 570 orphans

November 29, 2010 at the Hope Initiative in Kendu Bay, Kenya: There is no place I would rather be than in Africa dining and dancing with 570 Kenyan orphans two days before the World AIDS Marathon.



G-d answers Richard Brodsky

G-D answers HIV-positive, brain cancer survivor, marathon-running author of:
Jodi, The Greatest Love Story Ever Told

(by Richard M. Brodsky)

Stopping at a drugstore to pick up some meds, I learned from the pharmacist that one prescription could not be filled for twenty-five years. I told the pharmacist that having the prescription filled was very important to me and I suggested that he put it through the system as an override. He looked at the prescription and was shocked to find my request for a conversation with G-d. A look of dismay crossed the pharmacist's face as he resubmitted the prescription. A computer snafu occurred and a second or two later the pharmacist handed me a small vial with a piece of paper inside. I thanked the pharmacist and proceeded to open the vial as I headed to the exit. The message inside read, "Okay, Richard, you have just one question." I exited the store and looked upward and implored, "WHY ME?"

"WHY NOT?" G-d countered as He explained He's getting old and tired and even He is not perfect. He realizes he's made mistakes and the really big ones He's managed to correct. "Dinosaurs..." He claimed, "...those were my biggest mistakes. I did manage to expel them from the planet. Flowers, there I have succeeded admirably. You could not find a human being designing such a variety of colors, textures, fragrances and general layout of a flower from its petals to how the flower opens itself up to the world. I screwed up on roses. They were never supposed to have thorns. But if everything were perfect down there nobody would look forward to keeping me company in the Afterward. Richard, as far as giving you HIV and brain cancer, we did have a computer glitch up here. All this business of pray to G-d, ask G-d's repentance, may G-d keep me in his good graces and on and on. I told you I'm getting old and I could not function without a computer. I'm actually surprised you people down there took so long to develop a computer. I gave you Galileo, DaVinci, Edison...you guys are centuries late. Richard, you were not supposed to get these two fatal illnesses. I was undecided between a few of my favorite earthly religious leaders who were much respected on Earth. People would take them more seriously than you. Next thing I know, the computer freezes and in a flash your name is the one selected to receive HIV and brain cancer. I could not exactly change what had already happened. We do rest up here and whoever talked about resting a day, a week, that doesn't cut it up here. A day or week may be fine but every fifty or so years we need a month, a year or years of rest. I slept through the Hitler years and I rested too long during the early years of AIDS. Besides, giving this illness to you as opposed to a religious leader might prove to be more interesting."

It was then that the vial vanished and I looked up to the sky as the sun poked through from behind the clouds. What a glorious sunrise...

For more information visit: www.richardmbrodsky.org and click on LINKS.

Long Island Business News reports about the Richard M. Brodsky Foundation

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Turning tragedy into triumph

By **KENNETH R. CERINI**

In 1997, at the age of 45, Richard Brodsky received an HIV-positive diagnosis. For standing by his side during this difficult period, Brodsky wrote his first book for his wife and family: "Jodi: The Greatest Love Story Ever Told." At a book signing in 2002, Brodsky suffered a seizure and was diagnosed with brain cancer. After months of treatment, he ran the 2003 Marathon, and upon completion realized that even after being diagnosed with HIV and living with brain cancer, he could still lead a productive and happy life. To help inspire those undergoing similar challenges, Brodsky started his foundation to help others prevail against HIV and cancer.

"We are committed to supporting research and global AIDS projects, as well as helping to reduce the stigma associated with cancer and AIDS," said Brodsky, president of the Richard M. Brodsky Foundation. "We aspire to help bring individuals and cultures together to create hope for a better tomorrow."

What is the foundation's mission? Our global mission is to provide food, shelter and shoes for orphans living in Kenya, raise money for research for the cure or vaccine for AIDS, to help those afflicted with AIDS and to help those with cancer. Locally, we organize 5K AIDS/Cancer Run/Walk to improve the lives of people living with HIV and cancer.

How does the foundation advocate for those living with AIDS? We give to many organizations that support HIV-positive people; we help fund research at the University of Florida as well other leading AIDS research facilities. We also strive to put on the best 5K running/walking event on Long Island. At this year's 5K event we gave away \$45 in gift certificates, everyone received a personalized t-shirt and we gave away \$5,000 in free raffles. We do not charge people living with HIV or cancer.

How do you go about raising awareness that HIV and brain cancer can be overcome by living a healthy and upbeat lifestyle? We hosted and completed seven World AIDS Marathons in Kenya on World AIDS Day and seven 5K AIDS/Cancer Run/Walks in America. We also have sponsored dinner dances for 2,800 orphans. It's not just donating money for these dinners; it is about letting the orphan see there are faces behind these donations and Americans do care about the plight of orphans in Africa. The World AIDS Marathon is held in Kenya, and the full impact of it was never realized until 2006, when the World Health Organization issued a report stating that Kenya was only one of two African countries that had a declining rate for new HIV cases from December 2003 to December 2005. The organization's various running events in America since 2008 have raised \$41,000 in cash, toiletry/gift items and toys.

How did the foundation get involved in Kenya? I realized that, with the correct medicines and treatment, I am still able to live a long and healthy life. Unfortunately, those in Kenya do not have the access or education that we have here, and I set out to help build up the AIDS infrastructure by funding local projects and orphanages.

How do you go about achieving such a broad mission that includes HIV, brain cancer and providing assistance to those in Kenya? I've been a newspaper deliver boy, waiter, architect, author, publisher and can say with 100 percent certainty, I've found the best position I could ever hope for: being president of a foundation where I can help people living with HIV or cancer. When you get supportive letters from presidents and senators, and get to have dinner with President Barack Obama's grandmother, sometimes in life there are no choices.



RICHARD BRODSKY: The organization is dedicated to improving the lives of those with HIV and cancer.

Organization Richard M. Brodsky Foundation
Address 1247 Mara Court
 Atlantic Beach, NY 11509
President Richard Brodsky
Phone 516-770-7724
Website www.richardmbrodsky.org
Year founded 2005
Paid staff 0
Annual budget \$23,384
Fundraised expenditures \$23,364
Program service 87 percent

Cerini is the managing partner of Cerini & Associates, a full-service CPA firm. If you are a nonprofit agency and have an interesting story to tell, send an e-mail to kerc@ceriniandassociates.com or call (531) 582-1600.

Thank you to the Long Island Business News for profiling the Richard M. Brodsky Foundation and for giving permission for the article to be reprinted here. Visit the Long Island Business News online at: www.libn.com

Numerous individuals and several organizations have been extremely supportive of the Richard M. Brodsky Foundation's work. I could not begin to thank everyone here, but I would like to thank a few: Shalom Maidenbaum of Maidenbaum Property Tax Reduction Group, LLC, whose heart knows no bound; the student groups who invited me to speak at Georgetown University, NYU and Hofstra University and Great Neck North High School; Rupert Reyneke and Keely Payne; The South Shore Shore Standard, The New York Times, The Nassau Herald, POZ Magazine, NEWSDAY, thebody.com; and John Walsh, Sally Jesse Raphael, Dick Clark, Montel Williams, Howard Stern; and Barnes & Noble for taking a chance on a first time author. AND most of all my wife Jodi who inspired me to write the book: *Jodi, The Greatest Love Story Ever Told*.

RICHARD M. BRODSKY FOUNDATION

DONATE NOW!

We hope you enjoyed reading about the Richard M. Brodsky Foundation's work both in Africa and America. We can only continue these projects with your continued support as volunteers, participants and/or sponsors. Please take a few minutes to complete a reply card with a donation that will be greatly appreciated and put to good use by funding our charitable works here and abroad. You can also make your donation online by visiting: www.richardmbrodsky.org, www.worlddaidsmarathon.com or www.5kaidscancer.com and click on the **DONATE** link.

On the back cover you can read what political leaders and others are saying about the Richard M. Brodsky Foundation, but for me it is what everyday people are saying. This is why I need to continue the Richard M. Brodsky Foundation's work!

"I ran in the 5K today with my son at Cedar Creek Park. It was tremendous! From Richard Brodsky, HIV-positive and a brain cancer survivor, with his wife at his side — who could be a better inspiration for us. The response to the 5K was great, the support and encouragement unmatched. We finished the 5K and left flying high on encouragement and hope. I know my battle with cancer will be won knowing the love and support that is out there. Thank you to the Brodskys!"

-Nancy Werner

Prize-Winning Letter Published in "The Standard;" Nairobi, Kenya

LET'S SUPPORT AIDS MARATHONER

"When life hands you a lemon,' so the dictum goes, 'make lemonade out of it.' This line of wisdom clicked in my mind immediately I started reading the article NYC Marathoner Runs for Kenya, by Betty Kemunto in New York. It is a case of juggling with one's pride, altruism and a display of exceptional character which is hard to come by today. Yet, the couple has decided to take the bull by the horns and try to make some good out of a bad situation. However, one question begs an answer: will their efforts of creating awareness bear any fruits?"

Awareness of the disease has been drummed into mankind's head but still there is minimal behavior change. It's like AIDS has already lost its scare value. Thus, our red light streets are still as vibrant as ever, irresponsible sex — even with minors, continue to dominate; incest, fornication, homosexuality...the list is long. But a prophet is coming. It is said that a prophet is not recognized in his homeland. Richard Brodsky (read AIDS prophet) is flying from his homeland for a purpose — to continue with the awareness that is slowly sliding to oblivion. Are we going to heed his call or despise his noble efforts?"

-Michael Nyagah Maingah, Nakuru, Kenya

"I pray God's richest blessings upon you as you continue to make a difference in the lives of others. You have certainly made a difference in mine."

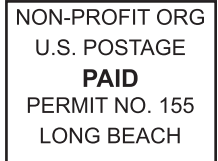
-Reverend Wanda Meyers, Living Hope Fellowship of Massapequa

AMSA chapters or similar organizations that are interested in initiating events or similar projects with the Richard M. Brodsky Foundation can visit: www.richardmbrodsky.org and click on **LINKS**.

RICHARD M. BRODSKY FOUNDATION

1247 Mara Court

Atlantic Beach, NY 11509



POLITICAL LEADERS WHO HAVE EXPRESSED SUPPORT FOR THE RICHARD M. BRODSKY FOUNDATION

President Barack Obama: "AIDS is the worst public health crisis in human history, and finding a cure is a priority of mine. But government cannot fight AIDS alone. People like you are invaluable working at the grassroots to show the human face and spirit that I believe will ultimately defeat AIDS. I wish you all the best for a successful race."

President Bill Clinton: "The HIV/AIDS epidemic is one of the most urgent problems of our time and it needs the voices, energy, and involvement of people like you."

New York State Senator Republican Leader Dean G. Skelos: "By sponsoring events that highlight the need for additional funding of research, testing and treatment for AIDS and Cancer, the Richard M. Brodsky Foundation has helped to raise regional awareness."

Town of Hempstead Supervisor Kate Murray: "Our township salutes you and we offer our hearts, minds and hands to assist in all of your noble endeavors."

Congresswoman Carolyn McCarthy: "The Foundation's determination and altruism has made a positive and lasting impact on so many lives in an effort to make their hopes a reality."

Former United Nations Special Envoy to HIV/AIDS in Africa, Stephen H. Lewis: "I wish you every triumphant success. There can be no objective on this planet more worthy than to overcome the pandemic of HIV/AIDS."

Archbishop Desmond Tutu /Lavonia Brown, Personal Assistant: "Archbishop Desmond Tutu is delighted to hear of the 2004 AIDS Africa Marathon. He sends his warm wishes for the success of this exciting and challenging event."

United States Senator Ted Kennedy: "I wish you all the best in your continuing battle against HIV/AIDS and I commend you for all you're doing to raise money for a cure."

Nassau County Legislator Denise Ford: "I am in awe of your dedication and hard work and I stand with the many who pledge to continue their support of the Richard M. Brodsky Foundation. Continue to let your light shine!"