



We all hold a piece to the puzzle
Friday 29 January 2010

The Coalition, Inc.
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News From The Coalition, Inc.

"Communication – Cooperation – Collaboration"

Volume 4, Number 23

Greetings Coalition Family!

Blessings to all who have sacrificed for our brothers and sisters in Haiti. It's not over yet, you can still make contributions through the Red Cross, or Philadelphia 76er's center's The Samuel Dalembert Foundation www.dalembertfoundation.org and you can Text 'Yele' to 501501 to make a \$5 donation, there is no limit to how many times you can do this. You may also go to www.yele.org. No donation is too small to help so many in immediate need.

Our Black History Month observance issues and supplements begin next week, we hope to enlighten you with information not commonly known or acknowledged and particular to contributions to this culture.

We are looking forward to meeting with more of you this year, please email ThePaCoalition@gmail.com or call to have a member of The Coalition, Inc. at your next meeting or event.

*Every single one of us can do things that no one else can do -
can love things that no one else can love. We are like violins.
We can be used for doorstops, or we can make music. You
know what to do. – Barbara Sher*

FOR OUR CHILDREN

"It is easier to build children than it is to repair men."...Frederick Douglass

If this publication is being forwarded to you, and you wish to be placed on our mailing list, send an email to TheCoalitionNews@gmail.com with "subscribe" in the subject.

If you are receiving this publication without consent, send an email with "unsubscribe" in the subject to be removed from our database.

If you would like to report on a recent community event, feel free to send us a brief account of what happened in document format, and we will share it with our readers.

Send your information to: [News From The Coalition, Inc.](mailto:NewsFromTheCoalition, Inc.)

All entries for submission should be received by noon, the Monday prior to publish date and in Press Release form.

After School Arts at Penn!

In our After School Arts at Penn (ASAP) program, Penn students from various performing arts groups teach drama, dance, voice, and musical instruments to local middle school students. The semester's lessons culminate in a talent show. The students will engage in various group and individual activities that will allow them to achieve the following performing arts objectives:

- Acting and performance techniques
- Confidence building skills
- Hands on practice with various instruments
- Musical and theatrical improvisation
- Voice diction, projection, and intonation
- Dance, movement, and choreography techniques

The program will run on
Mondays from 3:45-5:45PM
beginning February 1st
in the

Platt Student Performing Arts House
3702 Spruce Street
Philadelphia PA 19104.

All school holidays will be observed, if the Philadelphia Schools are closed for any reason like snow or emergencies, ASAP will not occur that day as well.

Students must be at least 10 years old and not older than 15 years old.
Please be prepared to come on these days to have fun and learn.

For more information, please contact Laurie McCall at 215-898-7038 or
lmccall@upenn.edu

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PhillyGoes2College

With a little over 50% of our kids graduating high school on time and only 18% graduating college, we MUST all work on this issue together for the future of our city.

We are proud to announce that News From The Coalition, Inc. is featured on the internationally acclaimed site Eight Cities Map which is read in more than one hundred fifty-five countries!

[Click here: EightCitiesMAP](#)

Choose "Philadelphia's Online Community "Newsletter" from the menu.

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The Mayor's office recently created an office called "PhillyGoes2College" that will start working to improve these statistics (http://www.philly.com/inquirer/home_top_stories/20100104_Nutter_to_focus_on_increasing_college_admissions.html), and on the www.cap4kids.org/philadelphia website, under the Education Handout, you will find multiple sources for children, families and child advocates to help, from an early age, on the road to educational success (http://www.cap4kids.org/philadelphia/parent_handouts/education.html)

Here you will find listings for various school choices, timelines, resources for out-of-school youth, and college prep and college admission tools.

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Earn Free Trip to Egypt for Black Kids and Adults

The African Heritage Institute (also known as the D'zert Club) is sponsoring a 2-year African History Program that, once completed, the participants earn an all expense paid trip to Egypt. This program is for Black kids from ages 7-14 and adults over the age of 21.

See the success stories of students that completed the program and have gone to Egypt. They are amazing.
Students

grades went up in school, lateness and absences decreased and there was

a remarkable increase in the students respect for their elders. One brother who attended was able to get a full 4-year scholarship to school as a result of being a part of the program.

Get all of the details at

www.BlackBusinessNetwork.com/theone

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Help For Parents With School-Age Children

Are you a parent, relative, or health care professional with any of the following scenarios?

- * Not too sure how to register child for Kindergarten or Head Start.
- * Trying to decide on what type of school best fits a child's needs. Public or Charter or Magnet or Catholic?
- * Want to get a child motivate and focused on college.
- * Want to get child back in school after taking a leave, but don't know what options there are for out-of-school youth.

There is nothing so annoying as to have two people talking when you're busy interrupting. Mark Twain

If you have a favorite relevant quote, why not share it with our readers. send to TheCoalitionNews@gmail.com
We will credit you with the submission.

- * Child being bullied in school and don't know what to do.
 - * Child not doing well in school and may have a learning difference.
- On the www.cap4kids.org/philadelphia website, under the Education parent handout http://www.cap4kids.org/philadelphia/parent_handouts/education.html and the Resource tab <http://www.cap4kids.org/philadelphia/resources.html> there are resources in the community to help advocates for children find help for their child's educational needs. Please become familiar with the listed resources and continue to bridge the gap between families in need and the agencies and resources that serve them.

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The Food stamp program under the new stimulus package is now called the SNAP (Supplemental Nutrition Assistance Program).

Did you know?

Eligibility for SNAP benefits changed so many more families in food insecure households are now eligible.

On the www.cap4kids.org/philadelphia website, under the Food and Nutrition parent handout, you will find several organizations who can help families find out if they are eligible. Also, on the COMPASS website they can apply for these benefits and many others.

For more info you can also go to

<http://www.dpw.state.pa.us/ServicesPrograms/FoodStamps/>

Please continue to link families in need with the appropriate social services agencies that serve them through Cap4Kids. Thanks.

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Online resources for parents: www.chestercountymoms.com, www.germantownavenueparents.com, www.norristownmom.com.

THIS WEEK

Northwest Greens Monthly Meeting

Thursday February 4, 2010

7:00 pm - 8:30 pm

Weavers Way Meeting Room

555 Carpenter Lane (near Greene Street) in West Mount Airy

Philadelphia, PA 19119

215-843-4256

From an actual newspaper contest where entrants age 4 to 15 were asked to imitate "Deep Thoughts by Jack Handey."...

For centuries, people thought the moon was made of green cheese. Then the astronauts found that the moon is really a big hard rock. That's what happens to cheese when you leave it out. -- Age 6

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HEALTH MATTERS

The Truth About Honey

(BlackDoctor.org) -- Why are health fanatics so sweet on honey? Honey, a food once considered sinful, has been proven healthy (in moderation, of course). The majority of commonly-used sweeteners, like sugar and corn syrup, are referred to as "empty calories," because they supply calories but are devoid of vitamins, minerals, and other micronutrients. But honey is a sweet exception, as it has been found to contain small amounts of several micronutrients, making it a healthier alternative to those traditional sweeteners.

According to the National Honey Board, the nutrients in honey include niacin, riboflavin, pantothenic acid (vitamin B5), calcium, copper, iron, magnesium, manganese, phosphorus, potassium and zinc. And recently, the discovery that honey is rich in antioxidants (substances that protect healthy tissue by destroying cell-damaging free radicals) has secured its place in healthy pantries worldwide. Antioxidants are thought to fight cancer, heart disease, Alzheimer's, and other chronic conditions. In one study at the University of California Davis, research participants consumed about 4 tablespoons of honey daily along with eating their normal diets for one month. Blood tests revealed that this consumption raised the level of antioxidants in the bloodstreams of the participants.

Generally, the highest levels of antioxidants come from the darkest colored honey.

Bees use nectar to make all types of honey, but the color and flavor of the honey will vary greatly depending on the type of flower blossoms the nectar came from. Honey can range from a very pale golden color to dark brown, and its flavor can vary just as much. There are over 300 varieties of honey in the United States alone, including alfalfa, avocado, buckwheat, and orange blossom. Generally, the darker the honey is, the bolder its flavor will be.

After honey is collected from a beehive, there are a variety of ways it may be processed before it reaches store shelves:

- Comb honey. This is honey packaged exactly the way it comes out of the bee hive, still in the bees' wax comb, and completely unprocessed.
- Raw honey. This honey has been filtered of its wax chunks and large particles but is not pasteurized (heated above 120 degrees Fahrenheit to extend shelf life). Because honey is naturally low in bacteria,

The way we communicate with others and with ourselves ultimately determines the quality of our lives... Anthony Robbins

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pasteurization isn't necessary. Raw honey usually contains some residual pollen and small particles of wax.

- Chunk honey. Similar to comb honey, this product consists of a few chunks of wax comb surrounded by liquid honey.
- Strained or filtered honey. This honey is similar to raw honey, but has been filtered through a finer mesh material to remove all wax. It still may include pollen.
- Ultra-filtered honey. This honey has undergone fine filtration under high pressure and heat (over 150 degrees Fahrenheit) to yield a very clear and longer lasting product.

There are also a variety of uses for honey. Obviously, it can be used as a sweetener. You can simply drizzle a little honey in your herbal teas, oatmeal, or on an English muffin. When you bake with it, you have to alter the recipe slightly by reducing the liquids by 1/4 cup for each cup of honey and reducing the cooking temperature by 25 degrees because honey is a liquid sweetener.

Besides being good for your insides, honey has a host of external uses too. Due to its extremely low moisture content, it is a natural antibacterial agent. You might also consider incorporating honey into your daily beauty regiment. The humectant (moisture-attracting) property of honey makes it useful as a hair or skin mask. However, if sitting around drenched in honey doesn't appeal to you, check out the large selection of honey-based hair and beauty products in natural food stores everywhere. Individuals with sensitive skin will appreciate honey's anti-irritant qualities too—it is so gentle that it is often used as an ingredient in products made for babies and anyone with sensitive skin.

Although honey is good for just about everyone, individuals who have problems with maintaining proper blood sugar levels should restrict their consumption of honey. This includes people who have hypoglycemia (low blood sugar), diabetes, and other sugar sensitivities. Another group who should abstain from honey is babies under one year of age, as they haven't yet built up a resistance to the dormant bacteria that may be present in the honey. Some strict vegetarians also choose not to use honey because it is produced by bees.

Although it contains small amount of nutrients, honey is a carbohydrate-rich food that is approximately 80 percent sugar, so practice moderation when incorporating it into your diet. You'll please your palate and your body—now that's sweet!

By Nicole Smith, BDO Staff Writer

source: http://www.blackdoctor.org/articles_print.aspx?counter=27634

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Never let your ego get so close to your position that when your position goes, your ego goes with it. - Unknown

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Get Fresh!

Volunteer with Philabundance Fresh for All

You recycle out the wazoo and consider yourself consigliere of the enviro-sack mafia.

Hence, a cause you can believe in: Philabundance wants to fill those ubiquitous bags with produce through its new Fresh for All program.

And you can help by volunteering.

The nonprofit hands out perishables at six sites in the Delaware Valley — where nutritious diet staples are hard to come by, especially in tough times.

With a minimum three-hour commitment, you'll keep busy. Help with admin, approve clients, or do community outreach (posting mailings, making phone calls).

Looking for something physical?

Take food to sites, divide apples, and dole out the goods. You'll be doing a major part to help people get the fruits and veggies they need.

And that's a green movement to be proud of.

To participate in Fresh for All, contact Tunisia Garnett (215-339-0900 ext. 238 or tgarnett@philabundance.org).

For more information, go to www.philabundance.org

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Tips for making oatmeal appealing to kids

<http://advision.webevents.yahoo.com/mompowergroup/>

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GREEN PIECE

Weavers Way #5 plastics recycling resumes

Fellow Recyclers,

Weavers Way collection of #5 plastics, which are not included in the City's recycling program, will be on the 3rd Saturday of each month: December 19. The program will skip January and resume in February.

The collections take place at the co-op's garage, at 542 Carpenter Lane, which is across the street and a bit further down the block from the Big Blue Marble bookstore.

Please note that we need volunteers to keep this project going. (Weavers Way members can get work credit for helping us; work shifts are available on co-op's the online calendar.)

Against his better judgment, the big game hunter is talked into taking both his wife AND her mother along on one of his expeditions.

It does not go well. The mother-in-law is, if anything, harder to get along with in the wilds than she was in the city. And to make matters worse, she won't even abide by the simple camp rules designed to keep the safari safe.

One night after dinner, the hunter's wife realizes her mother is missing. Panicked, she rushes to her husband and begs him to institute a search.

He sighs, and together they set out. But before they've gone far, they hear throaty growling. Soon they come upon a small clearing in which the mother-in-law stands, backed up against thick, seemingly impenetrable jungle brush, and facing a huge male lion.

The wife whispers urgently, "What are we going to do?"

"Nothing whatever," responds her husband. "The lion got himself into this mess, now let him get himself out of it."

The #5 category includes yogurt cups, sour cream containers, hummus tubs, some medicine bottles, and more. Your recyclables must be clean and dry to be accepted. Check to make sure there are no other materials (paper, screws, other number plastics) on the items you bring in.

Impurities of any kind compromise the recycling process and usually lead to the discarding of an entire batch. Exclude any lids unless they are clearly marked #5. (Most lids from #5 containers are #4 plastic, but this is not always the case.)

We ask recyclers for a small donation to cover postage costs of mailing the recyclables to the Gimme 5 processing facility in New York.

Before bringing your #5s to the collection, be sure that they meet the requirements for Gimme 5:

All items must be CLEAN and DRY. If they contained food or any oily or dirty product, make sure they have been washed, not just rinsed. Items stacked when wet tend to stay wet, so allow washed items to dry fully before stacking or packing.

The #5 stamp needs to be visible on each item. Lids are separate items.

Don't assume lids are the same number plastic as the container; sometimes they are but usually they are not. Check to make sure there are no other materials (labels, paper, other number plastics, metal) on the items you bring in.

Brita filters are also welcome! Let them air dry for several days to make sure they are completely dry.

We'll see you soon!

Carolyn, Helen, Priscilla and Stevik
of the Weavers Way Environment Committee

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Recycling Services Inc. in Pottstown takes styrofoam on Saturday and Tuesday mornings. <http://www.recyclingservices.org/>

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For sustainable enterprise go to Green Jobs Philly

<http://www.greenjobshilly.org/news>

GRANTS, SCHOLARSHIPS & INSTRUCTION

HIV/AIDS Prevention Workshop

For the Lexophiliacs

*A dentist and a manicurist
fought tooth and nail.*

*(We are ignoring the many
requests that this feature be
discontinued. Please stop
writing in.)*

*If you would like to
report on a recent
community event, feel
free to send us a brief
account of what
happened in document
format, and we will
share it with our
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Workshop Summary

Culturally-Relevant Communication about HIV/AIDS is an interactive and user-friendly workshop. Ivan J. Juzang, MEE President and Founder will examine the environmental influences, attitudes and behaviors and unique communication style of urban, ethnic and other hard-to-reach audiences; review theories and techniques for developing cost-effective and culturally-relevant communication strategies; and then show session attendees how to apply these learnings to their own HIV/AIDS testing programs, prevention services and outreach efforts.

Learning Objectives

After attending the session, attendees will have the background necessary to more effectively communicate with their target audiences about sex, sexuality and HIV/AIDS. They will also have a clearer understanding of media consumption patterns and other social factors that impact sexual decision-making; and the attitudes, motivations and perceptions of minorities on healthy sexuality and HIV/AIDS prevention, testing and treatment. Such information will help interventionists, community-based organizations and service providers develop innovative and effective messages and services targeted to minority audiences.

Workshop Description:

Topics explored during the session include:
The environmental context, peer group dynamics and social interactions that influence sexual behaviors;
How service providers can be more culturally aware, and increase the effectiveness of their outreach, media and materials; and
Strategies for attracting the hardest-to-reach audiences to HIV-prevention, testing and treatment programs.

For more information on other workshops and schedules visit their [website](#)

To inquire about a MEE Workshop at Your Organization call 215.829.4920 or Email [here](#)

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Do you remember this
guy?

*I was at a bar nursing a
beer. My nipple was getting
quite soggy. - Emo Philips*

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At- Risk Youth

Annie E. Casey Foundation

<http://www.aecf.org>

A private charitable organization dedicated to helping build better futures for disadvantaged children in the United States. The foundation offers community-focused grants. The site also has several publications.

Provides funding to both 501(c)(3) and local/state government.

Organizations wishing to send a proposal to the Foundation should submit a letter of no more than three pages explaining the organization and its project and how the money will be used. Send the letters to: The AEC Foundation; Attn: Office of the President; 701 Saint Paul St.;

Baltimore, MD 21202.

Phone: 410-547-6600

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AOL Time Warner Foundation

<http://aoltimewarnerfoundation.org>

The AOL Time Warner Foundation is dedicated to using the power of media, communications and information technology to serve the public interest and strengthen society. However, rather than simply providing grant monies or funding unsolicited requests, the foundation prefers to enter into sustainable strategic partnerships with organizations that have a demonstrated commitment to pioneering innovative ways of meeting four priorities: Equipping kids for the 21st century; Extending Internet benefits to all; Engaging communities in the arts; and Empowering citizens and civic participation.

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AT&T Foundation

<http://www.att.com/foundation>

The AT&T Foundation seeks to educate, enrich, engage, and empower the communities served by AT&T. The Foundation's funding areas are education, civic and community service, and arts and culture.

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Beaumont Foundation

<http://www.bmtfoundation.com/grants/>

The Beaumont Foundation of America (BFA), a non-profit philanthropic organization, is dedicated to the enriching the lives of individuals by providing technology to historically underserved schools and communities. The foundation believes technologies are essential tools for progress in the 21st century, and that given access to digital information, people will have an equal opportunity to advance socially,

Success without honor is an unseasoned dish; it will satisfy your hunger, but it won't taste good.
Joe Paterno

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economically and intellectually.

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The Student Achievement Grants program provides grants of \$5,000 each to improve the academic achievement of students by engaging in critical thinking and problem solving that deepen knowledge of standards-based subject matter. The work should also improve students' habits of inquiry, self-directed learning, and critical reflection. Proposals for work resulting in low-income and minority student success with honors, advanced placement, and other challenging curricula are particularly encouraged. Grant funds may be used for resource materials, supplies, equipment, transportation, software, and scholars-in-residence.

Applicants must be practicing U.S. public school teachers in grades K-12, public school education support professionals, or faculty and staff at public higher education institutions.

Visit the NEA Foundation Web site for complete grant program information.

RFP Link: <http://fconline.foundationcenter.org/pnd/15016125/neafdn>

For additional RFPs in Education, visit:

http://foundationcenter.org/pnd/rfp/cat_education.jhtml

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NIH Summer Institute on Community-Based Participatory Research

The National Institutes of Health has announced the 2nd summer institute. We are thrilled to see that the organizers have responded to Community-Campus Partnerships for Health's (CCPH) comments on last year's summer institute.

When the 1st NIH institute on CBPR was announced, CCPH expressed concern about its exclusive focus on academic researchers.

In CBPR, the community is involved at the very start of the research, so it was incongruent that the institute did not include the community partners or acknowledge the possibility of a community partner as a principal investigator or co-PI.

This summer's institute has been designed for community-academic partner teams (see below for details).

CCPH has successfully implemented community-academic partner team-based model of CBPR training:

http://depts.washington.edu/ccph/pdf_files/2005CBPRInstituteApp3-25.pdf

The only way to get the best of an argument is to avoid it. -Dale Carnegie

**The Raw Family
Newsletter**

<http://www.rawfamily.com/>

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and

http://depts.washington.edu/ccph/pdf_files/2005%20Summer%20Institute%20Agenda.pdf

The training curriculum, "Developing and Sustaining CBPR Partnerships" is available online at www.cbprcurriculum.info.

If you're interested in bringing a CBPR training workshop or institute to your location, contact CCPH senior consultant Rachel Vaughn at sliccph@mcw.edu for more information.

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Banta Company Foundation

The Banta Company Foundation provides funding for at-risk youth and delinquency prevention initiatives. The funds can be used for equipment, general/operating expenses, seed money, program development, as well as other areas. For more information please contact: Banta Company Foundation; 225 Main Street; PO Box 8003; Menasha, WI 54952-8003.

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Best Buy Children's Foundation

<http://communications.bestbuy.com/communityrelations/>

The mission of the Best Buy Children's Foundation is to improve the lives of youth aged 5 - 18 in communities where Best Buy maintains a business presence. The Foundation awards grants to nonprofit organizations with innovative approaches to developing life skills in young people through education, mentoring, and leadership development. Funds can be used for: program development; direct project support; specific curriculum development; and scholarship aid for participants in life skills or mentoring programs. The Foundation typically awards grants ranging from \$2000 - \$10,000 to nonprofits.

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Healthy Community Outreach Program

will be granted to nonprofit organizations to support grassroots efforts which increase awareness on critical health initiatives through health walks, health fairs and health education outreach.

Grants up to \$25,000 will be considered.

Please provide all levels of event sponsorships on your application. Nonprofit organizations with evidence of IRS 501(c)(3) designation or de facto tax-exempt status may apply for a grant, with the following exceptions: advertising; capital campaigns; grants or scholarships to individuals; multiyear requests; political causes and events; or religious organizations in support of their sacramental or theological functions.

http://www.aetna.com/foundation/grants_reg/guidelines.html>Awards

Ongoing Deadline

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Ben and Jerry's Foundation

Ben and Jerry's Foundation has no specific program areas. The Foundation seeks projects that lead to societal change or address the root causes of problems. The Foundation awards grants ranging in amount from \$1,000 to \$15,000. Applicants must submit a letter of interest at any time during the year.

<http://www.benjerry.com/foundation/index.html>

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AFRICAN AMERICAN STUDENTS ARE NOT APPLYING FOR SCHOLARSHIPS

Even if you do not have a college-aged child at home, please share this with someone who does, pass this scholarship information on to anyone and everyone that comes to mind. Though there are a number of companies and organizations that have donated moneys for scholarship use to African Americans, a great deal of the money is being returned because of a lack of interest.

No one is going to knock on our doors and ask if we can use a scholarship.

Take the initiative to get your children involved. There is no need for money to be returned to donating companies because we fail to apply for it.

Please pass this information on to family members, nieces, nephews, and friends with children etc. We must get the word out that money is available. If you are a college student or getting ready to become one, you probably already know how useful additional money can be. Our youth really could use these scholarships. Thanks!!

For a list of scholarships please visit our group 'The Coalition, Inc.'

<http://groups.google.com/group/coalition-the>

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SpotLight On Our Efforts

The mission of
The Children's Advocacy Project (CAP)

If you would like to report on a recent community event, feel free to send us a brief account of what happened in document format, and we will share it with our readers. Send your information to: [News From The Coalition, Inc.](#)

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Watch your manner of speech if you wish to develop a peaceful state of mind. Start each day by affirming peaceful, contented and happy attitudes and your days will tend to be pleasant and successful.- Norman Vincent Peale

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is to help bridge the gap between the many quality social service agencies in the Philadelphia area and the families that need their help the most. To bridge this gap, we aim to empower and to inform those that care for the children of Philadelphia through this web site. The CAP will assist families, health care professionals, and social service providers by furnishing the tools necessary to connect families in need to the appropriate social service agencies that serve them.

To continue our series of Cap4Kids Hints of the Week and the root causes of violence in our city, let's consider Lead Poisoning. Lead poisoning directly affects our children's developing brain and several studies (see attached PDF from Minneapolis Dept. of Health) show a direct correlation between Lead exposure, anti-social behavior and violence.

On the www.cap4kids.org/philadelphia website, under the Safety Handout (http://www.cap4kids.org/philadelphia/parent_handouts/safety.html), there are links to the Childhood Lead Prevention Program of Philadelphia, as well as Free Home Safety inspections to pick up lead in the environment BEFORE the toxic effects affects our children.

Daniel R. Taylor, D.O., FAAP

<http://www.cap4kids.org/philadelphia/>

----- Coalition members! Activate 'Your' [web link](#) on The Coalition, Inc. web site -----

Website Offers Revolutionary Green Alternatives for Communities/Nations

Greetings. I hope that you and your business/ organizations are all doing well. As we enter into a new year, I expect that many of us have already envisioned what we would like to accomplish in this new year. As long as we have positive intentions for not just ourselves but also our fellow inhabitants on this planet as well as the mother Earth herself, may the Creator of the Universe bless our visions and goals to become a material manifestation.

I would like to invite everyone to visit
<http://africanindependence.org/Projects.aspx>

I am one of the co-founders of this organization. While the initiative

JOIN THE COALITION, INC!

To join The Coalition go to:

TheCoalitionInc.net
and download a copy of the Pledge of Commitment and return it to us
the.pa.coalition@gmail.com

of this organization focuses on improving the lives of the African Diaspora and building up eco-friendly, peaceful, self sustaining and prosperous

communities in their ancestral lands, we extend a welcome hand for all to check a part of our vision out by visiting our site.

Our site was put in video format for simplicity and visuals to keep the interests of our vistors. When you first click on the provided website address, you will notice that we begin with our goals on dealing with electricity. There are actually two clips explaining the same technology,

we recommend the second clip for a more detailed explanation on how this technology works. The following two clips deals with how we plan on providing clean water to the citizens and then water recycling.

The fifth video demonstrates how sewer systems are unnecessary. There are many issues that we tackle on our site. We are currently in talks with university and reverse engineers to have these technologies made at a lower cost and with high quality specifications.

Any feedback or suggestions is welcome and any donations would be highly appreciated.

There is a lot of useful information and we encourage all to take advantage of of it and to view it for themselves, we're confident that you will be excited as we are once you see the potential in such technology.

ARTS FOR AWARENESS

Jus' Words at Dowlings Place

1310 No. Broad St. Phila

Every Thurs. 9pm to 1am

- Poets
- Rappers
- Singers
- Spoken Word Artists

COMING UP

RADIOTHON BRINGS WEST PHILADELPHIA TOGETHER

Philadelphia's only 100% community operated radio station, WPEB 88.1 FM, launches its first annual radio-thon with determination to

Upon entering the little country store, the stranger noticed a sign saying DANGER! BEWARE OF DOG! posted on the glass door. Inside he noticed a harmless old hound dog asleep on the floor beside the cash register.

He asked the store manager, "Is THAT the dog folks are supposed to beware of?"

"Yep, that's him," he replied.

The stranger couldn't help but be amused. "That certainly doesn't look like a dangerous dog to me. Why in the world would you post that sign?"

"Because", the owner replied, "before I posted that sign, people kept tripping over him."

Submit your own humor, and let our readers know how funny you can be. We obviously need the help. ;) (Family appropriate)

solidify their position on the dial.

At a time when major radio franchises are filing for bankruptcy and losing listeners to podcasts, HD, and satellite - WPEB 88.1 FM is moving against the odds to keep community radio alive. After a major overhaul, this 100% volunteer run radio station will kick off its first annual radio-thon with goals to raise over \$25,000.

Sunday February 14th

to

Sunday February 21st 2010

Experts say that both private and public broadcasters have had to do less community-oriented programming because of budget cutting. In terms of public radio there is more and more radio being done with less people, and less - if any - focus on the residents Philadelphia. "WPEB is a community effort from programming to sweeping, it doesn't get done unless someone volunteers to do it, but we still have expenses and more that we want to bring to our listeners", says Onisha Williams, a fundraising volunteer. All week long listeners, volunteers, and friends from all over Philadelphia will come together over the airwaves and at the station to show their support through donations of time and dollars. Being stewarded by Scribe Video Center, WPEB provides a host of progressive talk and radio programs that speak to the ears of West Philadelphians. It is also an educational resource in the community for youth and residents that are interested in broadcasting. The donations raised will help with technology, equipment, classes, and community outreach.

Cell Phone: 267.303.0264

Email: naeplace@aol.com

* * * Outside PA * * *

Encouraging Our Sons To Read

Award-winning author, Literary Advocate, radio show host, editor, and Founder of Say It Loud! Readers And Writers Series MR. PATRICK OLIVER continues to create key "pieces of the puzzle" to positively shaping the minds and souls of our children -- our future -- our bridge to the future.

Through Say It Loud! Readers And Writers Series, Mr. Oliver is inspiring our children -- our future -- our bridge to the future -- to excel

Hereeeeeeeeeeeees...
Kathy's Korner!

A lonely frog, desperate for any form of company telephoned the Psychic Hotline to find out what his future has in store.

His Personal Psychic Advisor advises him, "You are going to meet a beautiful young girl who will want to know everything about you."

The frog is thrilled and says, "This is great! Where will I meet her, at work, at a party?"

"No" says the psychic, "in a Biology class."

(Kathy Parsons is a Philadelphia Event Planner and is a regular contributor.)

academically and to "do more, want more, and be more." On Saturday, 30 January 2010 beginning at 1:00 P.M., Mr. Oliver will be "Encouraging Our Sons To Read ..." at Canaan Baptist Church at 3011 New Castle Avenue in New Castle, Delaware.

The details concerning the "Encouraging Our Sons To Read: A Community Call To Action" event appear on the attached press release which IN SEARCH OF FATHERHOOD(R) is distributing at Mr. Oliver's request.

For further information about the award-winning and powerful Say It Loud! Readers And Writers Series, please contact Mr. Patrick Oliver by telephone at (312) 287-0415 or send an e-mail to:

info@speakloudly.com.

----- Coalition members! Activate 'Your' [web link](#) on The Coalition, Inc. web site -----

SPECIAL NOTICE!

Skip A Meal For Haiti

Most Americans eat at least three meals a day. Some eat more often. Millions of people in Haiti have not had a meal in one week and a good meal in recent memory. Will you skip a meal for the people of Haiti and send the money to a relief agency?

Will you not eat one meal, on one day so that they can eat for a week?

The cost of lunch at almost any affordable restaurant in America is between \$5.00 and \$14.00. Some restaurants have menus that serve four and five course dinners that can cost as much as \$100.00 per person, not including beverages. For as little as two dollars a day, you can help provide food, drinking water and some sanitation supplies for a Haitian child or adult. A \$14.00 contribution can help feed and hydrate a Haitian child for a week. We can all afford to make a difference!

The Black Star Project is asking you to miss at least one meal this week for the people of Haiti and to send the money that you would have spent on your breakfast, lunch or dinner to a relief fund that is on the ground working in Haiti.

Many people say they want to go to Haiti to help those affected by the earthquake. The cost of a round trip flight from New York City to Port-

A customer was continually bothering the waiter in a restaurant; first, he'd asked that the air conditioning be turned up because he was too hot, then he asked it be turned down because he was too cold, and so on for about half an hour.

Surprisingly, the waiter was very patient, walking back and forth and never once getting angry. So finally, a second customer asked why didn't they just throw out the pest.

"Oh I don't care." said the waiter with a smile. "We don't even have an air conditioner."

If you would like to report on a recent community event, feel free to send us a brief account of what happened in document format, and we will share it with our readers.

Send your information to: [News From The Coalition, Inc.](#)

All entries for submission should be received by noon, the Monday prior to publish date and in Press Release form.

au-Prince, Haiti is more than \$2,000.00. Decent hotel lodging, which is virtually impossible to find in Haiti, might cost another \$2,000.00 for one week. And your mouth would become another mouth to feed of more than 2 million people who need food and water day.

Instead of going to Haiti, will you miss a lunch for Haiti and send the money you would have spent on that lunch to one of the on-the-ground relief agencies listed below:

The Black Star Project (773.285.9600) recommends that you send your contributions to:

Yele Haiti (Wyclef Jean's Relief Effort) at www.yele.org or text YELE to 501501 to donate \$5.00 on your phone bill

UNICEF at www.unicefusa.org or call 800.367.5437

Doctors Without Borders at www.doctorswithoutborders.org or call 888.392.0392

American Red Cross at www.redcross.org or call 800.REDCROSS (800.733.2767) or 800.257.7575 (Español)

Partners in Health at www.pih.org or call 617.432.5256

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As Salaamu Alaikum,

Remember Surah Al Maun 107. Providing the daily necessities. We know that unemployment is high, people are losing their homes, health insurance (if they had it to begin with) and put on top of that marital problems, etc. We need your help today! We are getting more phone calls from people in need.

We have women who are being abandoned by husbands who have children. Older women who for various reasons are alone (children grown) no husband. We need your help. We are asking for your help to raise \$1,650 by Sunday to help keep some people off the streets. Our deadline is Monday 5 pm to pay for their shelter, insh'Allah.

Send your donations by Paypal to haleem1@aol.com

or mail to:

Baitul Salaam Network, Inc.

PO Box 115470,

Atlanta, GA 30310.

Send this note to all you know.

ma salaam

A man came to a computer dating service and told them the only thing he was seeking in a woman was intelligence.

Then a woman went in and said she didn't care about looks, income or background. All she wanted was a man of upright character.

The computer matched them together instantly because they were both compulsive liars.

(Submitted by Frederick Green)

Hadayai Majeed
Peace Women Across the Globe
Baitul Salaam Network, Inc.
Entrepreneur/Community Organizer

www.blogtalkradio.com

www.baitulsalaam.net

www.1000peacewomen.org

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African Holistic Health Chapter of NY Newsletter

January & February Upcoming Event

Greetings Holistic Health Community,

Below is the balance of Holistic Health Events for January & February. We are planning an upcoming class with Brother Hank Rising Sun on assisting healers in protecting themselves when doing healing work on others. Your healing work/gift should not tax you or leave you left depleted. There are tools you need as a practitioner where you are left energized at the end of a consultation, massage, reflexology, public speaking, writing or whatever you healing system---Keep you posted when all is confirmed.

For all those who have joined the African Holistic Health Chapter, your membership cards will be in the mail this week and I hope you enjoy the materials you will receive. For those who have not joined, click link below:

<http://africanholistic.weebly.com/join-the-chapter.html>

In addition to Life Spring Rejuvenation Center Open House 10/23rd (below), Brother Heru Unikh & Sistah Shakti are having an Open House of their new holistic center this Sunday, Oct 24th 2p to 6pm. The Open will take place at: WholeSoul Community Center @ 248 Tompkins Street, Brooklyn, NY (Bushwick) The name of their new center is "Living Lotus Wellness Center." Heru Unikh is a recent graduate of Dr. Llaila Afrika Holistic Health Certification Training. These practitioners need support of both events (both are free but donations are welcomed). They are all well trained and ready to offering their services to the community.

**WATCHDOG GROUP
CALLS 'THIS LITTLE
PIGGY' NURSERY
RHYME 'DANGEROUS'**

Have you ever stopped to think about the impact that nursery rhymes have on our society? The Americans for Responsible Nursery Rhymes (ARNR) would like you to begin doing just that.

The ARNR has released a statement claiming that the 'This Little Piggy' nursery rhyme is a dangerous threat to fairness and justice in our country. ARNR spokeswoman, Nana Marrs, is calling on parents and pre-schools to stop teaching this rhyme to children. Said Marrs, "The 'This Little Piggy' nursery rhyme teaches children to turn a blind eye to the poor and needy of our society. It also reinforces the conservative view that the lower class should have to work rather than receive help and welfare from the government."

Marrs then supported her claims by examining the rhyme verse by verse. Said Marrs, "The rhyme begins by saying, "This little piggy went to market." This is obviously a cruel-hearted capitalist pig. (cont.)

FEBRUARY EVENTS

~~~~~  
Dr. Akua Gray will be teaching Reiki I to Reiki III Certification at Life Spring Rejuvenation Center in the Bronx. For further details, remittance of payment and downloadable flyer, click link below. There will be a 1 hour lunch break. We may order out or you may bring your own lunch.

<http://africanholistic.weebly.com/reiki-certifications.html>

Yirser Ra Hotep will be teaching a 2-Day Breath & Meditation Workshop on 2/13 and 2/14/10 at 10a to 3p at Life Spring Rejuvenation Center \$400. There will be a one hour lunch break. This is the prerequisite course to the 3-Month Khamitik Yoga Teacher Training. Click link below for further details, payment remittance and downloadable flyer:

<http://africanholistic.weebly.com/breath--meditation-workshop.html>

For information on the 3-Month Khamitik Yoga Teacher Training, click link below:

<http://africanholistic.weebly.com/khamitik-yoga-certification.html>

Brother Ra-Min Heru (Gregory Felix) will be teaching Introduction of Iridology on 2/20/10 at 12p-4p \$100 at Life Spring Rejuvenation Center. This is an introductory course for those contemplating taking the Iridology Certification with Dr. Paul Goss in September. There will be a 1/2 hour lunch break or you may bring your own food. Click link below for further details, payment remittance and downloadable flyer:

<http://africanholistic.weebly.com/introduction-to-iridology.html>

We encourage you to bring at least 2 to 5 friends to all these events. The sooner we take our health into our own hands, the better!

Much Love & Respect,

Sista Shai (Shy-ee)

Contact Information

Sista Shai (Shy-ee)

African Holistic Health Chapter of NY

347-427-8668

*The next verse says, "This little piggy stayed home." There is only one reason why that piggy was not at the market with the first piggy and that is because the Republicans cut off her food stamps.*

*It continues by saying, "This little piggy had roast beef." Only a rich insensitive pig would ever eat roast beef when the average piggy cannot afford such an expensive meal.*

*"This little piggy had none." This verse paints a picture of a poor, hungry piggy who would be eating a warm meal if it weren't for welfare reform.*

*The rhyme ends by saying, 'And this little piggy went wee wee wee all the way home.' This little piggy apparently doesn't care about the suffering of other piggies. If he cared then he wouldn't be having such a good time."*

*Marrs ended her statement by challenging parents and pre-school teachers to stop teaching this horrible and destructive rhyme.*

You may rsvp at

<http://www.facebook.com/#/event.php?eid=175672597978&ref=ts>

Email Marketing by

African Holistic Health Chapter of NY | 132-20 116th Avenue | South Ozone Park | NY | 11420

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## COMPUTERS AND TECHNOLOGY

### **Group offers low-cost web access to nonprofits**

Mobile Citizen, a provider of mobile broadband for education and nonprofits, will offer a Technology Assistance Grant program beginning in January to provide non-profit organizations with affordable access to the Internet.

Available only in Portland, Oregon, Las Vegas, and Philadelphia, the grant includes reduced-price service from Mobile Citizen, with unlimited usage for only \$10/month or \$120/year per account. It bundles Mobile Citizen's wireless broadband, powered by WiMAX, a fourth generation (4G) technology from Clearwire Corporation with a variety of benefits available only to grantees, including:

- 12 months of service from Mobile Citizen extended to 15 months at no additional charge. With this, nonprofits receive three free months of service per account.
- Dedicated Mobile Citizen Customer Care customized for non-profit organizations.
- A free one-year membership to NTEN, a nonprofit technology network, ongoing information and news as well as access to a support community.
- A choice of additional benefits including an educational webinar series.

For more information, email [Kecia Carroll](#).

## **A HAND UP!**

*If you would like to report on a recent community event, feel free to send us a brief account of what happened in document format, and we will share it with our readers.*

*Send your information to: [News From The Coalition, Inc.](#)*

*All entries for submission should be received by noon, the Monday prior to publish date and in Press Release form.*

### **Volunteer In Africa**

#### **Explore a Continent of Contrasts while Volunteering in Africa**

For over a decade, Cross-Cultural Solutions has supported thousands of volunteers in Africa on programs in Ghana, Morocco, South Africa and Tanzania.

CCS volunteers work side-by-side with local people in community organizations focused on supporting social services, education, and health initiatives.

Discover one of the world's most diverse continents and see firsthand the challenges it faces and how you can make a positive impact with CCS.

Go to: [www.cross-cultural-solutions.org](http://www.cross-cultural-solutions.org)

### **IT'S HERE!!**

**Our group A HAND UP! Is now open, please go to:**

### **A HAND UP!**

In response to the needs of many grassroots organizations for the basic tools to implement and sustain their ideas and projects, The Coalition, Inc. members have come together to establish a network to facilitate the distribution/re-distribution of unwanted, unneeded, surplus and even repairable items for recycling.

To join: [A Hand Up!](#)

----- Coalition members! Activate 'Your' [web link](#) on The Coalition, Inc. web site -----

## WORD-OF- THE-WEEK

**expiate** \EK-spee-ayt\ To make amends for; to atone for.

**Remember to support The Coalition, Inc.'s on-air personalities...**

**Straight Up WORD** with Dr. John Elliott Churchville, Senior Pastor of The Liberation Fellowship Church of Jesus. Future verse by verse exploration of Holy Scriptures "...for liberation of the oppressed and social justice for the poor." will be available on their new website <http://lfcjnow.com/>

**Civil Alert World** with Brother Sabir Bey Saturdays 5:30pm to 6:30pm on WNJC 1360 AM. Also listen in on WKDU 91.7 AM Friday, 12am to 3am

**Sister Phile Chionesu**, organizer of the Million Woman March, "**Nu Day Resurrection and Liberation**" Show LIVE each Saturday evening 10:30 PM--12:00 midnight EST.

"NU Day" is heard in Philly and, worldwide, through the internet at: [www.blogtalkradio.com/empresschi](http://www.blogtalkradio.com/empresschi) Or you can tune in via podcast at 646-652-2232

Call in and give your thoughts, comments, opinions at 1-646-652-2232 or send an instant message to [mwmsistahood@aol.com](mailto:mwmsistahood@aol.com) to chat on line.

