



Empowerment: A Review

A Letter from the President

In this issue:

Letter from the President	1
Feature: Empowerment: A Review	1
Yes, We're Acquainted: Your Friend Philanthropy	1
Make Life Easy: Quick Insights	2
When Illiteracy Costs	2
Health & Wellness: Midwest meet the rest of the world	2
Your Virtual Persona	3
Political Cents	3
Local Investment: Lasting Impact, Understanding your part in the NULYP Movement	4
Entrepreneur's Corner	4
Metropolitan Board Committee	5
UPDATES	
Metropolitan Board Currents: Upcoming Initiatives, Meetings, and Events	5
Recession Proof Your Life	6
"B" is for Budget	6
National Urban League Notes	6
Member Motivation	7
Metropolitan Board: Upcoming Meetings/Events	9
Community View: Metropolitan Board on the	9

Along all of the schooling you've managed to complete and upcoming plans of additional formal education it's critical to review your "complete" operational intelligence...your "know how." Each of us have been granted our personal copy of "know how," some have advanced editions, others have standard, or at the other end of the spectrum outdated editions of personal "know how." Know that everyone theoretically starts at the same level; however personal social networks, resources, and efficient use of time often determine how "good" your know-how is. Amid the increasingly competitive nature of market talent, education alone fails to empower.

Empowerment is most commonly defined as the ability to give power or authority to; enable or permit. Unfortunately, academic education alone does not guarantee success. Imagine interviewing with a prospective employer, and simply stating alone: I have completed Degree A, and B at Name University and I am able to do the job. Experience has taught you that academia alone, will not serve you well. Additional character offerings and leveraged experience set you in line with those on top.

You've heard knowledge is power, let's update that with "Executed knowledge is power." It seems obvious to most, however with newfound trends on personal branding, and developing your personal competitive advantage (i.e. what *you* have to offer, different from the next person) it is in your best interest to be prepared and suitably on point with credentials, equipped networking abilities, and most importantly solid communication skills.

Although some "go it alone" with personal development and improving their "know how"—the strategic consult mentors. The golden reality that there is nothing *new* under the sun still stands when it comes to work ethics, human behaviors, and how to maneuver them. Perhaps our generation is dealing with an updated version, however

(continued on pg. 3)

Dear Metropolitan Board,

I hope this correspondence finds each of you in superior health and spirits! For 25 years, the Metropolitan Board has been an unbreakable thread in the fabric of life for many members and communities in which we serve. Although the Metropolitan Board was founded on the principle of fundraising, our past leadership recognized the need for young professionals to sacrifice their time and energy to serve those less fortunate.

That vision and foresight has not changed. The Metropolitan Board has been and will continue to be the trailblazing organization for which all others will take example. We are not an organization of words, but an organization of strategic planning and human capital devoted to community service.

We are requesting 100% Metropolitan Board participation in the September Serve-A-Thon as it is critical to the success of this most worthy endeavor. Exceeding 2500 community service hours as an organization is now our standard; however, we know that service time is unlimited and carries a badge of selflessness to achieve. We will continue to ask each member to fulfill a minimal individual commitment of 25 community service hours for the 2008-2009 year.

We have a rich history of making a difference; let us continue to be better than we were yesterday and use the wisdom of the past to guide us forward.

Yours in the movement,

Ronelle DeShazer
President
president@metroboard.org
Metropolitan Board of the Chicago Urban League

Yes, We're Acquainted: Your friend Philanthropy

Hi, my name is (your name here) and I'm a Philanthropist.

The term *philanthropy* in Greek means "to share for the love for mankind." You typically do this by giving your money, time, and/or "thought-power." For now, I'd like to address the forms of philanthropy that we are most familiar with: volunteering and charitable giving. According to the National Philanthropic Trust, in 2006 Americans donated \$300 billion to their favorite charities- that's a whole lot of lovin'! And over half of Americans (55%) said they volunteered. Americans are some generous folks and our history of our generosity dates back to the Indigenous people of this land (they did welcome Europeans with food and shelter before they were massacred..but that's another conversation).

Today however, creative and more tactical forms of giving are emerging and challenging the "old school" way of addressing some of the world's most pressing issues.

Most experts would agree that individuals, businesses and the non-profit sector are devising innovative and more non-traditional ways to change the world in which they operate. This is partly due to the increased demand of donors who want to know how their contribution is being used and whether or not actual change occurring. Nonetheless, there are many trends that come to mind when I think of the evolution of philanthropy. One trend that many of you are familiar with is the use of the internet. Some of you have

(continued on pg. 2)



MAKE LIFE EASY



- Invest 30 minutes in learning your cell phone, and program phone numbers that you frequently call by voice dial or key speed dial.
- Consider investing in an auto-responder to automatically keep up with new contacts via email as you build your personal and professional network.
- Consider online calendar sharing for efficient calendar/task list management
- Consider engaging a virtual assistant for routine for entrepreneurial related needs, as well as personal life demands that need to be researched. Save time.
- Eliminate grocery store visits by investing in mobile food delivery services suitable to your dietary needs and health requirements. Save money and time.
- To save on gasoline costs, consult with your employer on carpooling savings programs. Most top tier employers provide a reasonable solution which reward employees looking to conserve environmental resources.

Make Life Easy is a series dedicated to constructive tips designed to deliver insights on lifestyle.

(continued from pg. 1)

probably spent some time on Freerice.com- a site with a familiar mission of ending nutritional poverty, but an unconventional means of doing so: For every correct word definition you select, Freerice will donate 20 grains of rice to the United Nations World Food Program to help feed the needy. So not only are you assisting with the elimination of world hunger (which reminds me of Ms. America), but you are sharpening your vocabulary skills at the same time—quite inuring!

Freerice.com is just one example of the new and exciting ways we can utilize the web in addressing the world's problems. While Freerice.com is an unconventional form of philanthropy, it is no more or less valuable than what we do here at Metropolitan Board for example. It is simply different. Every year, Metropolitan Board challenges us to think beyond ourselves at a time in our life when most of us (and let's be real) may not have the time and/or the money to give back! But yet and still, we show improve at every fundraising event and community service project. So don't get it twisted, you are a part of a philanthropic movement and you are a philanthropist. Hopefully after reading this, you will write your name in the title of this article and continue to share your time, money, and expertise for the love of mankind.

Bunmi Akinnusotu
Proud Philanthropist

Ponder This: How much impact, if any, do you think philanthropy has in alleviating the social challenges of the world? And if you believe philanthropy is indeed a catalyst for change, are certain types of philanthropy more effective than others? Share your thoughts and feedback by emailing bunmiaki81@yahoo.com. ■

Bunmi Akinnusotu

Illiteracy Costs

Uninformed Financial Decisions can be Lethal to your Future

Reading illiteracy in the United States is socially taboo among most circles. Social activists fight for resources to eliminate reading illiteracy among children and adults to counteract the detrimental costs to an individual's quality of life. Adults with reading illiteracy account for 75% of the country's unemployed population. Although unemployment rates don't speak to the dangers of financial illiteracy, inadequate future savings and or failed retirement planning does.

Amid saving money, just to save money. There are employable strategies designed to make your earnings work smart and not hard. When you're making active decisions to put your hard earned money in the hands of investors consider these tips along the way:

- 1. Accept That Uncertainty is the Rule, Not the Exception:** The stock market can guarantee you risk, however **long-term** investments have historically trended upward.
 - 2. Focus on What is Important and Knowable:** Amid, the political, economic, and market environment make sure to focus on what is known with a priority list.
 - 3. Be Patient:** Grandma knew this moment was coming so she instilled it while you were young. Long-term investment successes are often attributed to consistent holdings.
 - 4. Expect Periods of Disappointment:** Brace yourself with a worst case scenario, while keeping in end in mind. Alterations to your long-term strategy can put a bend in your plans.
 - 5. Engage in Healthy Investor Behavior:** Build a meaningful relationship with those who assist you with managing your monetary future. Ensure that they have your best interest in mind.
 - 6. Have an Investment Strategy:** "Hope is not a strategy" create a plan, build your team and execute.
 - 7. Set Realistic Return Expectations:** There is no need to be an optimist or a pessimist, just be a realist when it comes to your financial planning. Although you may inevitably entrust your financial planning to a professional it is critical that you are aware of your financial plan at a high level at best.
- Avoiding your personal finance could have unforeseen repercussions which can be effectively addressed right now. Contact a professional financial services firm for a complimentary consultation to get an idea of what smart planning looks like, and start generating your questions, and targeting your research from there. Being uninformed has plagued many futures, don't let financial illiteracy affect yours.

Excerpts taken from *The Seven Timeless Strategies for the Successful Investor: Davis Funds*. This article does not constitute , endorse , or advise that of a licensed financial services professional.

Health & Wellness: Midwest meet the rest of the world

According to the Center for Disease Control and Prevention (CDC), the Midwest leads among obese segments of the country. Perhaps you've heard this before, absolutely nothing new?

The old cliché "Your Health is your Wealth" is starting to speak louder and louder for people looking to do big things, and make a difference in the world they live in. Sure you're not getting any younger, however studies show that weight loss is not age friendly, suggesting an increase in difficulty as one ages.

Midwesterners are often regarded as understanding kind people when compared to their East and West Coast counterparts when it comes to lifestyle and values. While the West Coast is often characterized with superficial overtones, and the East Coast with fast, hip fashionable vibes it leave the Midwest insipidly in the middle.

CDC findings report that obesity primary exists in non-Hispanic black women at a rate of 39%, while non-Hispanic black males followed at an obesity rate of 32.1%. A number of things influence the epidemic, namely education. Obesity rates were classified for college graduates vs. high school graduates only:

High School Diploma Only: 29.1% (Male) | 32.6% (Female)

College Graduates: 22.1% (Male) | 17.9% (Female)

There are numerous theories which would work to explain the data, however in the truest sense, when people know better, they generally work to do better.

Within the Midwest numerous initiatives have launched to counteract CDC obesity findings such as subsidized gym memberships, **complimentary** wellness courses, nutrition seminars, etc.

Do what you can to ensure your body optimally supports and serves you well as you continue to make a difference in the immediate world around you. Knowledge is undeniably power when it comes to your health.

I encourage you to explore the CDC's website to learn more about pertinent Health & Wellness resources at: www.cdc.gov/

healthyliving. ■ C. Gibson

Your Virtual Persona

A practical series dedicated to making the Internet Work for YOU

Chances are you've heard of the internet, you have an email address, let's venture to say you check it daily nonetheless. Internet usage trends suggests that individuals are leveraging online tools to further promote themselves personally and professionally to demonstrate in a sharing way "This is who I am, and what I represent."

There are a number of online tools available, geared towards addressing social demands of the typical internet user. Alongside mySpace, facebook, Plaxo, Friendster, BlackPlanet, Bebo, youTube and countless others, there exists a growing network of professional creating virtual network of their contacts strengthening their reach.

The website is called LinkedIn (www.linkedin.com).



LinkedIn's philosophy:

"Your professional relationships are key to your professional success.


Our mission is to help you be more effective in your daily work and open doors to opportunities using the professional relationships you already have."

Having a LinkedIn profile is not enough, the power is in using it routinely, requesting professional colleague network additions. LinkedIn statistic reporting found that:

- The average Harvard business grad has 58 LinkedIn Contacts
- People with more than 20 LinkedIn connections are at least 30% more likely to be approached with an opportunity compared to those with 5 or less LinkedIn connections.
- Absolutely every Fortune 500 company is accounted for on LinkedIn, with 99% of them representing director level or above employees.


LinkedIn supersedes the age barrier, reeling in working professionals at various levels. When it comes to your professional network, heavily consider using this free resource to ensure that you're linked in with the people who matter most.

Visit: www.linkedin.com to learn more. The Metropolitan Board of the Chicago Urban League actively hosts a collective group for networking purposes.



National Importance. Neighborhood Relevance.

Enterprise proudly supports the mission of the National Urban League. We embrace the ideals and ongoing efforts of this historic, community-based movement and the positive impact it continues to have on the lives of African Americans and others.



PROUD SUPPORTER OF THE METROPOLITAN BOARD OF
THE CHICAGO URBAN LEAGUE.

Enterprise Rent-A-Car is a socially responsible corporation. For more information please visit enterprise.com. ©2008 Enterprise Rent-A-Car Company. 811-211-444-4433

Empowerment: A Review (continued from pg.1)

sound advice of an experienced personal or professional mentor often supersede the confines of time. As you continue to lay the foundation for your future, review your plan for self-empowerment. Make sure to analyze if you're success depends on external parties, or if your aspirations are geared around your personal success and fulfillment. Very often the two intermingle, however establishing a defining line between what empowers you will be critical when it's time to re-establish priorities or make other impacting life changes.

Taking time to review your operational intelligence by identifying strengths and personal deficiencies will inevitably help you review your personal progress more objectively. Put it on paper, consult a mentor, and discuss.

When you are at your personal best, you are exceptionally equipped to help those around you with your command of "know how" and complete operational intelligence, allowing you to be your best you. ■ C. Gibson



POLITICAL CENTERS



We've finished the appetizers, the primaries are finally over; Now, to the meat and potatoes of what is sure to be a world changing election. On matters relating to the economy, world allies, war, education, and other things that matter to the core of the country the candidates are slowly preparing to iron out all of their proposed solutions to the country's existing problems.

While some simply go with their "gut" when choosing a candidate, I encourage you to be aware of each candidate's platform to ensure that you're making an informed choice come election day. The best way to stay on top of candidate agenda includes tuning in to political commentary shows (MSNBC, CNN, CNBC, CSPAN, etc) in addition to what is communicated on the news, blogs, print/online publications. Incorporating more mediums in your political feed increase your chances at an objective viewpoint on the communicated facts.

Knowing the facts ultimately allow you to stand on more than "I just like him/her" and empowers you to effectively further the message (platform) of the candidate who will do the best job, in your opinion.



President
Ronelle DeShazer
president@metroboard.org

Vice President
Angela D. Brooks
vp@metroboard.org

Recording Secretary
Sandria Washington
recsec@metroboard.org

Corresponding Secretary
J. Nicole Knox
corsec@metroboard.org

Treasurer
Dana Kyles
treasurer@metroboard.org

Financial Secretary
W. Imara Canady
finsec@metroboard.org

Parliamentarian
Rhonda Siggers
parliamentarian@metroboard.org

Fundraising
Curtis J. Tarver II
fundraising@metroboard.org

Membership
Marlin Carter
membership@metroboard.org

Community Service
Elise J. Cochran
Kia Padgett
service@metroboard.org

Public Relations
Dr. Reneè Matthews
Chaka Washington
pr@metroboard.org

Personal & Professional Development
Andrea N. Horton
ppd@metroboard.org

Bylaws
Nikisha Hunter
bylaws@metroboard.org

Webmaster
Savarra Anderson
webmaster@metroboard.org

Editor in Chief
Contessa Gibson
editor@metroboard.org

Visit us online:
www.metroboard.org

Local Investment: Lasting Impact

Reviewing your Involvement in the National Urban League's Young Professionals Movement (NULYP)

As a member of the Metropolitan Board, you've managed to sign onto a national movement committed to making a difference locally, with an even greater end result in mind. The Metropolitan Board of the Chicago Urban League is one of over 100 affiliates within 25 states across the country functioning under the National Urban League's Young Professionals Movement. The movement is dedicated to a few core objectives, namely:

- Education & Youth Empowerment
- Economic Empowerment
- Health & Quality of Life Empowerment
- Civic Engagement Empowerment
- Civil Rights and Racial Justice Empowerment

Metropolitan Board efforts and community programming actively function to fulfill the needs of our immediate community, and ultimately the nation at large through the affiliate network.

All efforts directly support the initiatives of the Chicago Urban League, and the National Urban League at large. Each NULYP chapter is supported by operating committees dedicated to keeping efforts on target. The committees are comprised of volunteer only staff dedicated to helping things happen.

Alongside concrete volunteer oriented events, Metropolitan Board committees are a great way to give back, as you are in effect driving change through planning and program execution.

Each committee offers and often provides an opportunity for you to share your core expertise, or grow your skills set all while harnessing your civic leadership qualities. The Metropolitan Board of the Chicago Urban League offers a number of volunteer opportunities which are designed to enhance your personal and professional skill set while simultaneously serving your community at large:

Fundraising Committee: If you have a knack for building relationships with premier partners or have a desire to improve your skill, the Fundraising Committee might be right for you. The Fundraising Committee is responsible for securing the critical funding needed to keep the Metropolitan Board programming on target. There is ample room for creativity, suggestions, and new effective ways to fundraise with the NULYP movement in mind. Members with backgrounds in account management, sales, financial services, customer relationship management or aspire to be, would be ideal for this committee. *To get involved email fundraising@metroboard.org*

Membership Committee: At the core of the organization is the membership, acquiring new members and retaining existing members is a key priority for this committee. Members with backgrounds in human resources, marketing, advertising, customer relationship management, technology or aspire to be, would be ideal for this committee. *To get involved email membership@metroboard.org*

Public Relations (PR) Committee: Some of the largest brand advocates of the Metropolitan Board, taking responsibilities of securing publicity, headlining marketing efforts, and showcasing any and all Metropolitan Board initiatives both internally and externally. Members with backgrounds in public relations, marketing, advertising, customer relationship management, technology or aspire to be, would be ideal for this committee. *To get involved email pr@metroboard.org*

Personal & Professional Development: Strategic initiatives for the personal and professional development of the member body fall under this committee. Ultimately, when membership is at its personal best, we are optimally equipped to serve others. Members with backgrounds in health and wellness, talent management, human resources, psychology, management or aspire to be, would be ideal for this committee. *To get involved email ppd@metroboard.org*

Bylaws Committee: This committee is responsible for communicating operational guidelines for the organizational efficacy. Members with backgrounds in legal services, administrative support, human resources, operations, management or aspire to be, would be ideal for this committee. *To get involved email bylaws@metroboard.org*

Community Service Committee: This committee is responsible for facilitating our service based initiatives. Members with an interest in event planning, project management, operations, non-profit leadership or aspire to be, would be ideal for this committee. *To get involved email service@metroboard.org*

Active participation in Metropolitan Board Committees allow the organization to optimally harness the talent, knowledge, and resources that we have to offer the communities around us.

■ C. Gibson

entrepreneur's corner

en·tre·pre·neur: E0rigin: 1675-80; < F: lit., one who undertakes (some task); equiv. to *entrepren(dre)* to undertake

This feature is designed for those of you who have discovered inklings of your life's work, your personal passion, your paid hobby among other things. Here are some universal principles designed to ensure continued success. Expect tips every quarter designed to help elevate your motivation and business insight:

1. Surround yourself with positive people: You can do bad all by yourself, eliminate negative and or unhealthy influences as you further develop your venture to keep an upward momentum as you deal with operational challenges.
2. Be FLEXIBLE in your thinking: Be open to changing your approach in an effort to meet the demands of your prospective clients
3. Be Educated: No formal training degrees required, however ensure that you're exposing yourself to subject matter directly and indirectly related to supporting your business venture (i.e. marketing, technology, public relations, accounting, sales, etc)
4. Admit mistakes, and keep it moving!: Be humble enough to admit fault, correct the issue, and move on more efficiently.
5. More to come in next quarter's issue...



Community Service Update:

When you combine passion and purpose, one can achieve great things. The Community Service Committee is dedicated to excellence in service in the areas of health and quality of life, civil rights and justice, youth development and education, financial literacy, and civic engagement. Members of the Community Service Committee offer their professional insight and creative vision to develop programming that will meet the holistic needs of the community.

Our 2nd Annual September Serve-a-Thon will include projects with Ronald McDonald House of Chicago, The Night Ministry, the United Negro College Fund and more. Please join us for service in September and all year long! The Community Service Committee meets on the third Tuesday of each month at 6:45 PM. Please contact service@metroboard.org for the meeting location details.

Elise Cochran & Kia Padgett
Community Service Co-Chairs, 2008-09

Personal & Professional Development Committee Update

To say that we are living in tough economic times is an understatement. Given the uncertain state of the US economy, and the high rate of unemployment, how do professionals build wealth, much less plan for security in their futures? Alexander Locker, of Financial Services industry leader Merrill Lynch gave Metropolitan Board members tips on how to do just that during the July general body meeting.



The discussion began by assuring Metropolitan Board members and guests that the economic times we are experiencing are nothing new. Locker outlined characteristics of the stock market crash of 1987 and the ensuing economic recession of the early 1990's as examples of how the economy has experienced strain in more recent history, and how the U.S. has subsequently rebounded. Locker assured members that financial planning is the optimal way to efficiently survive such times.

Recommended highlights included starting the financial planning journey by retaining the services of a qualified financial planner. Suggested criterion for a financial services professional include experience, reputation and what services the planner or firm offers.

Locker continued his talk during the August general body meeting emphasizing strategies that young professionals could employ to make the most of their financial futures today, no matter what stage they are in their careers. ■
Andrea Horton, Personal & Professional Development Chair, 2008-09.

involved?

Or are things simply passing you by...? Get involved with a committee of your choice, and make an immediate difference with the outreach of the Metropolitan Board of Chicago.

Metropolitan Board of the Chicago Urban League

our vision statement

The Metropolitan Board of the Chicago Urban League is Chicago's young professional organization of choice for its distinctive capacity and commitment in providing activities that are characterized by excellence in community service, fundraising, and dedication to the nurturance and development of its diverse members to empower communities and change lives through consistent involvement in the Urban League movement.

Learn more, visit us online:
www.metroboard.org

SOLICIT WITH SUCCESS!

This will be an EXCITING year for the Fundraising Committee. Fundraising is the life blood of any organization. Fundraising is the process of soliciting and gathering money or other gifts in-kind, by requesting donations from individuals, businesses, charitable foundations, or governmental agencies. A fundraising effort can be as sophisticated as a celebrity-studded gala for our scholarship fund or as simple as a roadside car wash for a local youth group.

We will present quality, enjoyable events for great causes. Additionally, we will also expend significant energy seeking, securing and developing long-term sponsorship opportunities. Some of the events we have planned this year include a Sponsorship reception among other things.

We need your help! While we have established a vision and goals we need **your** input. Similarly, we need your relationships, creativity, contributions, donations and active



participation in our efforts to solicit with success. Simply put, we need you!

So come on out and join us...**we meet on the 3rd Monday of every month** at the Chicago Urban League starting promptly at 6:30pm. **We can't wait to see you there!**

Best Regards,
Curtis J. Tarver II
Fundraising Chair, 2008-09



National Urban League Notes NUL Conference—Orlando '08

I have been a part of the National Urban League Young Professionals movement sporadically since 2001 and, honestly, hadn't been to a conference since. So, I wasn't quite sure what to expect going to the YP Summit this year in Orlando; but I was pleasantly surprised. It was a weekend filled with great social-networking leadership development, emphasis of the Empowerment Agenda and how YP fit into that mold. Did I mention I mention GREAT social-networking!?!?!?!?

Whether it was listening to the presidential candidates give their message regarding their economic agendas or learning about the successes and struggles of other YP chapters, the experience was empowering. I walked away feeling like it was my personal responsibility to make a commitment to my community and that the time I spend serving through MB made a difference.

I encourage each of you become actively involved with MB and serve your community. Lead projects, complete your 25 hours of service, and have fun while doing it!

As you many of you know, Chicago is the host city for the National Urban League Conference. It will be important that MB make its mark on the YP Summit and for each member to participate.

Let's get it done people!!!!

J. Nicole Knox
Proud member of the BEST YP chapter – Metropolitan Board of the Chicago Urban League!

Recession Proof your Life

Tips for the thriving professional amid turbulent economic times

We live in dire times where the uncertainty of our economy is a constant factor in our everyday lives. As young professionals we must make a dynamic effort in shaping our future and making sure that we recession proof our lives. Currently, studies show that the US has an estimated 50% chance of going into recession in the next six months. Unfortunately, as staggering as that number is how it will affect everyone will be more dramatic to the economic as a whole. As Young Professionals, our ability to survive a pending recession will be tested as our generation will be tested in our survival skills. The following survival skills for the Young Professional will protect your family, yourself, as well as your portfolio from the impending doom of our economy. Recession Proof-Your Life:

Brand Your Network

If the economy happens to take a turn for the worst, your network will be your greatest asset. The essential key to branding your network is building key relationships with colleagues and friend while you are gainfully employed. However, if things take a turn for the worst you can look to your network for possible referrals for future employment.

Your Education

In the midst of a recession it may be a good strategy to further your education. Applying to graduate school can be a great assets in strengthening your portfolio in an uncertain job market.

No Debt is Good Debt

Paying off your debt is a positive step in an economic recession. Now is the time to stop accumulating bad debt

probably from high interest rate credit cards. Paying more than the minimum payment can be easily achieved by cutting back on outside activities, such as movies, dinners, or excessive shopping.

Long Term Wealth

If your job is secure in an economic recession then the best strategy is investing in your future. Investing in your 401K plan, as many stocks will be more attractive. You'll be able to get more for your money and have a substantial amount of time to invest in your 401k package.

Lifestyle Changes

Simple lifestyle changes or the Go Green movement will impact your economic recession plan. As the cost of gas and energies rise, think of making effective changes in improving your lifestyle. Taking public transportation to work or events, or cooking dinner versus eating out so much can free up additional time and money. Which will help in you saving more money?

Happiness

As Young Professionals, we may tread slowly through our first major recession. These steps can make the transition easier on any pending recession. The most important lesson that any young professional could walk away with is the key to happiness. No matter what drastic changes need to be made to recession proof-your life remember what makes you happy and remember that you will always need those relationships that will get you through the hard times. ■ *Chaka Washington, PR Co-Chair 2008-09*

"B" IS FOR BUDGET

An Empowering Reminder on Disciplining your Finances

"Man-up", ladies and gentlemen. You're In-Charge! From this day forward, it is your right and obligation to tell your money exactly where to go. With budgeting, you are controlling your money as opposed to your money controlling you. Say it, "I'm In-Charge!"

For some, the very mention of the word budget conjures up negative thoughts of money constraints, things we can not do and limits on our lives. Truth is...a good budget dictates what we can do, as opposed to what we can not. Monthly cash flow planning is powerful and empowering. Listed below are the 4 keys to successful budgeting:

P – Prepare for the best by creating goals. What good is a cash flow plan that does not lead to anything?!?! Start out with the end in mind. Create financial goals and philosophies that govern your behavior.

L – List your income and expenses. Instead of creating a "budget" create a "Sources and Uses" statement. On the left

side of your paper list all Sources of Income. On the right side of the paper list your Uses of Income. Total both columns and be certain that the right side is not higher than the left.

A – Anticipate the unexpected. Life happens. Tires will need to be replaced. Family members will need to "hold some money". Your company may downsize. Plan for the unexpected.

N – Never Give Up. Regardless of where you are in life... the brink of bankruptcy or a newly minted millionaire, NEVER GIVE UP.

Your financial goals are as unique as you are; do not let them fade away. Keep the dream alive... and if it becomes too hard, seek the help of a professional that can get you back on track. ■ *Dana Kyles, Treasurer, 2008-09*



****MEMBER MOTIVATION****

What attracted me to the Metropolitan Board when I initially joined almost a year and a half ago was that I saw an organization of young professionals that cared about not only bettering themselves, but also the lives of the people around them. I saw leaders and mentors within my peer group and that was inspiring for me. My vision for this organization is to instill and hopefully, reflect that same kind of inspiration so that members are motivated to grow and serve within the Metropolitan Board. We have so much power! For everything that makes us angry—the injustices, the disproportionate rates of HIV infection within our communities, the youth violence, etc.—we are our own answer. We don't have to wait on anyone else to offer up solutions and work toward change on our behalf. We have the power to do that and my vision is that we'll do it on an even larger scale this year. As an organization founded on community service, being of service is not an option for any of us. This is what we signed on for when we joined. My hope is that people will fully embrace the service aspect of the Metropolitan Board. A number of service projects I've taken a special interest in this year involve youth empowerment, particularly among our young girls, and I'm excited to help shape these signature programs in the making. ■ *Sandria Washington, Recording Secretary*



Providing Academic Scholarships to qualified minority students, assisting with Higher Education Costs.

Visit us online: www.lourawls.com



Visit us online: www.inchicity.com

inspiring future leaders.*



At U.S. Cellular, we pride ourselves on our Dynamic Organization. What keeps us dynamic, though, is our people. Different languages, ages, cultures and backgrounds come together each day to create new depth and new possibilities for the future. It's those unique experiences and points of view that connect us to our customers.

Commitment to DIVERSITY AND INCLUSION isn't just what we believe in, it's part of our success. Our employees are empowered through involvement, open communication on all levels and a dedication to putting customers first. If you share in our commitment, we're devoted to customer satisfaction and believe in taking the initiative in getting the job done for our customers, your career is here.

Visit www.uscellular.com/employment to register, complete your profile and apply.

www.uscellular.com

We are an Equal Opportunity and an equal opportunity employer dedicated to diversity and success.

*connectedthinking



© 2008 PricewaterhouseCoopers LLP. All rights reserved. "PricewaterhouseCoopers" refers to PricewaterhouseCoopers LLP (a Delaware limited liability partnership) or, as the context requires, other member firms of PricewaterhouseCoopers International Limited, each of which is a separate and independent legal entity. "connectedthinking" is a trademark of PricewaterhouseCoopers LLP (US). We are proud to be an Affirmative Action and Equal Opportunity Employer.



[YOUR AD HERE]

Interested in promoting your product or service to the Metropolitan Board?
Contact our Fundraising Team
at
fundraising@metroboard.org to learn more!



With a standing ovation...

Aon is proud to support the
Metropolitan Board and the
Chicago Urban League

With the voice of 36,000
professionals around the world,
Aon commends you.



CONTACT US:



Metropolitan Board
of the Chicago Urban League

4510 S. Michigan Ave.
Chicago, IL 60653
p :: 773.451.3527
e :: info@metroboard.org

Not a member yet? If you're looking to get involved with Chicago inner city outreach initiatives, while building your personal and professional network, then we're glad you've found us! Visit us online to download our membership application.

Visit us online:
www.metroboard.org

WINTER HEAT
3rd Annual Ski Weekend Getaway

JANUARY 23-25, 2009
GRAND GENEVA RESORT
LAKE GENEVA, WISCONSIN

MB and NULYP Members¹
\$275 - Double Occ. Double Room
\$325 - Double Occ. 2 BDRM Suite
\$450 - Single Occ. King Room
\$575 - Single Occ. 1 BDRM Suite
Future MB Members - Add \$50 includes free 1yr membership
General Public - Add \$75 to member prices
¹Early Bird Pricing \$25 discount when paid in full by 9.11.08
visit www.secure.metroboard.org/ski.php to reserve your space

Looking to make a strategic career
MOVE...?

Consider Chicago Urban League's



Sign-up online at:
www.thechicagourbanleague.org/nextTHURSDAYsevent

or email inquiries to:
nextThursdays@thechicagourbanleague.org

Metropolitan Board of the Chicago Urban League: Empowering Communities, Changing Lives.



collectively empowering communities, changing lives.
Step it UP. Stay INVOLVED. Stay CURRENT.

interested in writing for the newsletter?
contact the editor:
contessa gibson (editor@metroboard.org)

step up and share.

Publication Cycle	Submission Deadlines
December 2008	October 15
March 2009	January 15
May 2009	March 15

Looking Ahead: Metropolitan Board Currents

Committee Meetings:

Community Service
Every 3rd Tuesday of each month
Location: for details email service@metroboard.org

Fundraising
Every 3rd Monday of each month
Chicago Urban League @ 6:30pm

Public Relations (PR)
Every 1st Tuesday of each month
Chicago Urban League @ 6:30pm

Personal & Professional Development
Last Wednesday of each month
Chicago Urban League @ 6:30pm

Membership
Every 3rd Wednesday of each month
Chicago Urban League @ 6:30pm

COMMUNITY VIEW

METROPOLITAN BOARD ON THE SCENE



Chicago's Bud Billiken Parade: Metropolitan Board President, Ronnelle DeShazer alongside Chicago Urban League EVP & Chief Operating Officer, Sharon E. Jones and staff.



National Urban League Conference | Orlando '08: Part of our Metropolitan Board Leadership Team (from Left) J. Nicole Knox, Marlin Carter, Ronnelle DeShazer, and Nikisha Hunter.