



Patty Van Vooren
President

FOCUS

Louisville Urban League Guild



Benjamin K. Richmond
President/CEO

November 13 Guild/Orientation Meeting- Don't Miss Out!



- Meet LUL staff members and learn about LUL programs
- Christmas Cheer gifts are due!
- Only opportunity to obtain an Angel Tree name
- Chance to win a Thanksgiving decoration

Christmas Cheer Gifts Due November 13

Please remember that gifts for our second annual James S. Taylor Memorial Home "Christmas Cheer" project are due at our November 13 Guild meeting. Help us provide some cheer in the life of an elderly person again this Christmas season by donating new, unwrapped gifts in the \$1-\$2 range, spending between \$5-\$10. Gifts for 110 residents (80 female and 30 male) are needed. Gift suggestions from the nursing home staff include: lotion, socks, puzzle books, body spray, hair cream, comb/brush sets, games (i.e., checkers), coloring books and crayons, and sugar-free melt-in-your-mouth candy. **Our "Christmas Cheer Day" is Sunday, December 3 at 3:00-5:00 pm.**



More About James S. Taylor Memorial Home

James S. Taylor Memorial Home opened in October 1982 and is a non-profit 122-bed skilled/intermediate care facility that offers the community a viable approach to health care. Born by the inspired thought of the late Rev. S. J. Royal, pastor of a Baptist church in the West End, who believed that Christians can manifest their love by establishing institutions in their communities to provide care for those who need such services. Together Rev. Royal along with Dr. J. Bell and the late Mr. James S. Taylor gave unselfishly of their time to build upon the aspirations of Rev Royal. Thus, Mt. Lebanon Personal Care Home Inc. now doing business, as James S. Taylor Memorial Home will always represent to the citizens of Louisville. Their dream-come-true is realized in this institution to care for the elderly in the community. With over 20 years of experience, the minority-owned and operated nursing home is the **only one of its kind in West End Louisville and the entire state of Kentucky.** It is the mission of the James S. Taylor Memorial Home to provide professional multi-disciplinary healthcare services within the long-term care community in a manner that is cost effective. The home services a 90% Medicaid, under served, minority population.

THIS MONTH

Guild Meeting - November 13
Portland B&G Club - November 21
Derby Cruise Meeting - November 27

NEXT MONTH

Christmas Cheer - December 3
Angel Tree Gifts - December 4
Guild Meeting - December 11
Program Committee - December 18

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

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.


 recipes
 

Quick & Easy Recipes



Asian Chicken Salad

Makes 6 servings, 2 cups each
 Prep Time: 30 minutes
 Start to finish: 40 minutes

Crunchy vegetables and tender chicken breasts tossed in a tangy vinaigrette make a refreshing main-dish salad. If you poach the chicken yourself, reserve 3/4 cup of the cooking liquid to make the dressing.

Dressing	Salad
1/4 cup reduced-sodium soy sauce	2 Tbsp sesame seeds
3 Tbsp rice-wine vinegar	8 cups shredded napa cabbage (1 small head)
1 1/2 Tbsp brown sugar	1 1/2 cups grated carrots (2-3 medium)
1 1/2 tsp sesame oil	5 radishes, sliced (about 1 cup)
1 1/2 tsp chile-garlic sauce	1/2 cup chopped scallions
3 Tbsp canola oil	3 1/2 cups shredded skinless cooked chicken (about 1 1/2 pounds boneless, skinless chicken breast)
1 Tbsp minced fresh ginger	
2 cloves garlic, minced	
1 Tbsp tahini paste	
3/4 cup reduced-sodium chicken broth or reserved chicken-poaching liquid	

1. To prepare dressing: Combine soy sauce, vinegar, brown sugar, sesame oil and chile-garlic sauce in a glass measuring cup; stir to blend. Heat canola oil in a small saucepan over medium-high heat. Add ginger and garlic; cook, stirring, until fragrant, 1 to 2 minutes. Add the soy sauce mixture to the pan; bring to a simmer. Whisk in tahini and broth (or poaching liquid); cook until reduced slightly, 3 to 4 minutes. Let cool.

2. To prepare salad: Heat a small dry skillet over medium-low heat. Add sesame seeds and cook, stirring, until lightly browned and fragrant, 1 to 2 minutes. Transfer to a small plate to cool.

3. Combine cabbage, carrots, radishes, scallions and chicken in a large, shallow bowl. Stir dressing to recombine and drizzle over the salad; toss to coat. Sprinkle the sesame seeds on top.

To make ahead: The dressing will keep, covered, in the refrigerator for up to 2 days.

NUTRITION ANALYSIS per serving: **Calories** 289
Total Fat 14 g (**Saturated** 2 g **Monounsaturated** 7 g)
Cholesterol 64 mg **Carbs** 14 g **Protein** 28 g **Fiber** 3 g
Sodium 518 mg
Dietary Exchanges: 2 vegetables, 4 very lean meat, 2 fat

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LUL Guild Announcements

"What does the LUL do?"

Brief presentations will be made by LUL staff members during the November 13 Guild Orientation meeting. This is a great way for new and existing members to learn about LUL programs.

Small Business/Church Seminars

The LUL is teaming with US Bank to provide Business Growth Opportunity Seminars on Wednesday morning, November 15. The seminars, aimed at small businesses and churches, are to help churches/faith based non-profit organizations and small businesses understand credit and grow their businesses or operations. Attendees will learn: What to include in your business plan; How to get loans for expansion; Types of loans and credit available; Sources and types of funding; Types of resources available; What to do if loans are not approved. These Seminars are FREE but space is limited so seats need to be reserved quickly by calling 566-3392 or RSVP@lul.org.

LUL Annual Report Luncheon

Share 2006 successes and learn what 2007 holds for the future at this year's annual luncheon on Friday, December 1 at 11:30 am-1:15 pm at the Louisville Marriott Downtown. Justice William E. McAnulty, Jr., Fourth Supreme Court District of the Kentucky Supreme Court will be the keynote speaker.

Louisville Defender Newspaper 69th Annual Family & Youth Service Expo & Health Information Fair

We need volunteers to help with the LUL booth at the 2006 Expo held at the Louisville Gardens, 525 W. Muhammad Ali Blvd., on Saturday and Sunday, November 18 and 19. Available time slots are as follows:

- Saturday, November 18 – 11:00 am-1:00 pm, 1:00-3:00 pm, or 3:00-6:00 pm
- Sunday, November 19 – 1:00-3:00 pm or 3:00-6:00 pm

The Healing Place Donations

Special thanks to our members and to our friends, the Masons for donations of socks for The Healing Place residents. **Our November donations, due at the November 13 meeting, are disposable razors and/or shaving cream.** Because of our Angel Tree and Christmas Cheer projects, we'll take a THP donation break in December and resume again in January.



Annual Dues

For less than \$100, your investment in the LUL and Guild pays you great dividends! In order to continue receiving our FOCUS newsletter, your dues must be submitted by November 13. Emma Spears will have membership forms available at the meeting or you can use the form provided in this issue. Payment can be via cash, check, or Visa/MasterCard or you can join online at www.lul.org.

Sponsorships/Donations

The Program Committee requests everyone's help in securing donations. Do you know someone who can donate a gift card or door prize?

Delivering Gifts of Love and Messages of Hope to Children of Prisoners

We welcome another year of Angel Tree Christmas! Special thanks to LaVaciette Griffin for chairing this event again this year. If you're a first-time volunteer, you'll soon understand our excitement and enthusiasm as we reach out to families of prisoners, as a way to care for some of the most overlooked members of our culture.



When your parent is in prison, so are you. Your heart is locked behind a wall of loneliness. Your future is bound by shame. Right now these children are among the most at-risk children in our community. It is so easy to connect with them through Angel Tree. Approximately 25 Angel Tree names will be available at the November 13 Guild meeting. Suggested gift purchase is \$25. The committee asks that you please wrap your gift and attach the Angel Tree card. **Gifts will need to be turned in on Monday, December 4 at the LUL, between 6:00-7:00 pm.** The committee also needs your help in the donation of candy/trinkets for treat bags to distribute during the party. **Please bring candy/trinkets to the November 13 Guild meeting or drop them off at the LUL on December 4 between 6:00-7:00 pm.**

Be sure to join us for our annual Angel Tree party immediately following the December 11 Guild meeting.

LUL Guild Announcements

Portland Boys & Girls Club Thanksgiving Dinner

Our annual event is on Tuesday, November 21, 5:00-7:00 pm. Please see Bobby Atchley if you are interested in volunteering.

And They're Off!

The Derby Cruise committee will meet on Monday, November 27 at 6:00 pm to begin preparations for this great event!

NOVEMBER 2006

November is Good Nutrition Month. Be sure to check out recipe on page 2. Days to celebrate this month: 7th - Election Day, 11th - Veterans Day, 13th - Mom's and Dad's Day, 21st - World Hello Day, 23rd - Thanksgiving Day.

LUL Guild Calendar

November

- 13 Guild Meeting/Orientation - 6:15 p.m.
- 21 Portland Boys & Girls Club Thanksgiving Dinner - 5-7 p.m.
- 27 Derby Moonlight Cruise Committee Meeting - 6 p.m.

December

- 3 Nursing Home Cheer - 3-5 p.m.
- 4 Angel Tree Gifts Due - 6 p.m.
- 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.
- 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.

Guild Library

The Black West is a lively chronicle of African-American men and women who were a vital part of the settling of the American West. Meet colorful characters most history books have overlooked: mountain man James Beckwourth, cowboys Nat Love and Brittain Johnson, Marshal Willie Kennard, and bad men Isom Dart and the dreaded Cherokee Bill. Stagecoach Mary Fields owned her own stagecoach line, Bronco Sam rode an angry steer through the crowded streets of Cheyenne, and Bill Pickett was perhaps the greatest rodeo rider of all time. Music track by world famous African-American composer William Grant Still and the London Symphony. Illustrated by artist Herschell Turner.



Available for \$19.95 at www.blackhistory.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
- Old School Dance # _____ @ \$30/each (minimum 1) \$ _____
- 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