



Patty Van Vooren
President

FOCUS

Louisville Urban League Guild



Benjamin K. Richmond
President/CEO



Santa visits with a guest at the Angel Tree Party.

Angel Tree Party is a big hit

What a wonderful party! Special thanks to Bobby Atchley for her efforts in making our party a success! Also, many thanks to Guilders, LUL staff members, and LULYPs for your generosity in donating gifts and help during the party, to LUL for donating the pizzas, to the Masons for donating the refreshments and cupcakes (adorable!), and to Santa and Mrs. Claus. Also, special thanks to Bobby for delivering the unclaimed gifts to the **Home of the Innocents**.



Festive holiday cupcakes were donated by the Masons for this year's party.

THIS MONTH

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

NEXT MONTH

VITA - February 3
VITA - February 10
Guild Meeting/Valentine Bags -
February 12
VITA - February 17
VITA - February 24
Health Fair - February 24
Derby Cruise Committee Meeting -
February 26

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 - Deatbra Shipley

The mission of the Louisville Urban League Guild is to unite, strengthen, and support the Louisville Urban League in its endeavors with volunteerism and community service.

Americans Urged to Honor Dr. King By Signing Up Now For Community Service

Americans are urged to honor Dr. Martin Luther King Jr.'s legacy on January 15, 2007 by coming together to participate in volunteer projects that improve life in their communities. Registering and volunteering for projects will be easier than ever this year, with a new online system that links people to community service opportunities.

The Corporation for National and Community Service encourages all Americans to make the King Holiday a day ON, not a day OFF. January 15 will mark the 21st observance of the King Holiday. The day became a national day of service in 1994, when Congress passed legislation to give the observance even more significance.

More and more, Americans are observing the holiday actively. Instead of using the time off from work and school for leisure and shopping, they increasingly are honoring Dr. King's memory and teachings by participating in the thousands of community projects that include mentoring at-risk children, feeding the hungry, and cleaning vacant lots.

"We are asking every American to get involved and honor Dr. King with a living memorial of service on this holiday," said David Eisner, CEO of the Corporation for National and Community Service. "Dr. King's legacy was bringing people together across racial and socio-economic lines through meaningful activity that resulted in a better and more unified country. All of us can build on that legacy by reaching across artificial barriers to serve our neighbors and address community needs."

Service projects come in all forms: some are sponsored by single organizations and others involve partnerships of charities, communities of faith, government agencies and businesses. Some are intensely local - projects at a school or a street - while others are citywide. Some are designed for only one day while others continue.

This year, Americans will find it easier to identify projects. A new online system has been implemented to enable organizers to register projects in every state and the District of Columbia. The system can be accessed at www.mlkday.gov. The Web site contains a host of resources and ideas as well as photographs of previous King Day of Service activities.

Citizens are urged to visit the site to find opportunities on January 15. After entering the site, they should click the How to Serve link and the Click here to find a MLK Day opportunity link to connect to a nearby project.

Organizations should click the Resources for Organizations link for information to register and produce a successful event.

Examples of projects are:

- ❖ Holding a workshop or putting on a play about Dr. King's life
- ❖ Organizing an oral history project to document and tracing community history
- ❖ Helping prepare and serve meals at a homeless shelter
- ❖ Removing graffiti from a building, paint a mural, or clean up a public space
- ❖ Bringing meals to homebound neighbors
- ❖ Making a public space accessible
- ❖ Building a playground or community garden

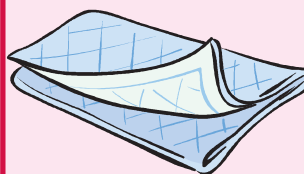
- ❖ Organizing and participate in a neighborhood watch
- ❖ Collecting clothing, canned goods, and other items for a local shelter
- ❖ Registering bone marrow and organ donors
- ❖ Performing small chores and home maintenance projects for elderly neighbors
- ❖ Arranging a health fair
- ❖ Teaching seniors how to surf the Internet
- ❖ Sponsoring a legal clinic
- ❖ Devising craft projects for children in hospitals

In spite of the variety, all projects have one thing in common: They are connected to the life and teachings of Dr. King and his message to unite people around a common goal to improve conditions in America.

The King Day of Service comes midway through National Mentoring Month, which highlights the importance of bringing caring adults into the lives of children who need their guidance, support and encouragement. The Corporation is leading an effort to provide mentoring services to 3 million additional children and youth in at-risk environments. Recent Corporation studies show increases in the number of mentors.

The Corporation for National and Community Service improves lives, strengthens communities, and fosters civic engagement through service and volunteering. Each year, the Corporation provides opportunities for more than 2 million Americans of all ages and backgrounds to serve their communities and country through Senior Corps, AmeriCorps and Learn and Serve America. The Corporation honors Dr. Martin Luther King Jr. each year by spearheading a national Day of Service for all Americans. For more information, go to <http://www.nationalservice.gov>.

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 January sales. .

**Throws will be due at our February
12 Guild meeting.**

January Days



For some, winter means a sort of hibernation, bundling up in bulky coats and gloves, making sure the heating system is functioning, and spending as little time as possible outdoors, preferring to enjoy the benefits of central heating, blazing fireplaces, and evenings snuggled up in a favorite easy chair. But people who rarely venture outside in the coldest season of the year miss a subtle, minimalist beauty and an almost invisible natural world that still lives quietly around the edges of our civilization. Trees and bushes lose their leaves, exposing a stark, yet almost delicate structure, while evergreens also provide a bit of color, while prints in the snow of our backyards suggest the presence of curious neighborhood cats or perhaps wild rabbits, deer, or even an occasional coyote. Simply look. The subtle beauty that is winter may provide a much needed shift in perspective during the coldest, and sometimes demanding, season of the year. By Aldene Fredenburg; Published: 12/20/2006

January 1: New Year's Day

In December or early January, almost everyone is minted up by the desire to plan a wonderful New Year! We plan vacations, and we imagine that any goal can be achieved. We eagerly make New Year's Resolutions and set our biggest goals ever! It's a perfect time to reflect on the changes we want to or need to make and resolve to follow through on those changes. Resolutions if carried out successfully not only act as short-term goals to success but also help in improving life and overcoming those habits, which we ourselves do not like.

The New Year is a good time to make resolutions but what is the point of resolutions if we can't keep them?

Tips for New Year Resolution

Review your last year's resolution. Have you succeeded, if not, why did you fail. Examine it and if necessary keep the same resolution this year too.

Set Your Goals

Maintain a core focus. Be clear if you really want the change. Don't flow along with the trend.

Don't let the cup spill over

Do not create too many resolutions at a time. They may distract you. Go with one at a time.

Let it be for a year not a day

New year is the time to plan for the entire year. Let the resolution not be something for which you need just couple of days.

Acknowledge the price, and decide to pay it

Any worthwhile human achievement requires sacrifice, risk, effort and perseverance. Of course it does! This is how life works! And, you must pay the full price in advance! Be accountable to someone in case you don't follow your resolution seriously.

January 13: Make Your Dream Come True Day

Make Your Dream Come True Day gives you the opportunity to do something to realize your goals and dreams. Whatever your

dreams are, they usually don't come true without some effort on your part. So, today is the perfect opportunity to do something about it. On this day do something, anything, to move in the direction of achieving your dreams. Sure, sometimes it takes several steps to accomplish them. So view today as a time to get started on them. With a little effort, they will come true!

January 24: Compliment Day

Say something positive about the people you come into contact with. Everyone has good attributes. ...that's right..... everyone. It's a cinch to find compliments for family and loved ones. Remember: Mama said "If you don't have anything nice to say, don't say anything". After a long search for something good, if you just can't find a compliment for them, then silence is golden. How many compliments should you give out today? The common suggestion is five compliments. Yes, they should be to five different people.

LUL Guild Calendar

Orientation

Annually, the LUL provides an orientation for Guilders on all elements of the LUL. Presentations will be made during the January 8 Guild meeting by the Center for Workforce Development, Housing Services & Neighborhood Revitalization, and Youth Development & Education Departments as well as important news regarding development/fundraising activities, LUL calendar of events, and fiscal operations/budget.

VITA

Once again, the LUL will be participating in the Volunteer Income Tax Assistance program. This program held from 1:00 to 4:00 p.m. on Saturdays beginning January 27 through April 14 provides free assistance to the needy of our community for the preparation of both federal and state income tax submissions. Volunteers are requested to assist in making copies, etc. Please consider donating a couple of hours on a Saturday.

Valentine's Day Treat Bags



Treat bags for The Healing Place children will be assembled on Monday, February 12 after the Guild meeting. Please bring candy/trinkets to the January 8 or February 12 Guild meeting.

Health Fair/Breast Cancer Screening

Our annual event will be held on Saturday, February 24. Please contact Claudia Geurin if you would like to help.

Toiletries

Bobby Atchley will be collecting toiletries (soap, deodorant, shaving cream, etc.) for both the Men's and Women's Healing Place for the month of March. Please bring your donations to either the January, February or March meeting.

Derby Cruise Committee

The Derby Cruise Committee will meet on Monday, January 22 at 6:00 pm. This will be our only fundraiser this year, so please plan on helping us make this an extraordinary event!

LUL Guild Calendar

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.

BBQ Pork for Sandwiches

- Prep Time:** 15 Minutes
- Cook Time:** 4 hours and 30 minutes
- Reading In:** 4 hours and 45 minutes
- Yields:** 12 servings



"Mouth-watering pork cooked in a slow cooker with beef broth served with barbecue sauce."

INGREDIENTS:

- 1 (14 ounce can beef broth)
- 3 pounds of boneless pork ribs
- 1 (18 ounce bottle barbecue sauce)

DIRECTIONS:

1. Pour can of beef broth into slow cooker, and add boneless pork ribs. Cook on High for 4 hours, or until meat shreds easily. Remove meat, and shred with two forks. It will seem that it's not working right away, but it will.
2. Preheat oven to 350 degrees F. Transfer the shredded pork to a Dutch oven or iron skillet and stir in barbecue sauce.
3. Bake in the preheated oven for 30 minutes, or until heated through.

NUTRITION INFORMATION:

- Servings Per Recipe: 12
- Amount Per Serving
- Calories: 323
- Total Fat: 18.8g
- Cholesterol: 83mg
- Sodium: 496mg
- Total Carbs: 5.4g
- Dietary Fiber: 0.5g
- Protein: 31g

allrecipes.com



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