



We all hold a piece to the puzzle
Friday 21 January 2011

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News From The Coalition, Inc.

"Communication – Cooperation – Collaboration"

Volume 5, Number 21

Greetings Coalition Family!

*Continuous effort - not strength or
intelligence - is the key to unlocking our
potential. - Winston Churchill*

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.

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.](#)

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North Stars after school program

Art Sanctuary’s North Stars Afterschool Program is looking for talented, dynamic, and passionate youth ages 12-17 to join the arts and literary movement that is the North Stars Program. The program offers a variety of tuition-free arts classes including African and Modern Dance, Theatre, Poetry, Spoken Word, Guitar and Voice. Award-winning, talented, and veteran artists in their respective fields lead these classes.

The program begins on
Tuesday, January 18th
and ends

Saturday, May 7th
with an end of the year performance.

For more information, call Bianny Pérez at 215-232-4485 or email bperez@artsanctuary.org

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Platt After School Arts at Penn!

Eight Mondays of learning and performing for kids ages 10-15

In the Platt After School Arts at Penn (**PASAP**) program, Penn students from various performing arts groups teach drama, dance, voice, and musical instruments to local middle school students.

All Penn volunteers are subjected to a criminal background check and child abuse clearance through the state of Pennsylvania.

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 the following Mondays from 3:45-5:45PM in the Platt Student Performing Arts House Located at 3702 Spruce Street, Philadelphia PA 19104. Dates for the Spring program are:

*Fire and gunpowder do not
sleep together.
- 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.*

January 31
February 7
February 14
NO SESSION ON February 21 School Holiday
February 28
NO SESSION ON March 7-Penn Spring Break
March 14
March 28
April 4th Talent Show and last session

If the Philadelphia Schools are closed for any reason like snow or emergencies, school in-service or holiday, PASAP will NOT occur that day as well.

Students must be at least 10 years old and not older than 15 years old.
Students must have own transportation.

Please be prepared to come on these days to have fun and learn.
There is no cost for this program. Snack provided.

For more information or to apply, please contact Laurie McCall at 215-898-7038 or lmccall@pobox.upenn.edu Space is limited.
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Cap4Kids Hint of the Week

Finding quality child care can be a daunting task for many.
On the www.cap4kids.org/philadelphia website,
under the Child Care parent handout
(http://www.cap4kids.org/philadelphia/parent_handouts/childcare.html)
you will find several resources to help families find and pay for quality
child care;
documents to inform about the various program;
and links to help with childhood development,
including the new website from the
Office of Childhood Development and Early Learning.

Obamacare, PA Fair Care, SCHIP, Adult Basic, MAWD, Select Plan and on. These are all various health care options available to Pennsylvanians. These plans help uninsured individuals get care. Help those with pre-existing condition find health care. Helps with family planning, dental care, prescription costs, and others. On the www.cap4kids.org/philadelphia website, under

*A ship in the harbor is safe,
but that is not what ships
are built for. - William
Shedo*

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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Health Insurance parent handout
http://www.cap4kids.org/philadelphia/parent_handouts/health_insurance.html you will find information on these plans under the heading "Listing of Health Care Options for Pennsylvanians".
Please become familiar with these options and continue to help families in need find the resources in their communities.

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Poster contest for Annual Legs Against Arms Run/Walk announced

Philadelphia Physicians for Social Responsibility
is holding its

5th annual Legs Against Arms 5K Run
this April 10th to raise funds and awareness about gun violence in Philadelphia.

Connected to the event are two contests for area youth.

The Poster Contest is open to youth in grades K - 8.
Participants are asked to create a poster that shows their vision for peace in their community or an anti-violence message. The winning poster design will be incorporated into the 5K race t-shirt.

The Multi-Media Contest is open to youth ages 13 - 19.
Participants will create and submit a message about creating peace in Philadelphia in video, audio, photography, poetry or essay formats.

For more information or to download contest flyers, visit
<http://www.legsagainstars.org/>.

Physicians for Social Responsibility is a proud member of The Coalition, Inc.

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Education/Civil Rights/Bullying Letter

In a 10-page letter to schools, colleges and universities, Russlynn Ali, Assistant Secretary for Civil Rights at the Department of Education (ED), advised that bullying may violate students' civil rights. The letter outlined the legal obligations that school staff has to protect students from peer harassment based on race, color, national origin, sex or disability. Secretary Ali reminded schools that Section 504 of the Rehabilitation Act of 1973, as well as the Americans with Disabilities Act, prohibit discrimination based on disability status. In August of this year, the Obama Administration hosted the first ever National Bullying Summit and launched the Stop Bulling Now campaign, a national database of effective anti-bullying programs (see: www.bullyinginfo.org) To read a copy of the letter, go to:

*Man's enemies are not
demons, but human beings
like himself.
Lao Tzu*

<http://www2.ed.gov/about/offices/list/ocr/letters/colleague-201010.html>

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THIS WEEK

FunTimes Magazine
Presents an
**African/Caribbean
Business Networking Event**

FunTimes Magazine presents an African/Caribbean Business Networking and Client Appreciation Party in collaboration with the African and Caribbean Business Council (ACBC), Sikira Management and Coalition for Jamaica on January 23, 2011 at 6pm. The event will be held at Sikira Banquet Hall, 1040 S. 57th Street, Philadelphia, PA 19143. DJ Gary Papa will be spinning.

FunTimes Magazine serves Africa, Caribbean and the Americas. It discusses issues of social and community concerns and our mission is to enlighten, educate and entertain using humor and real life stories. We bridge cultures and bring communities together. FunTimes was established in 1992 in Monrovia, Liberia. www.funtimesmagazine.us

EMPLOYMENT AND TRAINING OPPORUNITIES

FEMA positions up to six figures available in our online [Coalition Group](#) ongoing updates will be posted as they become available.

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Citizens Bank Park is currently accepting applications for the below open positions for the upcoming season. Please may refer someone yourself or forward the email to anyone you know that may be interested.

Cashiers; Concessions Stand Workers; Concessions Supervisors; Food Servers; Food Vending; Line Cooks; Retail Sales Associates; Utility Workers; Warehouse Workers.

· All applicants must be at least 16 years of age or older.

*Reflective thinking turns
experience into insight. -
John Maxwell*

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Applicants applying for Cook and Utility positions should be
18 years or older due to the nature of the job.

(Working papers are required for those under 18 yrs of age prior to
starting work.

We can assist in applying for working papers.)

- All positions are union positions and require payment of union dues.
 - All applicants should be available to work every home game however there is no guarantee of being scheduled for every game. We are able to work with students who have limited availability due to school. (see attached schedule)
 - All positions will be scheduled to start March 29th or March 30th with the 2011 preseason games with new hire orientations being scheduled from late February to mid March.
 - Employee report times are normally 3.5 hours prior to the start of the game but may be earlier depending on special events taking place that day.
 - We will provide orientations and necessary training for new employees including alcohol service training.
- (Note: employees must be 18 yrs or older for alcohol serving positions.)
- We will be conducting onsite interviews on January 22nd for all open positions.

Please submit resumes for consideration.

Resumes can either be emailed to Quashan Lockett
qlock@cardangroup.com or faxed to 267-570-2301.

He can be reached via email or by phone at 267-570-2307 with any
questions.

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CCP Job Ready program offers green-collar training

Community College of Philadelphia's

[Job Ready Training Program](#)

is providing 12 week, career-specific training that will lead to emerging
green-collar careers and industry-recognized certificates
for program completers.

The College and its partners will provide education and training to
qualified veterans, unemployed workers, ex-offenders and other residents
who live in portions of North Philadelphia, Kensington and Port
Richmond for entry-level jobs in the green manufacturing and
weatherization industries.

For more information, call 215-496-6148 or [email here](#).

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HEALTH MATTERS

Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind. - Dr. Seuss

How many of us have lost, or are losing loved ones to the many ailments caused by tobacco use? Having been personally affected, we at News From The Coalition, Inc., will continue to share information on the dangers and present paradigms in efforts to free those intentionally ensnared in these vices.

YOU CAN QUIT!

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It doesn't matter whether you've tried to quit a dozen times. You are not a bad person or a failure if you slip. You are taking on a big challenge. Learn from it and start again. If you take time to prepare and plan and get support from others, you can break free from smoking.

Here are some questions to think about as you get ready to quit. (Write down your answers.)

1. Why do I want to quit?

2. When I tried to quit in the past, what helped and what didn't?

3. What will be the most difficult situations for me after I quit? How will I plan to handle them?

4. Who can help me through the tough times? My family? Friends? Health-care provider?

5. What pleasures do I get from smoking? What ways can I still get pleasure if I quit?

Pretty much all the honest truth- telling there is in the world is done by children. - Oliver Wendell Holmes

Quoted from: The U.S. Public Health Service;
www.surgeongeneral.gov/tobacco/quits.htm

You can do it

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The Fitness Fountain Of Youth

07-Apr-2008

(BlackDoctor.org) -- Yes, there really is a fountain of youth. It's called exercise. In study after study, regular workouts have been proven to insulate you from heart disease, cancer, Alzheimer's, stroke, and diabetes.

Exercise lowers blood pressure, reduces body fat, raises "good" cholesterol, lowers "bad" cholesterol, improves blood flow, keeps intestines and the colon healthy, and regulates key hormones. Incorporate the following tips into your life to reap the benefits.

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1. DO: Consistent Cardio

The verdict is in: People who exercise almost daily really do keep ticking longer. When scientists pored over data from the famous Framingham Heart Study of more than 5,000 women and men, they discovered that active folks lived nearly 4 years longer than their inactive peers, largely because they sidestep heart disease--the nation's leading killer. Aerobic exercise such as walking, biking, jogging, and swimming protects your heart by lowering blood pressure, reducing "bad" cholesterol, and keeping arteries flexible to improve blood flow. Your Rx: 30 minutes, 5 days a week of moderate-intensity aerobic exercise. Work at a pace that allows you to talk freely; if you can sing, you're not exercising hard enough. To get started, choose an activity you enjoy and do 10 minutes, 5 days a week. Then increase by 5 minutes each week until you're doing 30 minutes at a time. Dividing your exercise into three 10-minute bouts throughout the day works, too.

2. DO: Intense Intervals

Exercise keeps your mind fit by bringing more blood and oxygen to the noggin, rejuvenating your brain in the process. The hippocampus, the main area of the brain where memory resides, is particularly susceptible to damage from low blood flow or lack of oxygen--both of which become more likely as we age. Doing bursts of higher intensity activity will increase blood flow and oxygen even more. Your Rx: 45 minutes, twice a

"The humblest citizen of all the land when clad in the armor of a righteous cause, is stronger than all the hosts of Error." - William Jennings Bryan

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week (moderate-paced cardio exercise interspersed with 1-minute speed bursts every 2 minutes). Based on a 1-to-10 scale, you should feel like you're working at an intensity of 7 or 8 (brisk enough that you can talk, but you'd rather not) during the speed bursts and an intensity of 5 or 6 (moderate enough that you can talk freely) the rest of the time. If you're just starting out, do 15-second intervals, slowly building up to 1 minute as your endurance increases. Because this is cardio exercise, you don't have to do these workouts on top of the steady-paced cardio session at left (though you can if you have the time, and you'll shape up even faster). Just extend two of those workouts and make them intervals.

3. DO: Weight Training

A healthy heart is key, but unless you have strong bones and muscles, getting up off the couch, climbing the stairs, and walking out the door to enjoy life won't be so easy. Lifting weights is one of the best ways to keep these body systems in tip-top shape. And it can help you stand tall – a quick way to look younger. Your Rx: 20 minutes, twice a week. Pick up two sets of dumbbells (3 and 5 pounds for beginners; 5 and 10 or 10 and 20 if you need an even bigger challenge), available at most department stores or sporting goods stores.

4. DO: Yoga

The less tense you are, the fewer lines and wrinkles you'll develop. What's one of the best workouts to fight stress? Yoga. In a German study, 3 hours of practice a week lowered the anxiety levels of 16 women ages 26 to 51 by a whopping 30%. As your mouth, jaw, and brows relax, you can literally see the creases soften. It may also protect against free radicals, compounds that break down skin's elasticity. Your Rx: 30 minutes, four times a week.

Your Ultimate 7-Day Plan

This routine combines everything into one easy-to-follow schedule:

Day 1

30 min cardio
30 min yoga

Day 2

45 min intervals/cardio

Day 3

20 min weight training
30 min yoga

"The most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well." - Baron Pierre De Coubertin

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Day 4

30 min cardio
30 min yoga

Day 5

45 min intervals/cardio
20 min weight training

Day 6

30 min cardio
30 min yoga

Day 7

REST

More Reasons To Exercise

It boosts your mood: Cardio workouts up levels of the brain's feel-good neurotransmitters like serotonin and norepinephrine.

It helps you sleep: The rhythmic breathing and relaxation of yoga and tai chi help you fall asleep and snooze longer.

It keeps you slim: Beyond burning calories, exercise may also help regulate the production of leptin, the "fat hormone" that controls appetite.

It firms you up: Lifting weights builds muscle--the magic tissue needed to counteract gravity and prevent sagging.

It charges up your sex life: Hormonal changes as you age can lower libido, but just 20 minutes of exercise gets you in the mood by increasing blood flow to the genitals.

By De'Laney Rowland, BDO Staff Writer

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Get Fresh!

Volunteer with Philabundance Fresh for All

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

Hence, a cause you can believe in: Philabundance wants to fill those

"To live a creative life, we must lose our fear of being wrong." - Joseph Chilton Pearce

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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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GREEN PIECE

B.Y.O. Flatware for a Green Workplace

Plastic silverware might be convenient, but consider this: an office of 100 people can contribute nearly 250 pounds of plastic waste to our landfills each year. Reduce meal-time refuse by bringing your own lunch utensils—and encourage your office to replace plastic forks with their biodegradable counterparts.

The Problem with Plastic

Plastic has its advantages—it keeps our shampoo bottles from breaking when we sleepily drop them; it's lightweight (which helps reduce shipping and oil costs), cheap and easy to throw away.

Biodegradability

It's the disposable nature of plastic products that leads to clogged landfills. According to the 2006 Environmental Protection Agency's report on municipal waste, Americans threw away 25,500,000 million tons of plastic.

That's the weight of nearly five of Egypt's great pyramids.

Aside from the sheer mass of adding that much garbage to our landfills,

About 3:30 in the morning, a wife wakes up to find she is alone in the bed and she can hear her husband crying uncontrollably. She gets up and starts to look for him. He's not in the bathroom, living room, or in the kitchen. As she passes the laundry room, she hears his faint sniffles coming from the basement. She turns on the light and goes downstairs to find him. Finally, she finds him huddled in the corner, rolled up into a ball, and crying hysterically. She runs over to him and asks why he is crying. He says, "Do you remember when we got married twenty (20) years ago?" She looks at him and says, "yes". He says, "well, a couple of months before, your dad said that I could marry you or go to jail." She says, "I already know that. I don't see what the problem is." He says, " don't you see!!! I would have gotten out today!" (Thx Amy)

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

the problem with plastic that it breaks down at a snail's pace—and some plastic doesn't break down at all. In fact, a plastic soda bottle can take between 450 and 500 years to decompose!

Energy Costs

In addition to taking centuries to decompose, producing plastics like the flatware found in our offices uses up a precious commodity: energy. A study by the American Chemistry Council found that **10 percent of U.S. oil consumption is used to make plastics.** Furthermore, the Metabolix National Online Survey on Plastic, the same study, found that over **70% of Americans are unaware that plastic is made from oil.**

Innovation in Plastic

To meet the demand of lunchers on the go, scientists have come up with new, biodegradable plastic products which are made from eco-friendly sources. Take SpudWare—disposable flatware made of potatoes and soy. This cool cutlery decomposes in a mere 180 days and is to be bought in bulk, creating an affordable, earth-responsible solution for offices everywhere.

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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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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>

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

Computers can never replace humans. They may become capable of artificial intelligence, but they will never master real stupidity.

GRANTS, SCHOLARSHIPS & INSTRUCTION

Starbucks offers youth action grants

The Starbucks Foundation is accepting applications from organizations that provide young people a continuum of opportunities to develop creative approaches to address pressing concerns in their communities.

Grants are 10,000 to \$30,000 on average.

Funding will be considered based on numbers of beneficiaries served, geographic reach, organizational capacity, and size of operating budget.

Please complete a letter of inquiry for your organization.

The foundation reviews the submissions on an annual basis; letters of inquiry submitted between by January 31st will be reviewed and considered for the spring 2011 grant round.

For more information, visit

<http://www.starbucks.com/responsibility/community/youth-action>.

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>

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

Sorry, my mind was wandering. One time my mind went all the way to Venus on mail order and I couldn't pay for it. - Steven Wright

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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

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

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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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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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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.

No man is exempt from saying silly things; the mischief is to say them deliberately. - Montaigne

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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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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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SpotLight On Our Efforts

NAT TURNER PLENARY/PRELIMINARY MEETING FOR 2011 NAT TURNER CONVENTION

By The Newport Newservice

SOUTHAMPTON COUNTY, VIRGINIA – 179 years ago, at this time, in this place, one of the great men in the history was safely underground. Nat Turner was underground because the Black Liberation Army he'd led, in a noble effort to free Black people from Chattel Slavery, Second-class Citizenship and all other forms of oppression, had suffered defeats in the last two, after 16 consecutive victories battles.

This is history about a revolt that Nat Turner and his closest associates, Hawk, Henry, Nelson and Sam had planned and executed over six years, 1825 to 1831, in a place called Jerusalem, in Southampton County,

Time is the most precious element of human existence. The successful person knows how to put energy into time and how to draw success from time. - Denis Waitley

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Virginia. Since retreating is as much a part of warfare as is advancing, after the last defeat, Nat Turner sent a message to the surviving four, to meet him at the place from where the final plans had been staged for the revolt. This is at a place called Cabin Pond.

Nat Turner got to Cabin Pond early and waited. But, reportedly in his own words, “the only ones who came were white men on horses.” He still didn’t give up, for he is also recorded as saying, “I knew all was lost for the present.” This meant he had to go into a deeper retreat. He used several ‘safe houses’ he’d established during the planning.

MUCH IS AUTHENTICALLY KNOWN AND RECORDED BUT MUCH ABOUT NAT TURNER IS ‘STOLEN, LOST & DISTORTED’

There is great mystery about Nat Turners’ activities while he was underground. But because of what H. Khalif Khalifah, the Senior Tour Guide for “The Nat Turner Trail” (Cabin Pond is a stop on the Trail) calls one the greatest documents in human history, “The Confession of Nat Turner,” much of the authentic history about both Nat Turner and his estimated Army of Freed Captive Afrikan soldiers is known.

In a determined, dedicated Commitment to preserve and promote this precious, inspiring history, several Black organizations have stepped up their efforts in recent years. Technology, such as the internet, explains some of this growing phenomenon – Annual Celebrations of “Nat Turner

Day” in several cities on the anniversary of the Revolt, August 21, is others. But the event that many feel is the single most important efforts was when H. Khalif Khalifah, purchased a 123 acre tract of land that is part of the birth plantation of Nat Turner; reportedly, The Land where he built a home is the Birth Place of Nat Turner.

THE NAT TURNER TRAIL

The land was purchased in the fall of 1990: It is a long, evolving, successful, inspiring story. But in brief, Khalifah researched, and with the assistance of “Local Historians,” he found most of the “battle sites” at many of the structures (still standing at the time) and mapped out a tour route that he has used over the past 20 years have given several individuals and groups “Living History Tours.” This is a tour and lecture about the exploits, aims and objectives for the Nat Turner Revolt in 1831. Since a part of every aspect about the history of Black people in America have been “Stolen, Lost, Strayed,” of Distorted, much of the work to preserve the history Black history is in correcting the erroneous accounts that are still perpetrated. With the understanding that the job will not be done properly unless the work is institutionalized, The Khalifah personal library is the temporary home for The Nat Turner Reference Library. Nat Turner Day is celebrated here annually. Nat Turner Day is also celebrated in Philadelphia, Baltimore and at the “largest” city park in Newark, New Jersey is officially named Nat Turner Park.

Hereeeeeeeeeeeeeees...
Kathy's Korner!

A duck walks into a convenience store, goes up to the counter, and asks the clerk, "Got any grapes?" The clerk says, "I'm sorry, but no, we don't have any grapes." The duck walks out.

The next day the duck walks into the convenience store, goes up to the counter and asks the clerk, "Got any grapes?"

The clerk says, "No, sorry, no grapes." The duck walks out.

The next day the duck walks into the convenience store, goes up to the counter and asks the clerk, "Got any grapes?"

The clerk says, "No. This is a convenience store. We don't sell fruit. We don't have any grapes." The duck walks out.

The next day the duck walks into the convenience store, goes up to the counter and asks the clerk, "Got any grapes?"

This time, the clerk loses it. He glares at the duck, leans forward over the counter so his face is inches from the duck's, and says, "Listen, I told you three times already that we don't have any grapes. We don't carry grapes. You come into my store again and ask for grapes, and I'm gonna nail your beak to the counter!"
(cont.)

NAT TURNER ADVOCATES CALLED AS PER REPARATIONS ADVOCATES WERE TO SOLIDIFY AND UNIFY TO A LARGER GROW THE MOVEMENT

"Today, the history about Nat Turner is like and the history about Reparations was in 1987," stated Khalifah

"Then one of the great minds in history, Dr. Imari A. Obadele called a meeting of all advocates to consolidate their efforts." He continued, out of several meetings N'COBRA (The National Coalition of Blacks For Reparations in America) was formed."

As a colleague of Dr. Obadele in the forming of N'COBRA, Khalifah often uses some of his methodology in his work. Now he is calling Nat Turner Day coordinators, historians, journalist, and anyone else so interested, to join him in a "Preliminary/Plenary Conference" to plan for a Nat Turner Convention in 2011.

The meeting will be both Virtual and Physical. It will be Virtual via Nationally Black Owned Radio Stations. And it will be physical because it will be coordinated from The Nat Turner Library over the weekend of October 30 and 31 (the date of Nat Turners re-capture in 1831). Anyone wanting to participate and attend the conference should call 434-378-2140. Go to www.natturnertrail.com for more information.
---- Coalition members! Activate 'Your' [web link](#) on The Coalition, Inc. web site ----

Please spread the word

Hosts for Hospitals is a little nonprofit that matches people with houses in West Philly who can volunteer a room for the family of a child hospitalized at CHOP or an adult at HUP or Presby. This way, they can stay nearby while their person is in the hospital--and otherwise they may not be able to afford to. This is a terrific organization, and believe me, they have thought of absolutely everything (can only accommodate one person? Check. Only want a visitor for two days or less? Check. Etc, etc.).

This is a great opportunity for both the host family (especially people who know what it's like to have a family member in the hospital) and the visitor---it often fosters lasting friendships. Some of the families are from other countries, so it's also sort of an international exchange program.

Here's their web site: <http://www.hostsforphospitals.org/website/get-involved>

Their office is at 4719 Pine Street.

Contact them at: 215.472.3801
or email Tammy at: hfhospitals@aol.com

(continued from previous page)
A couple of days go by with no sign of the duck. But on the third day, the duck walks into the convenience store and goes up to the counter. The clerk stands there watching him, his face turning red and steam coming out of his ears. The duck looks at him, and says, "Got any nails?"
The clerk looks at him, exhales, and then says in a gentle voice, "No, sorry, we don't have any nails."
So the duck says, "Got any grapes?"

(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.](#)

They also need volunteers in their office, and folks to ride their bikes around the neighborhood to pin up flyers for them once a month.
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BLOOM

is a mentoring program that will provide guidance, support, and opportunities for young girls, enabling them to develop their creative, independent voices, and learn how to make healthy choices in all areas of their lives.

In combination with a creative, fun and writing activities, BLOOM will foster positive relationships and provide opportunities for girls to build self-esteem and discuss issues that are important to their overall development.

For more information: Ph: 267-386-8204 ext. 2 or nyapinc@gmail.com.

Just as seeds start small and flourish into beautiful flowers, BLOOM's focus is to help transform young girls into spectacular women.
----- Coalition members! Activate '[Your](#)' [web link](#) on The Coalition, Inc. web site -----

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"

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".

*The Bible, Through the
Eyes of a Child*

On the Subject of Angels

*Angels work for God. They
watch over little kids when
God has to go do something
else.*

*Certain angels are in
charge of helping heal your
sick pets. And if the pets
don't get better, they help
the child get over it.*

Bricks can be purchased on our web site, www.lwflaverymuseum.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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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

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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

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COMING UP

Please Touch Museum
will present
Wellness Mamma

a six-week workshop for new mothers and their babies, birth to six months old, beginning on
Friday, February 4th.
Classes will be held each Friday through March 11th from
11am to 12:30pm.

I am convinced all of humanity is born with more gifts than we know. Most are born geniuses and just get de-geniused rapidly. - Buckminster Fuller

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

Wellness Mamma sessions are led by Donna Ellenbogen, M.S.Ed, LCSW, ABD, founder of Family Wellness Solutions. Ellenbogen is a clinical social worker, parenting coach, professor, wife and mother of two.

All sessions feature expert advice along with moms sharing tips on how to tackle the new job of motherhood...

a job which often comes with no training.

Each 90-minute class takes place in Please Touch Museum's galleries, with one hour of support and 30 minutes of interactive play appropriate for each child's developmental stage.

Registration for the complete six-week workshop is \$200, which includes admission to Please Touch Museum each day.

For more information or to register, call 215-581-3165.

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

Storytelling: Shared Legends and Rhythms

Tuesday, February 8, 4:00 p.m.

Free Library of Philadelphia,

Lillian Marrero Branch

601 W. Lehigh Avenue,

215-685-9794

African, African-American, and Native American cultures all share similar legends and rhythm stories. Master storytellers Carla Wiley or Ron Carter will narrate some of these stories. The audience will be encouraged to play rhythm instruments as they learn the meanings behind them. This program is intended primarily for children, their families, and their caregivers.

Story Crafts: Women's Adornments

Wednesday, February 9, 4:00 p.m.

Free Library of Philadelphia, McPherson square Branch

601 E. Indiana Avenue,

215-685-9995

Master storytellers Carla Wiley or Irma Gardner Hammond will teach you the art of beading small bags, bracelets, and earrings. You will also learn the stories of the tribes that created these patterns and motifs. This program is intended for children, their families, and their caregivers.

Story Crafts: Women's Adornments

Thursday, February 10, 4:00 p.m.

Free Library of Philadelphia, Richmond Branch

2987 Almond Street,

215-685-9992

Master storytellers Carla Wiley or Irma Gardner Hammond will teach you the art of beading small bags, bracelets, and earrings. You will also learn

*Sage Advice from Children
(Thanks, Tom)*

*Never dare your little
brother to paint the family
car. - Phillip, Age 13*

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the stories of the tribes that created these patterns and motifs. This program is intended for children, their families, and their caregivers.

Story Crafts: Women's Adornments

Wednesday, February 16, 4:00 p.m.

Free Library of Philadelphia, Independence Branch

18 S. 7th Street,

215-685-1633

Master storytellers Carla Wiley or Irma Gardner Hammond will teach you the art of beading small bags, bracelets, and earrings. You will also learn the stories of the tribes that created these patterns and motifs. This program is intended for children, their families, and their caregivers.

Story Crafts: Women's Adornments

Tuesday, February 22, 4:30 p.m.

Free Library of Philadelphia, Thomas F. Donatucci, Sr. Branch

1935 Shunk Street,

215-685-1755

Master storytellers Carla Wiley or Irma Gardner Hammond will teach you the art of beading small bags, bracelets, and earrings. You will also learn the stories of the tribes that created these patterns and motifs. This program is intended for children, their families, and their caregivers.

Storytelling: Shared Legends and Rhythms

Wednesday, March 2, 4:00 p.m.

Free Library of Philadelphia, Cecil B. Moore Branch

2320 W. Cecil B. Moore Avenue,

215-685-2766

African, African-American, and Native American cultures all share similar legends and rhythm stories. Master storytellers Carla Wiley or Ron Carter will narrate some of these stories. The audience will be encouraged to play rhythm instruments as they learn the meanings behind them. This program is intended primarily for children, their families, and their caregivers.

Story Crafts: Seminole Quilt Pattern

Tuesday, March 8, 4:00 p.m.

Free Library of Philadelphia, Ramonita G. de Rodriguez Branch

600 W. Girard Avenue,

215-686-1768

Master storytellers Carla Wiley or Irma Gardner Hammond will immerse you in The Story of the Seminole quilt patterns. You will also learn to make a paper-pierced journal. This program is intended primarily for

children, their families, and their caregivers.

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There are two great days in a person's life - the day we are born and the day we discover why. - William Barclay

X-OFFENDERS FOR COMMUNITY EMPOWERMENT

Pardon Me Clinic Meeting Schedule

Assisting the formerly convicted who are no longer on probation or parole and who are seeking Clemency and a Second Chance at employment

opportunities, etc. through the Governor Pardon Process

Location: African-American United Fund
2231 N. Broad St, Philadelphia, PA 19132

Time: 6pm to 8pm

Meeting Dates:

Feb. 14, 2011

March 14, 2011

Apr. 11, 2011

May 10, 2011

June 14, 2011

Sept. 12, 2011

Oct. 10, 2011

Nov. 8, 2011

Dec. 13, 2011

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.](#)

Contact Wayne Jacobs of X-offenders for Community Empowerment

Phone:

215-668-8477, E-mail: jacobs19132@yahoo.com

On Facebook as: xoffendersempowerment

Sponsored by Bread Roses Fund, Univ.of Penn.Law School,

Councilman Darrell L.Clarke, State Rep.Jewell Williams

www.x-offenders.org

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* * * Outside PA * * *

DeVry University

Careers for the 21st Century

National Open House

Saturday, February 12th, 2011

In today's competitive world it's important to stay one step ahead.

Learn about today's fastest growing career fields and

I know God will not give me anything I can't handle. I just wish that He didn't trust me so much. - Mother Teresa

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how the right degree can help prepare you for them.

Find out more by attending DeVry University and its Keller Graduate School of Management's Careers for the 21st Century National Open House on Saturday, February 12th at our Charlotte Campus.

For more information, or to register, please call Daiba Tozay at 704.697.1053 or email dtozay@devry.edu

Charlotte Campus
2015 Ayrley Town Blvd., Ste. 109
Charlotte, NC 28273-4068

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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 [Free Trial](#).
www.mobilecitizen.org/grantphiladelphia

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

Due to inherit a fortune when his sickly, widower father died, Charles decided he needed a woman to enjoy it with. Going to a singles' bar, he spotted a woman whose beauty took his breath away. "I'm jus an ordinary man," he said, walking up to her, "but in just a week or two, my father will die and I'll inherit 20 million dollars." The woman went home with Charles, and the next day she became his stepmother.

Windermere Court Apartment Fire Victim Relief Effort

The New Hope A. M. E. Zion Outreach Mission of Poplar Street A. M. E. Zion Church, Inc., in concert with other Civic and Religious minded individuals and organizations, have come together to provide the Windermere Court Apartments fire victims with emergency relief. This relief is in the form of food, clothing, bed linens, and toiletries.

Distribution Site:

Alleyne Memorial A. M. E. Zion Church
corner of 55th & Thompson Streets,
(1 block North of Girard Ave).

Date & Time:

Friday January 21, 2011..... 12 noon to 6:00 p.m.
Saturday January 22, 2011.....12 noon to 6:00 p.m.

Proper Resident ID will be required for distribution.

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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We are asking that the head of each household contact Pastor Easton by phone, at New Hope A. M. E. Zion Outreach; 215-844-4260, for more information and to register for their distribution pick up.
---- Coalition members! Activate '[Your](#)' [web link](#) on The Coalition, Inc. web site ----

Hunger Coalition starts Adopt-A-Pantry project

Food pantries and soup kitchens feed more than 316,000 people in Philadelphia every year.

To support them, the [Greater Philadelphia Coalition Against Hunger Coalition](#) has initiated an online Adopt-A-Pantry program.

Visitors to the Coalition's site are offered an opportunity to read the stories behind area food pantries and soup kitchens and "adopt" it by making a recurring monthly donation to help the program buy food, paper goods, cooking utensils, kitchen equipment and other necessities. Donors can also make a one-time contribution. Donation is 100 percent tax-deductible.

For more information or to donate, go [here](#)

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The Crisis in Haiti is Not Yet Over!

During the demolition of the Berlin Wall, it was necessary to transplant The remains of composer Ludwig Von Beethoven. The fragile casket fell apart in the process and several manuscripts were discovered. Upon examination they found that the musical scores had been erased. The deceased had been decomposing. (Bravely submitted by Rev. Larry Falcon, longtime supporter of The Coalition, Inc.)

Please continue to contribute whatever you can 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

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>

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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.

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.

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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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

suasion \SWAY-zhun\ The act of persuading; persuasion.

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.

