



We all hold a piece to the puzzle

Friday 24 September 2010

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News From The Coalition, Inc.

"Communication – Cooperation – Collaboration"

Volume 5, Number 09

Greetings Coalition Family!

*If we behave like those on the other side, then we are the other side.
Instead of changing the world, all we'll achieve is a reflection of the
one we want to destroy. - Jean Genet*

If you haven't already, consider forming alliances with others who may offer services that compliment your organizational efforts.

Help reduce organizational paranoia, share ideas and solutions,
"Communicate... Cooperate... Collaborate" "We each hold a piece to
the puzzle."

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.

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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.](#)

Parent support groups offered throughout city

Starting in late September, Turning Points for Children will offer Stronger Families & Brighter Futures Parents' Support Groups, a free parenting and support group program for parents or caregivers and their children in the Philadelphia area.

The 12-week program will be offered and delivered in various community locations and includes Time Out for Teens and Tots for teen mothers, and groups for adult parents and caregivers with young children, pre-schoolers or school age children.

Any interested parent or caregiver in Philadelphia is eligible. Free child care, transportation and refreshments are included.

To discuss joining a group and get more details, contact [Louise Leibowitz](#) ----- Coalition members! Activate 'Your' [web link](#) on The Coalition, Inc. web site -----

Cap4Kids Hint of the Week

Being a parent is one of the most rewarding yet exhausting jobs a parent faces. Being a parent of a special needs child adds to this equation. Recently added to the www.cap4kids.org/philadelphia website is the Kelly Anne Dolan Memorial Fund.

Listed on the Parenting and Special Needs handouts http://www.cap4kids.org/philadelphia/parent_handouts/special_needs.htm the Kelly Anne Dolan Memorial Fund was established in 1976 as a non-medical resource center that provides advocacy, education, information, and financial assistance for needs not covered by insurance to families caring for terminally, critically, and chronically ill, severely disabled, or seriously injured children.

~ ~ ~

Teen pregnancy is a major issue that many of our communities face.

Here are the facts:

The U.S. has the highest teen pregnancy rate in the industrialized world – twice as high as in England or Canada.

2006 saw the first rise in the U.S. teen pregnancy rate in 15 years.

An estimated 750,000 teens will become pregnant this year.

- About 1 in 3 women become pregnant at least once before they're 20.
- A sexually active teen girl who does not use contraceptives has a 90% chance of becoming pregnant within a year.

*If you are on the road to
nowhere, find another road.
- Ghanaian Proverb*

*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 seventy
countries!*

Click here:

EightCitiesMAP

Choose

*“Philadelphia’s Online
Community*

*“Newsletter” from the
menu.*

- It affects education - only a third of teen mothers earn their high school diploma. And only 1.5% has a college degree by age 30.
- It also affects their kids - girls born to teen mothers are more likely to be teen mothers themselves. Boys born to teen moms are more likely to end up in prison.
- 75% of girls and over half of boys report that girls who have sex do so because their boyfriends want them to.
- 8 in 10 girls and 6 in 10 boys say they wish they had waited until they were older to have sex. Most teens (6 in 10) and adults (3 in 4) believe that teen boys often receive the message that they are “expected to have sex.”

Diapers are expensive, but it's nothing compared to the \$9 billion that teen pregnancy costs the United States each year. This includes increased spending in child welfare costs and public sector health care.

To address these issues, on the www.cap4kids.org/philadelphia website, under Pregnancy and Infant Resources, there is a section on Teen Pregnancy resources including the ELECT Teen CPC centers with a newly posted referral sheet, fact sheet (see attached), and Middle Years and MARS programs. http://www.cap4kids.org/philadelphia/parent_handouts/pregnancy_resources_and_infants.html

Please become familiar with these resources and refer families and teens in need.

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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.
- * 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

Only those who dare to fail greatly, can ever achieve greatly. - Robert F. Kennedy

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.

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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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Black College Tours 2010 (40+)

<http://blackexcel.org/black-college-tours-2010.html>

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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.

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_f](http://www.philly.com/inquirer/home_top_stories/20100104_Nutter_to_focus_on_increasing_college_admissions.html)

[ocus_on_increasing_college_admissions.html](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, and 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.

*Give a man a fish and you
feed him for a day. Teach
him how to fish and you
feed him for a lifetime.
Lao Tzu*

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return it to us
the.pa.coalition@gmail.com

Get all of the details at

www.BlackBusinessNetwork.com/theone

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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

Save Our Sons - Put Down the GUNS! Rally

To be held in South Philly

All are welcome

Show your Support

Share your

Resources and Network with other Activists from across the city.

Make your connections here!

*Gun Violence is Citywide, give your support to this event, the Democratic

2nd Ward is alive and well in the Life Saving Struggle against gun violence across the City of Philadelphia.

This event will be held at 4th and

Washington community at the beautiful Jefferson Square Park.

This event be held on

Friday, September 24, 2010 - We are looking for

"When you talk, you repeat what you already know; when you listen, you often learn something." - Jared Sparks

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everyone involved in the STOP the Violence struggle, be in attendance to show your support.

Activities include: A close up networking event, to share ideas and resources

- *Poetry Readings*

- *A positive Play about the effects of Gun Violence*

- *Gospel group entertainment*

- *Resource Information Tables*

Bring and set up your information tables

Contact: "Sheema Corprew" Sheema21088@yahoo.com, "Kevin Price" <kprice152@comcast.net>, "Nesmith, Douglas" <dn210@msn.com>, "Bob Shipman" <rmship@gmail.com>,

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The Business Center For Entrepreneurship &

Social Enterprise Business Plan Classes

7500 Germantown Avenue,
Elders Hall, Suite 113.

8 Week Classes: Saturdays, Sept 25 - Nov 20 @ 9AM - 12PM

Cost: \$350 after August 6th

Contact: 215-247-2473

www.thebizcenter.com

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"Help Haiti"

raise money for a school in Haiti.

Saturday, September 25,

12 noon to 5 pm

at two locations:

50th and Baltimore at the Cedar Park Fair
and

49th and Windsor (918 S. 49th at Windsor)*

We'll have lots of women's and men's clothing in good condition, books, household items, a full/queen metal bed frame and headboard, and lots more.

*We can stay young by
focusing on a dream
instead of on a regret. -
Unknown*

4000 schools were destroyed in the January 2010 earthquake.
Hundreds of thousands of kids have been unable to return to school.

Proceeds from the sale will be used to purchase a festival tent
that will temporarily house a school for
three to five years until a new school can be built.

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Our West/Southwest Philly supported school will be located in a remote
area
outside of Jacmel in Southern Haiti. Students will be older kids who have
never had the opportunity to go to school.

We are working in partnership with Beyond Borders, a wonderful
organization with a 20 year track record in providing innovative learning
opportunities for children and adults with Haitian community leaders.

Check out their work
at www.beyondborders.org

Our goal is to raise \$1000, the cost of the tent.

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PEACE IN THE COMMUNITY
PHILADELPHIA BLACK RADICAL CONGRESS
a 501-(C)-3 organization P.O. BOX 27423 PHILADELPHIA, PA 19118

Radical means getting to the root causes of
society's problems and working for root level solutions.
The Philadelphia Area Black Radical Congress
Invites You To

**A FORUM PEACE IN THE COMMUNITY
PEACE IN THE WORLD HOW DO WE STOP THE VIOLENCE?**

Sunday, September 26, 2010 –
2 to 4 P.M.

Free Library of Philadelphia,
1901 Vine St. Skyline Room, 4th Floor

A panel of speakers will share their organization's experiences with
violence in the community. They will tell how they are dealing with it and
what they think are the causes of violence. They will share their ideas on
what is needed to stop the violence.

Some of the panel speakers are Dorothy Johnson-Speight, Mothers In
Charge; Rev. Isaac Miller, former pastor of

We are not interested in the possibilities of defeat. - Queen Victoria

Church of the Advocate; Elisabeth Leonard, United For Peace and Justice Delaware Network; Education Not Incarceration; Michael Coard, Attorney-at-Law. Bilal Qayyum, Father's Day Committee. A discussion will follow the presentation.

This event is in support of the 10.2.10 March on Washington, DC and the 10.10.10 get out the vote effort

<http://groups.google.com/group/philadelphia-area-black-radical-congress>
<http://www.onenationforpeace.org/call-to-action>
www.onenationforpeace.org

For Information: 215-848-1806 or 267-259-7196

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Disaster planning workshop for congregations offered

A half day workshop on Empowering Your Congregation: Emergency and Disaster Planning for Chronic Illnesses will be held on

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Wednesday, September 29th

8:30am to 1pm

Holiday Inn Historic District,
400 Arch Street in Philadelphia

Faith community leaders are invited to learn more about chronic illnesses affecting Philadelphians, emergency scenarios that can affect our area, how Philadelphians with chronic illnesses should prepare themselves for emergencies, and how faith-based organizations can empower their communities and help in emergency response.

The event is free and breakfast and lunch will be served.

Space is limited, and pre-registration is required.

For more information, go here.

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Health coverage for uninsured still available

One of the key programs of the health reform act passed by Congress is March is the high-risk insurance pools program, designed for individuals with pre-existing medical conditions who were previously unable to get health insurance.

Pennsylvania's program, called [PA Fair Care](#), still has a few slots open for eligible individuals before a waiting list is created. The program was initially intended to serve about 3500 people.

Those who qualify for the coverage should act quickly as these slots will

Success is simple. Do what's right, the right way, at the right time. - Arnold Glasgow

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almost certainly not fill the need of all Pennsylvanians who qualify. The slots are filled on a first come first served basis.

To be eligible for Pennsylvania's high-risk pool, individuals must be a resident of Pennsylvania, be a UW citizen or legal resident, have been uninsured for six months prior to the date of application, and have a pre-existing condition, as listed by the state Department of Insurance.

The plan's benefit package will include preventive care, physician services, diagnostic testing, hospitalization, mental health services, prescription medications and much more, with subsidized premiums of \$283 a month.

For more information or to apply, go [here](#) or call 888-767-7015 (TTY 1-888-767-7018).

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EMPLOYMENT AND TRAINING OPPORTUNITIES

JOBS JOBS JOBS!!!!

DRIVERS-Philadelphia, PA/ Restaurant, Food Drivers - Experience Preferred. Call after 8 a.m. at 215-739-845

Drivers/Courier- Fort Washington Company Vehicles provided Start \$14.75/hr full time. Several local routes available. Immediate opp. 215-628-9800

Wanted :Sales/Auto Cherry Hill New Jersey Call John Cantoni or A. Jones 609-703-0341

Travel Agent & Assistant Phila fax resume to 215-568-0696

Hotel Trainees \$14/hr 215-203-8745

Auto Body lots of works – Joe Cannella

Casino/ Assistant Director apply online at www.delawarestatejob.com

Debt Collector \$17 to \$28 per hour fax resume to 215-861-8618

Medical Billing/ Receptionist Langhorne Pa full time only exp. Will considered email: cfarrell@gidoc.org

X-Ray Techs. Part Time email drs@mxipacs.com

Preschool Assistant Teacher Ardmore for main line pre school min. 2 years exp. Excl benefits & Wages fax resume 610-642-2750

Lic Student Counselor Therapist Yardley, PA Best private school in Bucks County position available fax resume 215-493-0087

Drivers- Local Area Jobs- intermodal Drivers needed running trailers to / from rail yards work 5-6 days/wk pay \$800-\$960/wk home most nights CDL & HazMat Req. **888-790-8298** www.drive4marten.com EEOE functioning under AAP

Drivers/Para transit Abington, Pa previous experience preferred Pa

"Prosperity is a way of living and thinking, and not just money or things. Poverty is a way of living and thinking, and not just a lack of money or things." - Eric Butterworth

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license and good MVR at least 21 years old call 215-517-7937
Construction Inspectors Allentown, PA, construction inspectors for road way and Bridge projects. Penn Dot and Turnpike projects. Exp. Pref. email resume to Jobs@mctish.com

Coaches: Bryn Mawr, PA www.baldwinschool.org seeks coaches for the following positions: Spring- Head Track Coaches, JV
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HEALTH MATTERS

How Well Do You Know Your Body?

Wednesday September 29th, 2010

1:00 pm - 3:00 pm

(This event repeats every week until Wednesday December 29, 2010.)

Pathwayspa

926 W. Allegheny Avenue

Philadelphia, PA 19133

Phone: 215.227.0300 ext 327

Notes:

This reproductive health workshop addresses myths and misconceptions about everything from pregnancy to STDs including HIV. Other topics that are discussed: Hormonal Birth Control, Bacterial Infections, Viruses, Men's Reproductive Health, Potential Complications, Serial Monogamy, and medical management of infections and diseases. It is facilitated by Jonathan Chriswell from QCHC Family Health Center and has received rave reviews. This event is open to the public every Wednesday and begins at 1pm

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Too much fructose could raise your blood pressure

By Frederik Joelving

(Reuters Health) - Do you need a reason to cut down on sweetened beverages? Their fructose content might increase your blood pressure, doctors said Thursday.

Although not all studies agree, the findings add to a growing body of evidence that too much of the ubiquitous sugar -- found in fruits as well as

high-fructose corn syrup and table sugar -- can have important health consequences. (See Reuters Health story of May 24, 2010.)

High blood pressure, for example, increases the risk of strokes, heart

disease and kidney failure.

*Adversity is wont to reveal
genius, prosperity to hide it.
- Horace*

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Close to one in three Americans suffer from elevated blood pressure, a rate that has tripled in the past century, the researchers say in the Journal of the American Society of Nephrology. While the reasons aren't clear, diet and lifestyle changes are the main suspects.

To test the link between blood pressure and fructose, they used nationally representative survey data from more than 4,500 adults. The survey included questions about all sources of fructose, whereas most earlier studies had focused on soft drinks.

On average, they found, people said they consumed 74 grams of fructose per day -- roughly the amount in four soft drinks. Even though none of them had experienced blood pressure problems, about a third turned out to have borderline high blood pressure and eight percent had hypertension (readings of at least 140/90 mmHg, compared with normal values of 120/80 or less).

The more fructose their diet included, the more likely they were to have high blood pressure. Of course, that could have been influenced by a variety of factors, such as obesity and disease, or getting too much of other sugars, salt or alcohol.

But even when adjusting for all these factors, the odds of having high blood pressure increased in those whose fructose intake was above average. For the most severe form -- stage 2 hypertension -- the odds were 7 percent higher. Given the new findings, people might want to think twice about what they throw into their shopping carts, said Dr. Michel Chonchol of the University of Colorado Denver, who worked on the study.

"In the grocery store, you see food without high-fructose corn syrup," he said, adding that it would make sense to reduce fructose intake by choosing those products and avoiding the ones containing added sugars.

"There is no question that fructose itself appears to have effects that other sugars don't have," said Chonchol. The exact mechanisms are unclear, although several have been proposed, he added.

"What we need now are clinical trials, where you take people with hypertension and place them on a diet with low fructose and see if that lowers their blood pressure," said Rachel K. Johnson, a professor of nutrition at the University of Vermont in Burlington, who was not

A woman in a hot air balloon realized she was lost. She lowered her altitude and spotted a man in a boat below. She shouted to him,

"Excuse me, can you help me? I promised a friend I would meet him an hour ago, but I don't know where I am."

The man consulted his portable GPS and replied, "You're in a hot air balloon, approximately 30 feet above ground elevation of 2,346 feet above sea level.

You are at 31 degrees, 14.97 minutes north latitude and 100 degrees, 49.09 minutes west longitude.

She rolled her eyes and said, "You must be an Obama Democrat."

"I am," replied the man. "How did you know?"

"Well," answered the balloonist, "everything you told me is technically correct. But I have no idea what to do with your information, and I'm still lost. Frankly, you've not been much help to me."

The man smiled and responded, "You must be a Republican."

"I am," replied the balloonist. "How did you know?"

(cont.)

involved in the research.

Until then, she said the message is clear: "Sugar-sweetened beverages -- avoid, avoid, avoid! That's the major source of added sugars for Americans."

Getting fructose from eating fruits appears to be less of a problem, she said, perhaps because they also contain many healthful substances like antioxidants and fiber. Fruit has just 4 to 10 grams of fructose per serving, while a can of Coca-Cola has 39 grams of high-fructose corn syrup, about half of which is fructose (the rest is glucose).

Last year, Johnson helped prepare a statement about sugar and heart disease from the American Heart Association, which included dietary recommendations.

"For most American women," she advises, "no more than six teaspoons or 100 calories a day of added sugars, and no more than nine teaspoons for men."

That is less than one can of Coca-Cola.

In a press release about the new study, the Corn Refiners Association, a U.S. trade group, said the researchers had muddled the differences between fructose and glucose, the other half of high-fructose corn syrup and table sugar.

"The rise in glucose consumption also mirrors the dramatic rise in hypertension," the release said.

SOURCE: jasn.asnjournals.org/

Journal of the American Society of Nephrology, online July 1, 2010.

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Viagra-popping seniors lead the pack for STDs

By Frederik Joelving

(Reuters Health) - Even if you're past your prime and have a hard time getting an erection, you might still need to worry about unprotected sex, according to U.S. doctors.

In fact, they report in the Annals of Internal Medicine, the rate of sexually transmitted diseases (STDs) in older men taking erectile dysfunction

*"Well," said the man, "you don't know where you are or where you are going. You've risen to where you are due to a large quantity of hot air. You made a promise you have no idea how to keep, and you expect me to solve your problem. You're in exactly the same position you were in before we met, but somehow, now it's my fault."
(Thx Nancy E. Churchville)*

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

drugs like Viagra is twice as high as in their non-medicated peers.

In both groups, however, the numbers are swelling. According to the Centers for Disease Control and Prevention, there were more than six new cases of STDs per 10,000 men over 40 in 2008, up almost 50 percent since 1996.

"Younger adults have far more STDs than older adults, but the rates are growing at far higher rates in older adults," said

Dr. Anupam B. Jena of Massachusetts General Hospital in Boston, who led the study.

While the reasons for this development aren't well understood, he said more divorces and better health might have conspired to boost sexual prowess and activity among graying heads.

The problem, however, is that older adults appear to flout safe sex practices. For instance, the researchers note, 50-year-olds are six times less likely to use a condom than men in their 20s.

"We are typically unaccustomed to practice safe sex over the age of 50, because the risk of pregnancy is eliminated," Jena told Reuters Health.

To test whether the introduction of Viagra in 1998 might explain some of the STD surge, Jena and colleagues examined insurance records for more than 1.4 million U.S. men over 40. The average age in the study was about 60 years.

The most commonly found STD was HIV, followed by Chlamydia, syphilis and gonorrhea.

Among the few percent of men who had filled prescriptions for erectile dysfunction drugs, more than two in a thousand had been treated for an STD in the year before they got the drug.

A year later, the number dropped to half that, suggesting that Viagra and its chemical cousins didn't fuel STDs.

However, the risk of contracting an STD turned out to be more than twice as high in men taking erectile dysfunction drugs compared with those who didn't.

"These users have a different sexual risk profile than non-users," said

I got a new shadow. I had to get rid of the other one... It wasn't doing what I was doing.- Steven Wright

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Jena, adding that the data didn't reveal any good explanation.

In an editorial, Dr. Thomas Fekete, of Temple University School of Medicine in Philadelphia, noted that it would have been valuable to know more about the frequency of sexual encounters, sexual partners and orientation.

He added that prevention strategies should still be directed at younger age groups, whose STD risk is at least 10 times higher than in middle-aged and older adults.

Still, he said, the authors remind us "that men older than 40 years remain sexually active, even if they need chemical assistance to do so.

This study also serves as a reminder that sex after age 40 years is not necessarily safe."

Jena recommended that doctors take a few minutes to discuss safe sex with older men when they prescribe Viagra.

His advice? "Look, just realize that you are at higher risk for STDs, and try to be careful like you used to be 30 years ago."

SOURCE: www.annals.org/

Annals of Internal Medicine, online July 5, 2010.

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Experts say 40 percent of cancers could be prevented

Kate Kelland

LONDON (Reuters) - Forty percent of the 12 million people diagnosed with cancer worldwide each year could avert the killer disease by protecting themselves against infections and changing their lifestyles, experts said...

Read the full story

<http://www.reuters.com/article/idUSTRE6113PX20100202?feedType=nl&feedName=ushealth600>

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Get Fresh!

Volunteer with Philabundance Fresh for All

You recycle out the wazoo and consider yourself consigliore of the

At the end of the day, a policeman parked his van in front of the station. As he was gathering his equipment, his dog started barking. The policeman looked up to see a puzzled looking little boy. "Is that a dog you have back there?"

"Yes, it is," said the policeman.

"What'd he do?"

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 programs.

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

Here are some interesting facts that might make your world spin!

- The garbage in a landfill stays for about 30 years.
- In 1995 over 200 of the world landfills were full.
- Each person throws away approximately four pounds of garbage every day.
 - One bus carries as many people as 40 cars!
 - More than 1/3 of all energy is used by people at home
- Most families throw away about 88 pounds of plastic every year
 - We each use about 12,000 gallons of water every year
 - 1/3 of all water is used to flush the toilet.
- The 500 million automobiles on earth burn an average of 2 gallons of fuel a day.
- Each gallon of fuel releases 20 pounds of carbon dioxide into the air.
- Approximately 5 million tons of oil produced in the world each year ends up in the ocean.
- The energy we save when we recycle one glass bottle is enough to

"Most of the successful people I've known are the ones who do more listening than talking."

Bernard M. Baruch

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- light a traditional light bulb for four hours
- For every 2000 pounds of paper (1 ton) recycled, we save 7,000 gallons of water free from chemicals.
- Recycled paper requires 64% less energy than making paper from virgin wood pulp, and can save many trees
 - Every ton of paper that is recycled saves 17 trees
- The amount of wood and paper we throw away is enough to heat 50 million homes for 20 years
- Earth is 2/3 water. But all the fresh water streams only represent one hundredth of one percent.
- 14 billion pounds of trash is dumped into the ocean every year
- It takes 90% less energy to recycle aluminum cans than to make new ones
 - 5 billion aluminum cans are used each year
 - 84 percent of all household waste can be recycled.
- Computers pose an environmental threat because much of the material that makes them up is hazardous. A typical monitor contains 4-5 pounds of lead.
- Each year billions of used batteries are thrown away in the United States. This constitutes 88% of the mercury and 54% of the cadmium deposited into our landfills
- Approximately only 10 percent of every landfill can be cleaned up.
 - Ivory comes from dead elephants, its best not to buy it.
- Fur coats often come from endangered animals, it's best not to buy them.
- One gallon of motor oil can contaminate up to 2 million gallons of water. So dispose of properly!
 - Here is an example of the water we use everyday:

3-7 gallons for toilet,

25-30 gallons for tub,

50-70 gallons for a 10 minute shower,

1 washing machine load uses 25-40 gallons,

1 dishwasher load uses 9-12 gallons

- Here is an example of how long it takes some things take to break down: plastics take 500 years, aluminum cans take 500 years, organic materials, take 6 months, cotton, rags, paper takes 6 months.

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NATIONAL PREPAREDNESS MONTH COALITION

Seventh annual National Preparedness Month, in September, encourages

Hereeeeeeeeeeeeeees...
Kathy's Korner!

There was a knock at the door. It was a small boy, about six years old. Something of his had found its way into my garage, he said, and he wanted it back.

Upon opening the garage door, I noticed two additions: a baseball and a broken window sporting a baseball-sized hole. "How do you suppose this ball got in here?" I asked the boy.

Taking one look at the ball, one look at the window, and one look at me, the boy exclaimed, "Wow! I must have thrown it right through that hole!"

(Kathy Parsons is a regular contributor.)

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.](#)

WASHINGTON - The Federal Emergency Management Agency (FEMA) today announced that to date more than 1,900 national, regional, tribal, state and local organizations and businesses have pledged their support and joined the 2010 National Preparedness Month (NPM) Coalition. This is approximately 200 more than last year at this time. The registration for the Coalition continues through September.

This September marks the seventh annual NPM. Led by FEMA's Ready Campaign in partnership with Citizen Corps and The Advertising Council, NPM is a nationwide effort encouraging individuals, families, businesses and communities to work together and take action to prepare for emergencies.

NPM Coalition members will sponsor events and activities throughout the month highlighting the steps that individuals, families and communities can take to prepare. Ready and The Advertising Council will also introduce new Spanish-language public service advertisements in conjunction with NPM activities. Additionally, the Ready Campaign released a new NPM Widget to help promote the month.

"National Preparedness Month is a great way to get Americans and our communities and businesses to come together in planning and preparing for a disaster," said FEMA Administrator Craig Fugate. "Disasters can hit any place, any time, so it's essential that we take concrete steps together, now, to ensure a better response later."

This year, NPM focuses on encouraging all Americans to take active steps toward getting involved and becoming prepared. Preparedness is everyone's responsibility. Americans have to work together as a team to ensure that individuals, families and communities are ready. Individuals are encouraged to: make a family emergency plan; put together an emergency supply kit; be prepared to help your neighbor; and work as a team to keep everyone safe.

National Preparedness Month Coalition membership is open to all public and private sector organizations. [Click here](#) <http://www.ready.gov/america/npm10/index.html> to register for membership.

Follow FEMA online at www.twitter.com/fema, www.facebook.com/fema, and www.youtube.com/fema. Also, follow

*Middle age is when you
choose your cereal for the
fiber, not the toy.*

Administrator Craig Fugate's activities at www.twitter.com/craigatfema.
The social media links provided are for reference only. FEMA does not endorse any non-government websites, companies or applications.

FEMA's mission is to support our citizens and first responders to ensure that as a nation we work together to build, sustain, and improve our capability to prepare for, protect against, respond to, recover from, and mitigate all hazards.

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Don't throw your old TVs away!

All electronics can be dropped off for recycling at either
Domino Lane & Umbria St.

or

State Rd. & Ashburner St. in Philadelphia
at the

Streets Department Sanitation Convenience Centers,
Monday through Saturday
8:00 am to 6:00 pm.

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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: 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.)

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.)

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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, and 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.greenjobsphilly.org/news>

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[40 Ways to Save on Almost Anything](#)

PERSONAL AND HOME SECURITY

Tips on Being Safe at Home

By [Natalie Grace](#), eHow Contributing Writer

Safety at home

Many people believe that if they stay inside their homes no harm will come to them. This is wishful thinking, as many reported injuries and crimes occur inside the home. As a result, homeowners are encouraged to implement precautionary measures to help protect their family. Though

What you see depends on what you're looking for. - Unknown

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this does not always guarantee safety, it can reduce the risk of injuries and fatalities.

Visitors/Telephone

1. When a guest rings the doorbell or knocks on the door, use your peephole to identify the caller. If you do not have a peephole, ask the visitor to identify himself. Only open your door if you know and trust the caller. Talk to repair people through closed doors and do not allow them in unless you have verified their credentials (company name and phone number, ID badge). If an unknown visitor asks to use your phone, direct him to the closest public telephone.

Do not divulge any personal data about yourself or anyone who lives in your home to unknown callers. Keep police and paramedics contact information handy and record the numbers on your speed dial. In the case of nuisance calls, do not respond; instead, hang up the phone and call your telephone company for assistance. Establish a signal with your neighbors, such as a bell or continuous car horn honking to alert them if you are in danger. Encourage them to report any suspicious persons they see prowling around your home to the police.

Intruders

2. If you experience a break-in while you are inside the home, try to get to the [burglar alarm](#) and activate it, or try go to the nearest bedroom and call the police. If you hear the burglar, but do not see him, make a lot of noise shuffling around but refrain from confronting him. Some burglars will evacuate the home immediately upon hearing sounds. Distance yourself from the intruder as much as possible, but if you are confronted by him try to stay calm. Do not enter the house if you arrive home and feel that a burglar is inside--run to the neighbor's home and call the police. If you get a glimpse of the intruder, try to keep a mental picture of his features (height, race, suspected age, type of clothing and any outstanding features).

Read more: [Best Way - Tips on Being Safe at Home | eHow.com](#)
http://www.ehow.com/way_5406966_tips-being-safe-home.html#ixzz0wRsr1ZZN

Source: http://www.ehow.com/way_5406966_tips-being-safe-home.html

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Live nutty. Just occasionally. Just once in a while. . . And see what happens. It brightens up the day! - Leo Buscaglia

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For a more aggressive role in your protection:

www.selfdefensewithanattitude.com

GRANTS, SCHOLARSHIPS & INSTRUCTION

Philadelphia Development Partnership's
Business Skills Course
The Bourse Building.
111 S. Independence Mall East, Suite 810

Philadelphia Development Partnership's Business Skills Course is a multi-part course that is designed to teach the fundamentals of running a small business.

- Obtain financing
- Learn from experts in your industry
- Network with fellow entrepreneurs
- Work with business consultants FREE!

The multi-part class begins on
September, 21st 2010
Orientation - September 14th
Cost: \$95.00

Contact: Theo Thompson
(215) 545-3100 ext 222

or TThompson@pdp-inc.org

Philadelphia Development Partnership's
Business Skills Course
The Bourse Building.

111 S. Independence Mall East, Suite 810

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USDA offers Hunger-Free Communities grants

The US Department of Agriculture is offering Hunger-Free Communities grants to help cities and towns across the country fight hunger and food insecurity and promote healthy eating.

The grants will help fund research, planning and hunger relief activities such as food distribution, community outreach, development of new resources, and strategies to reduce or prevent hunger and food insecurity.

Two models of grants are available: planning and assessment grants or implementation grants.

For more information, [go here](#).

<http://www.fns.usda.gov/fns/outreach/grants/hfc_grants.htm>

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*True friendship comes
when silence between two
people is comfortable.*

*Send your information
to: [News From The
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*All entries for
submission should be
received by noon, the
Monday prior to
publish date and in
[Press Release form.](#)*

Foundation offers Banned Books Week grants

The American Library Association's Freedom to Read Foundation will provide two grants — one for \$2,500 and one for \$1,000 — to two organizations to support "Read-Outs" celebrating Banned Books Week 2010, from

September 25th to October 2nd.

A Banned Books Week Read-Out is an event during which people celebrate the freedom to read by gathering to read from books that have been banned or challenged over the years.

To apply for a grant, organizations are required to submit an event description, timeline, and budget with their application, as well as agree to provide a written report and video to FTRF following Banned Books Week.

For more information, go [here](#).

< <http://ala.org/ala/newspresscenter/news/pr.cfm?id=4570>>

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[Aspen Institute](#) offers scholarships to students of color

The Aspen Institute Program on Philanthropy and Social Innovation in Washington is offering scholarships to introduce a diverse group of students to issues and challenges affecting philanthropy, social enterprise, nonprofit organizations, and other actors in the social sector. The \$2,000 fellowship, which is based on academic excellence and need, is open to both undergraduate and graduate students of color. Fellows undertake research, writing, logistical, and administrative support for PSI's leadership initiatives, public programs, and convenings.

Application guidelines are available [here](#).

200 Free Scholarships For Minorities (NEW UPDATED 2010 LISTINGS)

<http://www.blackexcel.org/200-Scholarships.html>

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HIV/AIDS Prevention Workshop

Workshop Summary

Culturally-Relevant Communication about HIV/AIDS is an interactive and user-friendly workshop. Ivan J. Juzang, MEE President and Founder

If you want others to be happy, practice compassion; if you want to be happy, practice compassion! - Mary Stewbeck

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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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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.

*Who speaks, sows; Who
listens, reaps. - Argentine
Proverb*

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, 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-

Friendship can weather most things and thrive in thin soil – but it needs a little mulch of letters and phone calls and small silly presents every so often – just to save it from drying out completely. - Pam Brown

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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: [CBPRInstitute](#) and [SummerInstituteAgenda.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

Q. Why do bagpipers walk when they play?

A. They're trying to get away from the noise.

(Ethan Pollard age 9)

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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>

Steve, Bob, and Jeff were working on a very high scaffolding one day when suddenly, Steve falls off and is killed instantly. After the ambulance leaves with Steve's body, Bob and Jeff realize that one of them is going to have to tell Steve's wife.

Bob says he's good at this sort of sensitive stuff, so he volunteers to do the job. After two hours he returns, carrying a six-pack of beer.

"So did you tell her?" asks Jeff.

"Yep", replied Bob.

"Say, where did you get the six-pack?"

Bob informs Jeff. "She gave it to me!"

"What??" exclaims Jeff, "you just told her her husband died and she gave you a six-pack??"

"Sure," Bob says.

"Why?" asks Jeff.

"Well," Bob continues, "when she answered the door, I asked her, 'are you Steve's widow?'"

'Widow?', she said, 'no, no, you're mistaken, I'm not a widow!'

So I said: "I'll bet you a six-pack you ARE!"

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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

Lest We Forget Slavery and Holocaust Museum

To all who have visited our museum and supported us in the past, to those who have heard of us, have talked about us, and want to know about it, and those that are asking if they can help, the answer is yes you can!

Here's how!

We of www.lwfslavermuseum.com are having a "Fundraiser to remember and honor those who passed thru the 'doors of no return' by the building of a

"Tunnel of Remembrance"

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

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To our ancestors and all those who fought and died for the great cause of "freedom". This tunnel is dedicated to those devoted to the freedoms for all people and the eradication of that awful slave trade. As we share our memories with in this tunnel, we ask that you place a piece of your history in it also, by the purchase of a

"Brick of Remembrance".

Bricks can be purchased on our web site, www.lwfslavermuseum.com or mail in the brochure, Be sure to print legibly, Each brick will be etched with the names and memories of loved ones, Friendship, Sacrifice, Courage, and those who are gone but not forgotten, those brave abolitionists White and black, whose lives were not spared but suffered the same fate, Let us also keep in mind those still with us on the front lines letting us know for sure, Freedom is not free "Lest We Forget".

J. Justin Ragsdale Director/Chief Curator
LWF/Lest We Forget Museum of Slavery
Telephone: 215-397-6060
Email: lwfmuseum@gmail.com

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Dear Friends:

We are reaching out to you today with exciting news. **Moms Against Guns** is officially joining forces with **CeaseFirePA**.

This union represents more voices, more power and more resources to fight one Pennsylvania's most contentious issues: illegal guns. While we have loosely partnered with CeaseFirePA in the past and stand at their side as they advocate for better gun laws, there has never been a formal partnership. Tomorrow, that will change.

And we wanted to make sure that you're the first to know before this news goes public. You've been a staunch supporter of Moms Against Guns - many since we began this fight together at a public rally in Philadelphia's Love Park in 2007.

Since then - we've made great strides.

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But the economic and political climate is now different than it was in 2007. Since our economy took such a dramatic turn two years ago, nonprofit groups like CeaseFirePA and other advocacy and service organizations have been trying to do more with less.

In a rocky political and economic environment, it's increasingly difficult to get an issue - like limiting illegal guns and the violence they create in our state - in front of the most influential decision makers in Harrisburg. Without a unified voice on this issue, we are all at risk of appearing less organized and powerful when we stand against the gun lobby.

We feel proud and privileged to serve among Ceasefire's constituencies and we know this affiliation offers new strength and opportunity. We have the utmost respect, confidence and admiration for the leadership of Phil Goldsmith, its board president, and Joe Grace, its executive director.

It is our hope that our participation on the board and the force of our combined voices will increase the overall capacity and power to fight in a more organized way for better, safer gun laws.

Today we have garnered close to 7,000 signatures on our petition - thanks to your efforts. But we're far from our goal. We set an ambitious goal of 50,000 signatures, but that goal was not arbitrary. We were told by political advisors that 10,000 signatures would get some policymakers' attention; and 25,000 would show we were serious. But 50,000 could turn a vote - that's why we set this bold goal.

Our joining with CeaseFirePA offers us the opportunity to reach more people (voters) so we can reach our 50,000 signature goal. In turn, we offer CeaseFirePA new constituents, new ideas, and more leverage.

We will continue to personally answer your emails and we'd like to hear from you. After our websites have been integrated, which should happen by mid- summer, you will have the full capacity of CeaseFire's advocacy, strategic advice and direction, as well as the opportunity to volunteer, donate if you wish, or help secure more petition signatures.

As founder of Moms Against Guns, I have been invited to be a new vice president of the CeaseFirePA board, and one of Philadelphia's most influential social activists - Project H.O.M.E. president and co-founder, Sister Mary Scullion - has also agreed to join the CeaseFirePA board with me.

Don't fill your time with worry - fix what you can and let the rest take care of itself.

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

We hope you will continue to partner with the new and improved "us" -- CeaseFire and Moms Against Guns. Your voices and vision have never been more needed.

Thank you with all of our hearts for all you have done so far. If we work together - we can and will prevail.

Sincerely,

Lynne Honickman

Founder

Moms Against Guns

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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 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 visitors. 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

*We must be willing to let go
of the life we planned so as
to have the life that is
waiting for us. - E. M.
Forester*

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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 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.

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

ARTS FOR AWARENESS

*I see little of more importance to the future of our country and of civilization than full recognition of the
place of the artist. If art is to nourish the roots of our culture, society must set the artist free to follow
his vision wherever it takes him. Pauline Kael*

Ursula Rucker comes to Scribe Video

Thursday evenings
to teach Poetry for Stage and Camera.
Register today at 215-222-4201.

Scribe Video Center
4212 Chestnut Street
Philadelphia PA 19104
inquiry@scribe.org

Hours of Operation:
Monday through Friday, 11:00 am to 7:00 pm
(or 9:00 pm on workshop nights).

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Jus' Words at Dowlings Place

1310 No. Broad St. Phila
Every Thurs. 9pm to 1am

- Poets
- Rappers
- Singers
- Spoken Word Artists

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

COMING UP

The National Success Fair

"Kind words can be short and easy to speak, but their echoes are truly endless." - Mother Teresa

Tea Talk, Inc. in Partnership with the Mayors Office of Community Service presents "The National Success Fair. The Success Fair aims to prepare our guest for success and provide opportunities for them to take their life, business, and career to the next level.

This two day dynamic event will begin its tour in Philadelphia, PA. It is the mission of the Philadelphia Success Fair to ensure all guests of this event are

¡SUCCESS READY!

Success Ready is a Mentality to Achieve beyond all barriers internal and external;

Success Ready is believing in ones dreams and devising a life strategy for the fulfillment of set goals.

The National Success Fair will spark that ingenious that is in everyone while providing them with tools, training, resources, and relationships to bring about evolution and growth holistically.

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the.pa.coalition@gmail.com

Date: October 13th & 14th, 2010

Time: 12pm to 6pm

Location: First District Plaza
3801 Market Street

Cost: \$20 (entrance both days)

Contact for more Information:

Tomika: thesuccessfair@yahoo.com

Vendors and Exhibitors Space Available: register4success@gmail.com

To become a sponsor please contact: Kym at thesuccessfair@gmail.com
or 267-386-8204 ext. 7

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

3rd ANNUAL - FISHTOWN RIVER CITY FESTIVAL

The Fishtown Neighbors Association has a long tradition of community involvement. We are a coalition of neighbors who strive to make Fishtown a great place to live, work and play.

The Fishtown Neighbors Association is proud to present the 3rd Annual RiverCity Festival at Penn Treaty Park on Saturday October 2, 2010. Beginning with the RiverCity 5K Run, the festival will feature fun, food, entertainment and memories for everyone. An eclectic mix of bands will play on the main stage, while organizations and institutions will have presentations in an educational area. Local artists and businesses will be

on hand to sell their creations and promote their services. Children and families will have plenty of games, face painting, contests and activities to keep them busy. We will all learn of the deep Native American heritage of the waterfront with a special presentation from the Leni Lenape tribe. Of course, no festival would be complete without the best food in the area from Fishtown's famous eateries.

Penn Treaty Park
Penn Treaty Park, 1199 N Delaware Ave,
Philadelphia, PA

Saturday October 2, 2010-
10am (for RiverCity 5k Run),
12pm (for Music, Vendors and Other Festivities)
until 5pm.

*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.](#)*

As part of a Citywide effort to reinvent the waterfront, the Fishtown Neighbors Association aims to draw people to both Fishtown and the water as well as provide a fun atmosphere to get to know the neighborhood and all it has to offer.

<http://www.rivercityfestival.org/>

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3801 Market Street

Cost: \$20 (entrance both days)

Contact for more Information:

Tomika: thesuccessfair@yahoo.com

Vendors and Exhibitors Space Available: register4success@gmail.com

To become a sponsor please contact: Kym at thesuccessfair@gmail.com
or 267-386-8204 ext. 7

* * * Outside PA * * *

Urban Women's Health

An Empowering Evening Gathering to Support
Our Female Health with Brooklyn Healing Practitioners
Rebecca Hart & Diana Stevens*

Join us for an empowering lecture and interactive exchange on urban women's digestive and neurological health with Rebecca Hart and Diana Stevens on Friday, Oct 1 at 7pm. These two local healing practitioners will be discussing some of the effects urban living has on the feminine digestive and neurological systems and how these interact with the body mind and spirit. They will also be introducing practical ways we can begin to support each of these systems.

Diana and Rebecca will include short exercises, demonstrations
and time for questions and answers.

Come prepared for straight-up and surprising responses to questions about
you your own mental, physical, and spiritual health. And learn how we
are all connected in our health issues as urban women!

Limited to the first twelve women who sign up, there will be a waiting list
for a December evening conversation with these
two remarkable practitioners.

Friday, Oct 1

To start on time we ask that you arrive between 6:45-6:55pm

Start time 7pm (till 9pm)

Your investment \$20

In order for us to bring you these 2 fabulous teachers this event has an
[enrollment quota that must be met by Monday, Sept 27](#)

*Accept the challenges so
that you may feel the
exhilaration of victory. -
George S. Patton*

CREATINGSPACE for Women
521 9th Street between 8th Ave & Prospect Park West in Park Slope,
Brooklyn, NY
(F Train to the 7th Ave Stop in Park Slope, Brooklyn)

[To register with PayPal click here](#)

Make checks to CREATINGSPLACE and mail to:
521 9th Street, Brooklyn NY, 11215
Questions? 646.623.2522

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

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* **Rebecca Hart Malter** is a medical intuitive who specializes in assessing root causes of disease and distress in the mind-body-spirit system. She is licensed and certified in medical massage therapy, nutrition, and herbology, and she uses these modalities in conjunction with her deep empathic nature to nourish her clients to new levels of health and well-being.

In her past life (1976 – 1996), **Diana Stevens** was an actress/comedienne. In 1997 she survived and thrived after breast cancer. Incorporating her unique sense of humor she segued into a new and mystical career that she always knew existed - Energy Medicine. Diana is certified in Therapeutic Reflexology, Ancient Shamanic Healing and Reconnective Healing. She is a compassionate minister/counselor who uses physical and unseen tools to facilitate a unique approach to bringing one's fragmented parts together in body, mind and soul.

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African Women's and Youth Conference in Oakland

WE CALL ON
ALL AFRICAN WOMEN AND YOUTH ORGANIZATIONS
ALL WOMEN'S AND YOUTH ORGANIZATIONS OF CHURCHES
ALL THE WOMEN AND YOUTH OF STUDENT ORGANIZATIONS
EVERY AFRICAN WOMAN AND YOUTH WHO WANTS TO MAKE
A SERIOUS CONTRIBUTION TO THE UNIFICATION OF AFRICAN
WOMEN AND AFRICAN PEOPLE

TO PARTICIPATE IN THE
AFRICAN WOMEN'S AND YOUTH CONFERENCE

*The Bible, Through the
Eyes of a Child*

*Here's our version of the
stories of the Bible if they
were to be told by a child.*

*After Solomon came a
whole lot of major league
prophets. Jonah was one of
them. He was swallowed by
a whale, then barfed up on
the beach.*

*There were some other
minor league prophets, but
they weren't too important.*

**BUILDING AFRICAN WOMEN'S AND YOUTH MOVEMENTS AND
FORMING INTERNATIONAL SISTERHOOD**

Saturday, 16 October 2010

WEST OAKLAND BRANCH PUBLIC LIBRARY

1801 ADELINE STREET

OAKLAND, CALIFORNIA USA

10 AM – 5 PM

FREE

Theme: THE UNIFICATION OF AFRICA THROUGH THE
EMANCIPATION OF WOMEN

AFRICAN WOMEN'S AND YOUTH MOVEMENTS ARE
NECESSARY IN ORDER TO EDUCATE, MOBILIZE, AND
ORGANIZE THE LARGEST NUMBER OF AFRICAN WOMEN AND
YOUTH AS POSSIBLE

Panel Topics Include

- The Necessity of Organization for the Unification of Africa
- The Importance of Women's Leadership in the Unification of Africa
 - The Role of Youth in the Unification of Africa
- Solidarity with Women and Youth of the World and World Unity
 - Men for the Emancipation of Women
- The Relationship between the Unification of Africa and Self-Reliance

For participation or other information please contact:

African Women's Charity Organization

PO Box 23074 Oakland ,

CA 94623-0074 USA

Phone: 415 789-7360

Email: forafricanwomen@att.net

This Conference is FREE so that the cost of the conference itself won't be
the reason for anyone not attending.

We do not sponsor transportation or accommodations.

Please wear white as a symbol of unity and solidarity.

Why this Conference

We are in the process of building powerful African Women's and Youth
Movements throughout the world that will connect all African women and
youth, inside and outside of Africa. This is a very important part of the
African independence movement. An African Women's and Youth

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

movement is necessary to educate, mobilize, and organize the largest number of African Women and Youth as possible. Our vision includes collectively solving our problems to obtain proper childcare, housing, collective kitchens, transportation, healthcare, clean drinking water for all and employment/skills, etc. We must build a strong infrastructure in Africa and we must be tightly organized inside and outside of Africa. In order to be in the African Women's and Youth Movements you must study two books, *Class Struggle in Africa* by Kwame Nkrumah and *Women in Society* by Sekou Toure. The study must be with a group of people.

The African Women's Charity Organization is proud to announce that we are organizing an African Women's and Youth Conference at West Oakland Branch Public Library in Oakland, California USA on Saturday 16 October 2010 10:00 am – 5:00 pm. This will be the 22nd conference that we have organized since we started having conferences the year 2000; the first eleven having been in the United States and ten conferences in Africa; Senegal, Guinea, Ghana, Mali, Gambia, and Rwanda. This is going to be our twelfth conference organized in the USA. The theme of this conference is “The Unification of Africa through the Emancipation of Women”

On Independence Day for Ghana, March 6, 1957 President Nkrumah declared that the independence of Ghana was meaningless unless it was connected to the unification of Africa. President Nkrumah came to the conclusion that the unification of Africa will not be a reality if organized from the top down like the Organization of African Unity (OAU) or the African Union (AU); it must be organized from the bottom up.

To organize African society from the bottom up means to organize the women of Africa.

President Sekou Toure has said, “The African woman has participated everywhere in Africa in a conscious, constant and often decisive manner, in the anti-colonialist struggle and in the fight for national liberation.”... “Our women organizations have a political character which imposes on each woman a conscious and constant militancy, a high degree of political consciousness, a real and continued participation in all fields of activities.”

“Women's struggle for liberation must be seen as a part of the more general struggle against capitalism, and never as an isolated struggle directed against men.” “If we want to strike at the root of evil it is the mode of production that must be aimed at. We must first of all commit ourselves to the building of a society whose mode of production excludes any exploitation.” Women have been in the leadership of humanity for 90% of the time that humanity has been on earth in a mode of production called communalism. Under communalism, for example, all land and

Believe deep down in your heart that you're destined to do great things.
Joe Paterno

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means of production belonged to the community. There was people's ownership. Labor was the need and habit of all and there was not exploitation.

"The most serious ideological blindness, it must be emphasized, lies in reducing the emancipation of the woman solely to the female element; presenting woman's emancipation as a problem particular to women is a monumental error." This is why we have organized within the African Women's Charity Organization an organization called "Men for the Emancipation of Women." We understand that the emancipation of women is necessary for the emancipation of men. Organization is the weapon of the oppressed. Every person must join an organization and the strategy must be the organizing of organizations. It is our goal to become so organized that we can do in one day what previously took 20 years.

The radicalization of the revolution is the unification of Africa through the emancipation of women.

We can not be defeated if women come to love the work for the unification of Africa like she loves her family; and there is nothing more positive for her family than the unification of Africa. Women are the primary educators for the boys and the girls in society and the consciousness that she will gain from working for the unification of Africa will come out through her children's love for Africa, and the children's determination to use their education to build a strong Africa. In Africa we have everything that we need for the liberation and unification of Africa. Confidence and organization is what is now necessary.

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

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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 [Free Trial](#).

A HAND UP!

"None of us has gotten where we are solely by pulling ourselves up from our own bootstraps. We got here because somebody bent down and helped us." - Thurgood Marshall

I am the founder of the
C.N.A.s (Christians "N" Action)

which is a ministry that has a heart for people and their needs. We feed our community on a weekly basis and provide clothing to them but, lately we haven't been able to because we have been out of funds. I have tried to solicit funds for some time now. No one seems to be able to help. While prayers are fine people still need food. The provisions have come out-of-pocket (mine) up until this time, but I have run dry. I believe that people want to make a change in their lives if some of us are willing to lend a hand.

"CHRISTINA SHERMAN" passionatepromos@yahoo.com
(864) 207-0488

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

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!

Life is a gift of nature; but beautiful living is the gift of wisdom. - Greek Adage

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

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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-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 (Espanol)

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

Charity water at <http://www.charitywater.org>

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America's Original Savings Network

As amazing as it may sound many people do not realize how easy it is to LEGALLY stop paying for their groceries! This is how the one hour television show began for the company whose website is at:

<http://nofullprices.net>

FREQUENTLY ASKED QUESTIONS

Q: Are these manufacturer coupons or coupons that I print on my computer?

A: All of our coupons are actual manufacturer coupons. Fewer and fewer retailers accept coupons that are printed from your computer because of a

huge increase in counterfeit coupons. Actual manufacturer coupons which we issue are accepted everywhere that coupons are accepted.

Q: Can these coupons be doubled?

A: Yes. These are manufacturer issued coupons and may be doubled in any store that offers double coupons.

Q: What are the face values and the expiration dates of these coupons?

A: Being manufacturer coupons, the manufacturer determines the face values of the coupons. We currently stock coupons ranging in value from 40 cents to 5.00 dollars. The coupon expiration dates are generally valid for 90 days.

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

Q: How can I use \$1,000.00 worth of coupons in 90 days?

A: With our program, you get to choose the coupons you want, when you want them. This way you never have to worry about the coupons expiring.

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

Q: How do I choose the coupons I want?

A: Each coupon book contains coupon request slips which you fill out and send in. Those coupons are then mailed to you.

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Ladies and Gentlemen:

I know of an excellent Charter School, you may have heard of it,
“Knowledge Is Power Program”
(KIPP).

It has 80% of its students continue on to college and it only goes up to the 8th grade. It’s fairly new with such a high success rate already.
You may have heard of it.

Now they are expanding to 9th grade and possibly beyond, but they are in need of a building. I was hoping if anyone could help find a location or know of somewhere. It would be greatly appreciated by our future professionals, CEO's and potential politicians of America and me :)

Please contact me, my information is below, or
Mr. Aaron Bass, Principal 267-249-6089.

Thank you for your consideration in this matter. Have a Great Day.

Virginia D. Smith, Asst - MDT
Department of Human Services
Special Family Focus Services
215-300-2949 - Cell

215-683-6381 - Office

215-683-6408 - Fax

virginia.d.smith@phila.gov

May God Bless You Always in All Ways

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

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

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

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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 -----

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

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 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 to chat on line.

WORD-OF-THE-WEEK

Brobdingnagian

\brob-ding-NAG-ee-uhn\ Of

extraordinary size; gigantic; enormous.

(from *Brobdingnag*, a country of giants in Swift's *Gulliver's Travels*. i.e

Cyclopan;

Herculean;

Bunyonesque)

