

Do you shop at Ralphs? Do you have a Ralphs Rewards Card?

Ralphs will donate a % of your purchase receipt total to Project Chicken Soup. Please join us in this fundraising effort, **at no cost to you.** ANNUAL RENEWAL BEGAN ON SEPTEMBER 1, 2009 for the current Ralphs Community Contribution Term (9/1/09-8/31/10). **Everyone needs to re-register** and we are not able to register for you.

Take this form with you the next time you go shopping at Ralphs. Hand it to the cashier to scan the barcode with your order IN ADDITION to either your Ralphs Rewards Card or the phone number entry that is linked to your Rewards Card.

You only have to scan this form ONCE to create the link between our organization's bar code and your Rewards Card. You must continue to scan your card/enter your phone number during all purchases for Project Chicken Soup to receive credit. Thank you for your continued support!!



Project Chicken Soup Rosh Hashanah Recipes

NEW YEAR'S APPLE CAKE

3 cup flour
2-1/2 cup sugar
1 cup oil
4 eggs
1/2 tsp. salt
1/3 cup orange juice
2-1/2 tsps. vanilla
3 tsps. baking powder
6 thinly sliced apples (cored)
2 tsps. cinnamon
3 tsps. sugar

Combine first 8 ingredients in order listed.

In separate bowl, combine apples, cinnamon and sugar. Spray and flour a tube pan. (May also be made in 9x13 pan).

Pour one layer of batter into pan. Pour one layer of apples over. Alternate layers, ending with apples on top. If using 9x13 pan, you may just want to pour all apples over first layer and cover with remaining batter. Bake at pre-heated 350d for 2 hours. Test for doneness. If it doesn't seem done, bake a bit longer. When done, remove from oven and allow to cool for 15 minutes. Invert tube pan to cool completely. In 9x13 pan, cut when cool.

BRISKET

A classic, especially for Rosh Hashanah
7-8 pound brisket
1/2 teaspoon salt
1/2 teaspoon pepper
1 tablespoon onion powder
1 head minced garlic
2 cups of catsup
4-5 cups kosher red wine or water (to cover top edges of the brisket)

Season meat with salt, pepper, onion powder and minced garlic. Mix catsup with enough kosher red wine or water to cover the edges of brisket; cover with tight fitting lid. Bake at 350 degrees approximately 2 1/2 hours. Remove brisket from pan; reserve juices in pan. Cool and slice brisket. Return to juices in pan. Refrigerate. Before reheating, remove fat. Bake, covered, another 1 1/2 hours or until tender. Serves 14

POMEGRANATE CHICKEN WINGS

3 pounds chicken wings
1/2 teaspoon salad oil
2 teaspoons minced garlic
3 tablespoons minced fresh jalapeno peppers
1 cup pomegranate juice
1 cup cranberry juice
1/3 cup sugar
2 tablespoons cider vinegar
3 tablespoons pomegranate seeds

Rinse wings, drain and cut apart at the joints. Salt to taste. Place in a single layer in a 10"x15" nonstick pan.

Bake in a 400°F oven until brown and crisp, about 45 minutes, turning pieces occasionally.

In a medium nonstick frypan, over high heat, stir oil, garlic and chiles for 2 to 3 minutes. Add pomegranate juice, cranberry juice, sugar, and vinegar. Stir until sugar dissolves, bring to boil. Boil until reduced to 2/3 cup, about 15 minutes.

Drain and discard fat from chicken wings. Pour pomegranate sauce over wings and turn pieces. Bake until sauce thickens and sticks to wings, about 12 minutes, turning often.

Garnish with pomegranate seeds.



In an effort to reduce costs and become more environmentally sustainable, we are planning to publish an "e-newsletter." Please enter your contact information below with your email address and return it to us so we may include you in the mailing. Thank you!

Name: _____

Address: _____

Phone: _____

Email: (please print clearly) _____



Note From the President



You'll see from my enclosed letter there are some new names on the letterhead, starting with my own. Although I joined the Board just last year, and became President this past July, I have been a PCS volunteer deliverer since 2002, and have headed our fund raising efforts since last November. Joining me on the Board this past year are our new Treasurer, Amon Ashton, along with new Board members Karen Schwarz, Peter Bastien and returning Board member Frances Ozur Cole. Long time Board member Robert Johnson has agreed to extend his term as Secretary. Along with continuing Board member and newly elected Vice President Paul Einsiedler, these new board members and officers have been long time volunteers who have tirelessly dedicated themselves to our mission.

I also want to say a special thanks to continuing Board Members and outgoing officers Paul Chitlik, Myra Shapiro and Carole Lazarus, whose years of dedicated service, not only as Board Members and officers but also as volunteers, are the reason PCS has been able not only to survive but thrive as it became a self sufficient independent organization now serving over 1400 hot meals per month. Anyone who has ever seen the supply bags Myra scrupulously puts together knows that to her, every PCS client is a member of her own family. Myra and her husband, long time Board member Wally Shapiro, truly embody the spirit of our organization, and are examples for us all.

My deepest thanks to all mentioned and the entire Project Chicken Soup community for providing the opportunity to serve in furtherance of such a worthy mission.

Jody Zucker, PCS President

Fiddler on the Roof

On Friday night, August 7th, Project Chicken Soup supporters gathered at the Pantages Theater in Hollywood to watch a fabulous stage production of Fiddler on the Roof starring Topol in his farewell performance tour. As Topol began to sing the show's opening number, it was apparent that the years had done nothing to change the majesty and beautiful resonance of his deep, rich voice. Although he weighs somewhat less than he did when he appeared in the film version of the show, Topol was still very much on his game—bringing humor and pathos to a story that the audience obviously knew very well. As often occurs when a brilliant actor takes to the stage, the rest of the cast was inspired to raise their game as well, treating the audience to a stunningly moving rendition of "Sunrise, Sunset." It was a wonderful treat to be able to experience and appreciate both the comedy and the history of Fiddler on the Roof with so many of our friends and supporters from Project Chicken Soup. Not only was this a fun night out, but over \$3500 was raised for PCS. Many thanks not only to our supporters but also to The Nederlander Group for the discounted block of fantastic seats!

Los Angeles Jewish AIDS Services / Project Chicken Soup
September 2009
is a non-profit organization which provides nutritious, kosher meals to people living with HIV/AIDS in Los Angeles County, in observance of the Jewish commandment of tikkun olam, healing the world through service to humankind. Project Chicken Soup provides *nechama*—comfort—to those in need, regardless of race, religion or creed, and provides a connection to the Jewish community.

Cooking location: 338 N. Fairfax, Los Angeles 90036

Mailing Address: P.O. Box 480241
Los Angeles, CA 90048
(323) 933-5402

Email Address: projectchickensoup@sbcglobal.net

Visit our website: www.projectchickensoup.org

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Cooking Dates ~ 2009

September 13 and 27

October 25

November 8 and 22

December 6 and 20

PLEASE CALL 323-933-5402

OR SEND AN EMAIL TO

projectchickensoup@sbcglobal.net

TO RESERVE YOUR SPOT ON OUR VOLUNTEER LIST!

Los Angeles Jewish AIDS Services/
Project Chicken Soup
2009/2010 Board of Directors

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Meet Albert Bugoff. Albert, a Senior Digital Project Manager at Warner Bros. Worldwide TV Marketing, has been a PCS volunteer since 2002. Prior to joining the PCS family, Albert spread his volunteer work around, spending a lot of his time reading to children. One week he and a friend decided to switch charities. Lucky for us that friend was a PCS volunteer and Albert has been with us ever since.

Albert started right at the beginning, coming in first thing on Sundays to volunteer in the kitchen. "I couldn't cook, so I figured I would learn something. And I did, eventually becoming a team leader. I couldn't believe how good and fresh the food was. And when I saw how happy clients were getting such delicious food, I felt like I couldn't stop."

Treatment Update 2009: 20 Years Later

By Mark Katz, MD

For the 16th times in as many years, the annual HIV conference known as CROI (Conference on Retroviruses and Opportunistic Infections), was held this past winter in Montreal.

Several thousand HIV clinicians and researchers convened in the exact arena where, twenty years ago, I heard about drugs such as ddI and d4T for the first time:

During that late spring of 1989, the 5th International AIDS Conference had been held in Montreal; this conference was marked by the peak of HIV-activism (ACT-UP was in full force, and there was only one approved antiretroviral, AZT, which was seen to be failing in many patients who had taken it) and the promise of new medications (most of the prominent ones discussed being nucleoside analogue reverse transcriptase inhibitors—ddI, ddC, and d4T).

I returned to Montreal this year, indeed an emotional experience for me: I thought of the Kaiser patient who used to attend my monthly Being Alive Medical Updates, and who wrote me a postcard which I received on my return from Montreal. Tim had written: "Sorry to have missed May's update. Hope you had a good time and learned a lot in Montreal. All's well here...see you at this month's conference update."

He died the week after he mailed the postcard.

I thought about the amazing strides which have been made, how HIV is treated nowadays without the sense of terror it had in 1989, exemplified by stories such as that of Tim. Sitting through the sessions this year reminded me of how far we have come, and concurrently, where we have yet to go...

The issue of when to start treatment has changed vastly since 1989: At that time, AZT (again, our only treatment of the underlying virus) was given only to persons with T-cell count less than 200 or who had had a diagnosis of *Pneumocystis* pneumonia, the commonest opportunistic infection, now as well as then.

After the explosion of HAART (Highly Active AntiRetroviral Therapy) in 1996, lives were at last definitively prolonged, and the death rate from complications of HIV plummeted. At this time in history, everyone with HIV, at any level of T-cell count, was treated with triple therapy. In the late 1990s we started to see complications of some of the drugs being used—neuropathy, lipodystrophy, elevated blood lipids, lactic acidosis—and our ardor for treating everyone declined, as the need for newer, safer medications became apparent.

This present decade has seen changes in both the timing of treatment and the medications used:

Current recommendations suggest waiting until the T-cell count falls below 350. Interestingly, however, a study presented at the February HIV conference noted above, affirmed that treatment at *higher* counts (more than 500) might be associated with ultimately longer survival. We could be the pendulum starting to swing back towards earlier treatment.

And if we were to do so, know that we rarely see new cases of lipoatrophy (fat loss in the cheeks) and lipodystrophy (fat accumulation in the abdomen, back, and neck) today because we have learned which antiretrovirals caused these unwanted side effects, and with 25 approved anti-HIV medications, we can usually avoid prescribing these.

Although both cooking and delivering became too long of a day and in recent years Albert has focused on delivering, he's no slouch! And for those of you who remember him with his recently departed long curls, he's no Sampson either, his strength remains intact! Albert is our star pinch hitter, delivering to whatever clients don't fit within contiguous routes, and most cooking Sundays Albert can be criss-crossing the city, his navigational system serving him well. "Seeing first hand how grateful people are getting such fresh and delicious food has made the whole experience really fulfilling."

Thanks, Albert!
May your name be inscribed and sealed in the Book of Life!

Register today for the
**Project Chicken Soup
Team - 1312**
AIDS Walk team!



How to Register:

1. Go to aidswalk.net/losangeles
2. Click 'Register to Walk'
3. Click 'Join a Team'
4. Select our team name from the pull-down menu
5. Enter your information and click 'Continue'

Sunday, October 18
aidswalk.net/losangeles
(213) 201-WALK(9255)
AIDS Walk Los Angeles is a
10k walkathon benefiting APLA
and other AIDS service
organizations in
Los Angeles County

You're now registered!

Please Join Project Chicken Soup at
AIDS Walk Los Angeles!

AIDS Walk Los Angeles is a 10 kilometer fundraising walkathon to support programs and services provided by AIDS Project Los Angeles and other AIDS service organizations across Los Angeles County for men, women, and children affected by HIV and AIDS.

This year Project Chicken Soup is pleased to have been invited to participate in the 25th annual AIDS Walk Los Angeles on October 18th as a beneficiary organization through the Community Coalition Initiative (CCI).

Please join the Project Chicken Soup team - 1312 or sponsor a walker on our team now!!

Reminder:
The Macy's Passport In-Store event
is just around the corner!

Do not underestimate the value of these coupons where, for a \$10 donation to PCS you receive a day of shopping at 20% off! No doubt there is a wedding, bar mitzvah or loved one's birthday coming up and with just one gift you can probably save more than the \$10 cost of your donation (and you'll receive \$10 off any purchase of \$25 or more); now that's a WIN-WIN! What's more, when you drop off the stub on your ticket the day of the sale, you'll be eligible to win a \$1,000 shopping spree at Macy's! Please don't miss this valuable chance to help PCS and yourself in the process! To buy your passport for savings contact Cathryn at 323-933-5402 or projectchickensoup@sbcglobal.net.

Macy's Passport In-Store Fundraiser

FRIDAY, SEPTEMBER 25TH AND SATURDAY, SEPTEMBER 26TH



Support Project Chicken Soup by purchasing \$10 tickets which may be used to receive up to 20% off of purchases at Macy's Beverly Center, Sherman Oaks, Las Vegas, Rancho Cucamonga, and South Coast Plaza during Passport In-Store, a shopping event benefiting more than 35 HIV/AIDS community organizations in Los Angeles.

Project Chicken Soup
retains 100% of
proceeds from
ticket sales.

Saturday, September 26th will include an activity-filled day of entertainment, special discounts, food and beverage samples, and promotional gifts. Turn in your ticket stub at Macy's on September 25th or 26th for a chance to win a \$1,000 Macy's shopping spree!

**Buy your
\$10 ticket today!**

Supporters who are unable to attend Passport In-Store or who want to avoid the crowds are invited to PRE-SHOP. Contact Macy's store for details.

MACY'S PASSPORT
INSTORE: FASHION + COMPASSION COME TOGETHER

For more information, call (323) 933-5402 or email projectchickensoup@sbcglobal.net