



Patty Van Vooren
President

FOCUS

Louisville Urban League Guild



Benjamin K. Richmond
President/CEO



A resident of James S. Taylor Memorial Nursing Home listens as Santa and his helpers sing at the Guild's second annual Christmas Cheer.

Community Projects -

It touches your heart to know that we continue to do good in the community

Thanks to our Guilders (Bobby Atchley, Audrey Beasley, Elizabeth Caples, Emma Spears, Lynn Tyler, Patty Van Vooren) who helped serve Thanksgiving Dinner at the Salvation Army Portland Boys & Girls Club. Special thanks to Bobby Atchley for organizing this event.

More thanks, too, to our Guilders (Bobby Atchley, Janice Baldow, Hazel Calloway, Elizabeth Caples, Claudia Geurin, Mary Mahin, Deathra Shipley, Emma Spears, Lynn Tyler, Patty Van Vooren, Jerry Wright) who participated in the our second annual James S. Taylor Memorial Nursing Home "Christmas Cheer" along with thanks and gratitude to Emma Spears for her hard work with all of the preparations. Residents were treated to Christmas carols sung by Guilders and accompanied by our pianist, Elizabeth Caples, punch and cookies, and gift bags personally presented by Santa and Mrs. Claus. "Oh, this is so nice!" said a resident as she received her gift from Santa and Mrs. Claus.

THIS MONTH

Guild Meeting - December 11
Program Committee - December 18

NEXT MONTH

Guild Meeting - January 8
Derby Cruise Committee Meeting -
January 22
VITA - January 27

2006/07 Officers and Executive Committee

President -

Patty Van Vooren (502-829-9323)

1st Vice President/Program Chair-
Bobby Atchley (821-4926)

2nd Vice President/Membership Chair -
Emma Spears (776-2520)

Recording Secretary -
Sheila Carson (671-1187)

Asst. Recording Secretary -
Shirley Fuqua-Jackson (239-8317)

Corresponding Secretary -
Ann Kitchens (637-9990)

Treasurer -
Mary Mahin (558-0554)

Members-at-Large -
Hazel Calloway (776-5229)
Nanette Smith (772-2496)

Parliamentarian -
Claudia Geurin (239-2846)

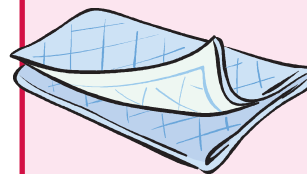
Immediate Past President -
Elizabeth Caples (231-6713)

Committee Chairs

Bylaws - Claudia Geurin
Courtesy - Jerry Wright
Finance & Budget - Mary Mahin
Membership - Emma Spears
Program - Bobby Atchley
Public Relations - Barbara Eberhardt
Scholarship - Deathra Shipley



Guild members serve Thanksgiving Dinner at the Salvation Army Portland Boys & Girls Club.



Spread warmth and comfort to dialysis patients with throws for Valentine's Day

The Program Committee will be collecting and distributing new throws for dialysis patients at to-be-determined clinics. We're giving you advance notice hoping that you'll be able to take advantage of upcoming after-Christmas/January sales. Our shopping elf, Bobby Atchley, has already seen some on sale for as low as \$3.00. Throws will be due at our February 12 Guild meeting.

Dialysis Facts

Dialysis is a treatment that does some of the things done by healthy kidneys. It is needed when your own kidneys can no longer take care of your body's needs.

When is dialysis needed?

You need dialysis when you develop end stage kidney failure --usually by the time you lose about 85 to 90 percent of your kidney function.

What does dialysis do?

Like healthy kidneys, dialysis keeps your body in balance. Dialysis does the following:

- removes waste, salt and extra water to prevent them from building up in the body
- keeps a safe level of certain chemicals in your blood, such as potassium, sodium and bicarbonate
- helps to control blood pressure

Is kidney failure permanent?

Not always. Some kinds of acute kidney failure get better after treatment. In some cases of acute kidney failure, dialysis may only be needed for a short time until the kidneys get better.

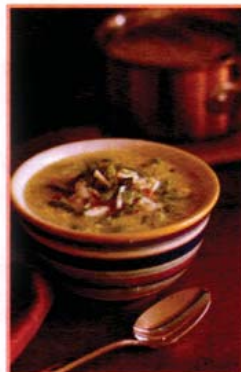
In chronic or end stage kidney failure, your kidneys do not get better and you will need dialysis for the rest of your life. If your doctor says you are a candidate, you may choose to be placed on a waiting list for a new kidney.

Sweet Corn Soup with Crab and Asparagus

Serves 8

This Cantonese-style soup is practically a meal in itself.

- 1 1/2 pounds fresh asparagus
- 1/4 cup water
- 4 cups fat-free, low-sodium chicken broth
- 15-ounce can no-salt-added cream-style corn
- 2 teaspoons low-salt soy sauce
- 1/2 teaspoon salt
- 2 tablespoons cornstarch
- 2 tablespoons cold water
- Egg substitute equivalent to 3 eggs, or 3 large eggs
- 2 6-ounce cans crabmeat, rinsed and drained
- 1/2 teaspoon toasted sesame oil
- 6 medium green onions (green part only), finely chopped
- Chili garlic sauce to taste (optional)



- Trim the asparagus and cut into 1-inch pieces. Put in a microwave-safe dish with 1/4 cup water. Microwave, covered, on 100 percent power (high) for 5 minutes, or until tender-crisp. Don't overcook. Drain well.
- In a large saucepan, bring the broth to a boil over high heat. Stir in the corn, soy sauce, and salt. Return to a boil.
- Meanwhile, put the cornstarch in a cup. Add 2 tablespoons water, stirring to dissolve. Pour into the broth mixture, stirring constantly.
- Pour the egg substitute into the boiling soup in a thin stream. Remove from the heat.
- To serve, spoon 1/2 cup asparagus into each bowl. Ladle the broth mixture over each serving. Top with the crabmeat and sesame oil. Sprinkle the green onions over each serving.
- Serve the chili garlic sauce on the side.

NUTRITION ANALYSIS (PER SERVING)

Calories	138	Cholesterol	38 mg
Carbohydrates	17 g	Total Fat	1.0 g
Fiber	3 g	Saturated	0.0 g
Sugars	5 g	Polyunsaturated	0.5 g
Sodium	278 mg	Monounsaturated	0.5 g
Protein	15 g		

DIETARY EXCHANGE

1 starch, 1 vegetable, 1 1/2 very lean meat

This recipe is reprinted with permission from *The New American Heart Association Cookbook, Seventh Edition*, Copyright © 2004 by the American Heart Association. Published by Clarkson Potter/Publishers, a division of Random House, Inc. Available from booksellers everywhere.

December Days

Rosa Parks Day: December 1

We as Americans and civil people are privileged to have had a person as fine as Mrs. Parks willing to spark change in our country. Her memories will live on and teach our youth that even today we still need to embrace our civil rights as people and Americans. Today we celebrate the life of one of America's most important women. "Memories of our lives, of our works and our deeds will continue in others." - Rosa Parks

World AIDS Day: December 1

According to UNAIDS estimates, there are now 39.5 million people living with HIV, including 2.3 million children, and during 2006 some 4.3 million people became newly infected with the virus. Around half of all people who become infected with HIV do so before they are 25 and are killed by AIDS before they are 35. Around 95% of people with HIV/AIDS live in developing nations. But HIV today is a threat to men, women and children on all continents around the world. Started in 1988, World AIDS Day is not just about raising money, but also about increasing awareness, fighting prejudice and improving education.

Hanukkah: December 15-22

Hanukkah is the annual Jewish festival celebrated on eight successive days beginning on the 25th day of Kislev, the third month of the Jewish calendar, corresponding, approximately, to December in the Gregorian calendar. It is also known as the Festival of Lights, Feast of Dedication, and Feast of the Maccabees. Hanukkah commemorates the rededication of the Temple of Jerusalem by Judas Maccabee in 165 BC after the Temple had been profaned by Antiochus IV Epiphanes, king of Syria and overlord of Palestine.

Christmas Day: December 25

The Real Meaning of Christmas

A Christmas Poem by Joseph P. Martino Copyright© 2003

Two thousand years ago the King of Kings was born.
 'The Lamb of God' later made to feel the thorn,
 If his words are accepted and not scorned,
 They will make us all reborn.

Though God's grace, Joseph and Mary presented
 A gift to the world that day, which we can all repay,
 by living the ten commandments each and every day.

Try to remember and keep in your heart and mind
 Jesus's gospel while here on Earth,
 Redemption not a life lived in constant mirth.
 Peace on Earth, good will toward man
 Everyone should try it, whenever they can.

The Lord gave us the option and choice of 'free will,'
 Now it's up to us to fit the bill.

So when you're Christmas shopping for family and friends,
 and money is tight at both ends,
 Remember that the greatest gift of all,
 Is your love of Jesus in the manger stall.

Angel Tree Party will immediately follow December 11 Guild meeting



Prison Fellowship's Angel Tree program represents the only nationwide effort, religious or secular, that reaches out exclusively to children whose fathers or mothers are behind bars. Since the program's inception in 1982, more than 7.5 million children of prisoners have received some 14 million Angel

Tree gifts nationwide.

By default, the more than 2 million children of America's prisoners are forced to do hard time – time spent growing up with a parent missing from their daily lives. By every measure, prisoners' children are the most severely at-risk children and teens in America. Studies show that children of prisoners are five times more likely to end up in prison themselves (U.S. News & World Report, April 2002). These kids are at a greater risk for neglect, illiteracy, crime, violence, incarceration, teen pregnancy, depression, child abuse, premature death, and substance addiction.

In 1982, Angel Tree debuted in Birmingham, Ala., when Mary Kay Beard, an ex-prisoner, received permission to erect Christmas trees in shopping malls to recruit shoppers to purchase presents for prisoners' children. Beard, who served part of a 22-year sentence for burglary, grand larceny, and robbery, said she spent six Christmases in state prison watching women gather soap, shampoo, and toothpaste they received from charity groups to wrap and give to their kids as gifts. "I realized that children don't care as much about things as they do about being loved," Beard said.

Kwanzaa: December 26-January 1

Kwanzaa is a unique African American celebration with focus on the traditional African values of family, community responsibility, commerce, and self-improvement. Kwanzaa is neither political nor religious and despite some misconceptions, is not a substitute for Christmas. It is simply a time of reaffirming African-American people, our ancestors and culture. Kwanzaa, which means "first fruits of the harvest" in the African language Kiswahili, has come to be observed by more than 18 million people worldwide, as reported by the New York Times. When establishing Kwanzaa in 1966, Dr. Karenga included an additional "a" to the end of the spelling to reflect the difference between the African American celebration (kwanzaa) and the Motherland spelling (kwanza).

LUL Guild Calendar

December

- 11 Guild Meeting/Angel Tree Party - 6:15 p.m.
- 18 Program Committee Meeting - 6 p.m.

January

- 8 Guild Meeting - 6:15 p.m.
- 22 Derby Cruise Committee Meeting - 6 p.m.
- 27 VITA

February

- 3 VITA
- 10 VITA
- 12 Guild Meeting/Valentine Bags - 6:15 p.m.
- 17 VITA
- 24 VITA
- 24 Health Fair
- 26 Derby Cruise Committee Meeting - 6 p.m.

March

- 3 VITA

10 VITA

- 12 Guild Meeting
- 17 VITA
- 19 Derby Cruise Committee Meeting - 6 p.m.
- 24 VITA
- 31 VITA

April

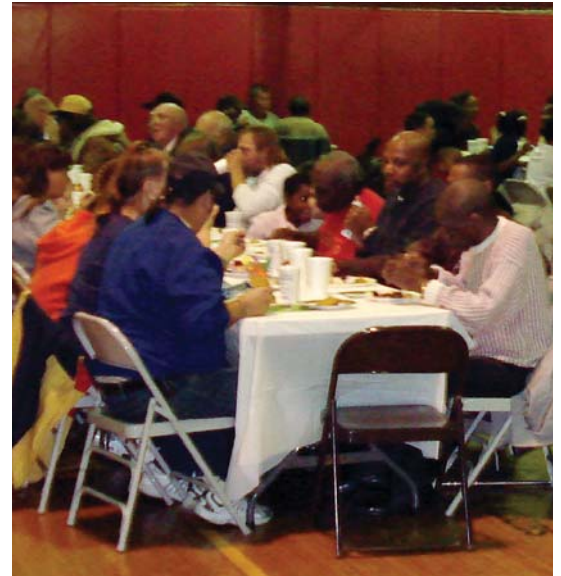
- 2 Derby Cruise Committee Meeting - 6 p.m.
- 7 VITA
- 7 Easter Egg Hunt and Cookout
- 9 Guild Meeting - 6:15 p.m.
- 14 VITA

May

- 5 **Derby Moonlight Cruise** - 8:30 p.m. - 12:30 a.m.
- 14 Guild Meeting - 6:15 p.m.
- 19 LUL Diversity Soiree - TBA

June

- 11 Guild Meeting/Annual Reports/Election of Officers - 6:15 p.m.



Many enjoy the Thanksgiving Dinner at the Salvation Army Portland Boys & Girls Club.



You may pay your dues, fundraiser reservations, and/or raffle tickets by check or credit card.

Please return to:

Louisville Urban League Guild
1535 W. Broadway
Louisville, KY 40203
Attention: Mary Mahin

Fax: (502) 585-2335



✂ Detach here

- Dues \$35
- Derby Moonlight Cruise # _____ @ \$30/each (minimum 1) \$ _____
- Raffle Tickets # _____ @ \$1/each (minimum 5) \$ _____
- Total \$ _____

Payment:

Check enclosed for \$ _____ payable to "Louisville Urban League Guild"

MasterCard Visa Expiration Date: _____

Account Number: _____

Signature: _____ Name: _____

Phone: (Home) _____ (Work) _____

Address: _____ City: _____

State: _____ Zip Code: _____ E-mail: _____



You may also join online at www.lul.org