



We all hold a piece to the puzzle
Friday 04 March 2011

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News From The Coalition, Inc.

"Communication – Cooperation – Collaboration"

Volume 5, Number 26

Greetings Coalition Family!

Welcome to our Women's History Month editions. We invite you to share your favorite facts, bios and quotes throughout this month of March in celebration of strong women everywhere.

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has." - Margaret Mead

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.](#)

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

Young people sought to produce documentary on child obesity
The Community Enrichment Fitness Network, which for five years has broadcast on community access channels, is preparing a special on childhood obesity and is looking for young people between 8 and 25 to participate in the production.

The program will focus on the dangers of obesity and how young people can make the lifestyle choices to avoid it.

Volunteer opportunities abound for acting roles, TV production, and promotions and public relations.

For more information, call 215-858-4957

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Cap4Kids Hint of the Week

Subfreezing temperatures outside, but not too soon to get the families we served thinking about summer plans.

On the Cap4Kids website, under After School Programs/Camps http://www.cap4kids.org/philadelphia/parent_handouts/after_school_programs_camps.html you will find a whole sub-section on Summer Camps.

Already Dragonfly Forest Camp and others are beginning their application process for Summer 2011.

Registering children for Kindergarten is an extremely important first step in the path to a successful educational road. On the

www.cap4kids.org/philadelphia website,

under the Education Resources tab

(http://www.cap4kids.org/philadelphia/parent_handouts/education.html) you will find the attached Kindergarten registration document as well as info on what parent need to do to register their child for school in general.

There are also many other resources for ESL learners, Out of School youth, Teen parents and college prep and scholarship programs.

Did you know that Early Childhood Caries (cavities) are the MOST common chronic childhood disease in America?

Did you also know that the American Academy of Pediatrics and American Academy of Pediatric Dentists recommends that children start seeing a dentist at 1 year of age?

To promote dental health and to advocate for the oral health of children Public Citizens for Children and Youth (PCCY) are having their Give Kids a Smile day with FREE dental care at over 20 sites around

What is hateful to thyself do not do to another. That is the whole Law, the rest is Commentary. (Jewish 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.*

Philadelphia (see fliers in [The Coalition Group](#)).

Also, on the www.cap4kids.org/philadelphia website, under Physical Health

http://www.cap4kids.org/philadelphia/parent_handouts/physical_health.html you will find several resources for finding a dental home for children, including a printable listing of children dentists that accept Medicaid and SCHIP.

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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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THIS WEEK

Aissia Richardson To Speak At Ethical Society

On Sunday, February 27 from
11:00 AM to 2:00 PM,

Aissia Richardson will speak at the
Ethical Society of Philadelphia,
1906 Rittenhouse Square,
on the topic,

From Civil Rights to Economic and Environmental Justice: Ongoing
Organizing in the African American Community. Please join the

discussion. For more information about the Ethical Society or directions to the site, call 215-735-3456.

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Please join me on February 27 to learn about the work of the African American United Fund and the exciting collaborations we have formed to realize our mission to improve our community.

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.

Aissia Richardson, President
African American United Fund
2227 N. Broad Street
Philadelphia, PA 19132
215-454-2583 phone/fax
Website: www.aauf.org
Blog: <http://aaufpa.blogspot.com/>
Twitter: akoben

You can find AAUF on MySpace and Facebook too!

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EMPLOYMENT AND TRAINING OPPORUNITIES

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

Campus Philly announces 2011 Online Internship Fair

Campus Philly has announced its annual Spring Online Internship Fair, February 28th – March 6th.

<http://careers.campusphilly.org/>

Employers interested in recruiting summer interns are encouraged to participate.

Campus Philly works with its 27 partner colleges and universities to promote the online event. Last year, over 1,600 students participated, vying for 600 internship positions.

Internships are intended to be mutually beneficial - students gain valuable work experience and companies are able to work efficiently and infuse their workplace with vibrant talent and new ideas.

Employers wishing to participate in the free online fair should visit here.

For more information, call Alethia Calbeck at 215.988.1707 ext 104

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HEALTH MATTERS

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We do not condemn the preachers as an individual but we condemn what they teach. We urge that the preachers teach the truth, to teach our people the one important guiding rule of conduct - unity of purpose. - Malcolm X

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.

Staying Smoke-Free

For most people, quitting is not the biggest challenge; it's staying quit. The final key to successful quitting is being prepared to handle difficult situations and to recover if you slip.

According to the Centers for Disease Control and Prevention, you are at greatest risk for relapse in the first three months after quitting. Plan ways you can cope when you are around other smokers or in difficult situations where you're tempted to take a puff.

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If you used to smoke to handle stress or calm your nerves, it's important to find other ways to do that—because stressful things will always happen sooner or later. Try to integrate stress reduction into your daily life. Some people find it helpful to meditate, to do yoga or tai chi, or to go for a run.

If you do slip and have a smoke, don't beat yourself up, and don't give up. Instead, think of what you can learn from this. Review what led you to smoke. Were you alone, or with others? How were you feeling before and after that cigarette? Did something happen that triggered the slip, such as a stressful time at work or a family fight? Was the trigger a time or place you used to smoke: drinking in a bar, driving in the car, talking on the phone? Plan how you'll avoid or cope with that the next time. Ask for help from friends or experts.

Limit or monitor your use of coffee and alcohol; these trigger the urge to smoke for many people.

Eat healthy foods and get some exercise to manage your weight and moods. Just walking for ten minutes three times a day can do it. ¹⁴

¹⁴While some people do gain weight when they quit smoking, research shows that large weight changes are unusual. Using medication also helps limit weight gain.

Remind yourself of the benefits of not smoking. Think about smoother

skin and healthy lungs. Picture yourself not smoking at important events—your friend's wedding, your family reunion.

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I have been dismayed at the degree to which abysmal ignorance seems to prevail among state, city and even Federal officials on the whole question of racial justice and injustice...But this white failure to comprehend the depth and dimension of the Negro problem is far from being peculiar to government officials...It seems to be a malady even among those whites who like to regard themselves as "enlightened."...I wonder at (persons) who dare to feel that they have some paternalistic right to set the timetable for another (person's) liberation. Over the past several years, I must say, I have been gravely disappointed with such white "moderates." I am inclined to think that they are more of a stumbling block to the Negro's progress than the White Citizen's Counselor or the Ku Klux Klanner. – Dr. Martin Luther King Jr. in a Playboy interview (Jan. 1964)

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You'll find many more ideas to help you cope with cravings and tough times at the www.smokefree.gov website's [Forever Free™ booklet series](#) for smokers who have recently quit.

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FILL UP ON COPPER THIS COLD AND FLU SEASON: Doctors say during the cold and flu season people who take a zinc pill a day to keep illness away should be careful about depleting their copper levels. Zinc can inhibit the body's ability to absorb copper, they said. "Studies show that supplementing your diet with 15 milligrams a day of elemental zinc over time can adversely affect copper absorption," said Nancy Betts, professor of nutritional science and dietetics at the University of Nebraska in Lincoln. During the winter, people also increase their intake of herbal teas that contain tannins such as black cohosh, grape seed, St. John's Wort and saw palmetto. These herbs have an acid substance that can possibly alter the absorption of copper, as well as other minerals the body needs like iron, magnesium and zinc. Maintaining sufficient copper levels in the body is important because copper is key to proper functioning of the cardiovascular system, Betts said. "People taking zinc to ward off colds should simultaneously supplement with a vitamin and mineral supplement with 1.5 to 3 mg of copper per day," Betts said. "Copper is found in a wide variety of foods, including chocolate, liver, shellfish, meats, nuts, legumes, whole grain cereals and raisins."

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Elderly at risk from cold stress can get help

The elderly population is disproportionately affected by hypothermia (commonly known as cold stress), caused by excessive body heat loss and exposure to cold. Those who don't dress warmly enough; live in a cold room or house; lack shelter from the snow, rain, wind, and water; eat poorly and take certain prescription medications are at risk for cold stress. Cold stress can happen indoors, even at temperatures as mild as 60°-70°F. Neighbors, friends and relatives are urged to check in on elderly persons since they may be especially vulnerable to cold stress. People can protect themselves by following these simple guidelines, according to Sharon Congleton, RN, BSN, health promotion nurse supervisor at Philadelphia Corporation for Aging –

Because whites fear white genetic annihilation, and because only males can initiate sexual intercourse forcefully, during slavery Black males were oppressed more harshly than Black females. This pattern of greater pressure on the non-white male is historic and continues. This explains why Black males are victimized harshly by police brutality and arrest and also illuminates why they are victimized most harshly by the educational system. Because of their extreme victimization in these two areas, Black males have the highest levels of unemployment and underemployment, the highest rates of prison incarceration, the highest incidence of school failure and school drop-out rates, the highest incidence of alcoholism, the highest rates of drug use addiction, the highest homicide rates, the most rapidly increasing suicide rate and the shortest life span. Also, the Black male most often finds himself outside of the Black family structure in the epidemic condition of homelessness.

Dr. Frances Cress Welsing, THE ISIS PAPERS

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To join The

- Stay warm and dry, indoors and outdoors
- Avoid exposure to snow, wind, rain and water/dampness
- Dress warmly
- Wear loose layers of clothing, especially woolens
- Cover head and neck (wear a hat and scarf)
- Wear gloves or mittens
- Change socks and long underwear if they become damp or wet
- Wear warm shoes and socks
- Keep skin and clothing dry to lessen the chance of frostbite
- Eat nutritious meals on a regular basis, especially a hot meal
- Drink a lot of fluids

Congleton also says that among things not to do in an emergency are giving hot drinks, hot food, alcohol, medications, baths or showers and do not rub or massage arms or legs

Senior citizens in Philadelphia can call the PCA Helpline Monday through Friday, from 8:30am to 5pm at 215-765-9040. Information on assistance programs and tips for keeping warm is available on the [web here](#).

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Modifications Make Home Livable For Elderly

When you have difficulty with mobility issues, such as climbing the stairs, getting in and out of the tub, frailty or transferring from chair to standing, a few simple home modifications can help.

Typical modifications would include stair glides, grab bars in the bathroom, raised toilet seats, tub benches, installation of a personal emergency response system and if housing regulations permit, a ramp or wheelchair lift. These allow increased independence and increased safety.

If you do not have the resources to hire a handyman or contractor, some home modification programs may be available (there may be a waiting list):

- Senior Housing Assistance Repair Program (SHARP) – Home repairs and modifications for low income senior homeowners (215.765.9040)
- PCA's long-term care programs, including Family Caregiver Support Program, Options, Medical Waiver and NHT (215.765.9040)
- BRAVO Health (1.800.291.0396)
- Adaptive Modification Program at the Philadelphia Housing Development Corporation (215.448.2160)

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*Education is a human
right with immense power
to transform. On its
foundation rest the
cornerstones of freedom,
democracy and
sustainable human
development. - Kofi
Annan*

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

Development Corporation (215.448.2160)

- JEVS home modifications and assessment programs
(267.398.1300)

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Get Fresh!

Volunteer with Philabundance Fresh for All

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

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

GREEN PIECE

Repurposing Tips

1. Repurpose an old frame for a vanity tray that's pretty as a picture.
Place a piece of colored paper or fabric inside as a finishing touch.
2. A toothbrush's bristles lift away stray threads of silk from fresh ears
of corn quickly and efficiently.
3. At a party, stash ice in a colander set on top of a bucket or a bowl.
Water will drain out, and guests will get only the solid stuff.
4. Make no-mess pancakes with the help of a ketchup bottle: Pour in
batter, and then squeeze out precise portions.
5. Stop searching high and low for hair clips and elastics: Store them
tidily on an empty Toilet Paper tube.
6. The cardboard tube from a spent roll of toilet tissue is a
wonderfully simple tool for keeping extension cords tangle-free.

"The power of a movement lies in the fact that it can indeed change the habits of people. This change is not the result of force but of dedication, of moral persuasion." - Steven Biko

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7. Pick up interesting cardboard coasters at restaurants and bars you visit along your travels. Punch a hole near the edge, thread some ribbon through, and voilà!: homemade gift tag.
8. Chalk is a moisture absorber: Tie up a few pieces in cheesecloth and store them with your good silver to slow any tarnishing.
9. Vegetable oil will put a shine on leather shoes. Use a damp cloth to remove any dirt, then run a soft cloth with a drop of oil over the surface to (literally) add polish. Tuck a few needles, pins, and thread into a matchbox for an instant sewing kit.
10. Transform a six-pack holder into a condiment tote that's ideal for summer picnics.
11. Have an old cassette case hanging around? (Oh, you know you do.) Coil iPod earphones and tuck them in to keep wires uncrossed.
12. Forget unruly plastic bags that seemingly regenerate under your sink. An empty tissue box keeps them neatly corralled and ready for use.
13. A giveaway shower cap becomes the perfect wrapper for shoes when traveling, preventing them from dirtying clothes packed in your suitcase.
14. A hard plastic soap case is the perfect size to protect a camera stashed in a carry-on bag.
15. Warehouse your shoes in an empty wine-bottle carton wrapped in pretty paper. A lemon works to remove tough food stains from a plastic or light-colored wood cutting board. Squeeze on the juice of one half, rub it in, and let sit for 20 minutes before rinsing.
16. Silence cabinet doors that slam with cork sliced into thin disks and glued onto the inside corners.
17. Organize bills• arranged in the order in which they need to be paid off• in an unused napkin holder.
18. A paint chip strip makes a dandy place card: Cut off a length of two colors, then fold.
19. Shower-curtain hooks provide sturdy storage for heavier items, like purses.
20. Liberally apply cooking spray to both sides of a plastic or metal shovel before clearing away snow, and ice will slide right off instead of building up.
21. Attach a magnet to the inside of a metal medicine cabinet, and you can promptly pluck tweezers (or nail clippers) when needed.

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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](#)

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GRANTS, SCHOLARSHIPS & INSTRUCTION

Being born, especially being born a person of color, is a political act in itself. - Andres Serrano

See: *For-profit colleges prey on low-income students*
in our online group

<http://groups.google.com/group/coalition-the>
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Pathways offers English language courses in Darby

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PathWays PA is offering a course meant for those interested in learning and improving their English while also covering United States history, work skills, the citizenship process, employment, math and reading.

The course is held on
Mondays & Wednesdays from
9:30 to noon or Tuesdays & Thursdays from 5-7:30pm at the
Darby Borough Hall,
821 Summit Street in Darby.

For more information about the class,
call Kelly Binder at 610-543-5022 X 227 or email her
kbinder@pathwayspa.org

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MetLife supports community, police partnerships

The Community-Police Partnership Awards, sponsored by the MetLife Foundation and the Local Initiatives Support Corporation, recognize innovative partnerships between community groups and police to promote neighborhood safety and revitalization.

Six Neighborhood Revitalization Awards, ranging from \$15,000 to \$25,000, will celebrate exemplary collaboration between community groups and police that yield crime reduction as well as economic development outcomes such as real estate development, business attraction, and job growth. Five Special Strategy Awards of \$15,000 each recognize exemplary collaboration between community and police partners who have achieved significant public safety outcomes in six specific categories. The preliminary application deadline is February 28, 2011. Program details are available on the LISC [website](#).

2011. Program details are available on the LISC [website](#).

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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>.

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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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[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

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*We do not want the men
of another color for our
brothers-in-law, but we do
want them for our
brothers.
Booker T. Washington*

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<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.

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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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*I don't believe in failure.
It is not failure if you
enjoyed the process. -
Oprah Winfrey*

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, 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.

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

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Let me tell young people this - you may encounter many defeats, but you must not be defeated. It may even be necessary to encounter some defeats to know who you are. - Maya Angelou

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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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.

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*From what we get, we can
make a living; what we
give, however, makes a
life.*

Arthur Ashe

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.
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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.lwfslaverymuseum.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".

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

The Philadelphia Social Science Forum
in honor of Black History Month presents

"An evening with Martha Prescod Norman Noonan"

co-editor of the recently published

"Hands on the Freedom Plow: Personal Accounts by Women in SNCC"

Martha Noonan is an experienced Civil Rights activist and teacher of history. She was active in the Student Nonviolent Coordinating Committee.

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The whole idea of a stereotype is to simplify. Instead of going through the problem of all this great diversity - that it's this or maybe that - you have just one large statement; it is this. - Chinua Achebe

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publish date and in
[Press Release form.](#)*

Additional Remarks by
Debbie Amis Bell, Founding Member of SNCC
District Organizer, Communist Party of Eastern PA & DE

Friday, February 18, 2011 7:00 P.M.
Tabernacle United Church
3700 Chestnut Street
Philadelphia, Pennsylvania

\$5.00 admission/\$2.00 students and unemployed
\$10.00 for the 3 winter/spring forums (Feb. 18, March 18, April TBA)
(Light refreshments will be served)

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For more information:
(215) 222-8895 or rperna@cpusa.org

*Trying to change this
government from within is
akin to allowing oneself to
be eaten by a shark
in order to convince him
to become a vegetarian...
Ga'Kufu Ngozi Madu*

Sponsors:
Friends of the People's World; Communist Party of E. PA and Delaware
United for Peace and Justice/Delaware Valley Network (UFPJ/DVN)
Education Committee
Philadelphia Black Radical Congress
National Writers Union Philadelphia Chapter

Endorsed by: Brandywine Peace Community
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**National Support Agency for Schools and Communities and the
National Black Arts Spoken Word Tour seek venues and sponsors**

We are seeking your organizations as a site and venue host or sponsor of one or more events and activities which will highlight a supportive scheduling about Non-Violence and PEACE. Schools(public, parochial, charter, boarding & Independent), Social Agencies, Community Groups, Juvenile Detention Facilities, College Campuses, Recreation Centers and Churches have all become the wealth of respondents and provided the necessary support for insuring the success of these convenings as a part of the National Support Agency for Schools and Communities and the National Black Arts Spoken Word Tour.

For more information contact:

Dr. Maurice Henderson
National Support Agency for Schools, Communities & Agency Providers
2340 Tasker Street

Philadelphia, PA. 19145
mauricebrianhenderson@yahoo.com

(267) 230-0317 Cell
(215) 987-7918 Cell
(215) 820-7571 Office
(856) 691-8600 ext 814

Faculty office at

Cumberland County College (New Jersey)

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The means by which we live have outdistanced the ends for which we live. Our scientific power has outrun our spiritual power. We have guided missiles and misguided men. - Martin Luther King, Jr.

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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

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:

March 14, 2011

Apr. 11, 2011

May 10, 2011

June 14, 2011

Sept. 12, 2011

Oct. 10, 2011

Nov. 8, 2011

Dec. 13, 2011

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 * * *

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

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The time is always right to do what is right. - Martin Luther King, Jr.

JOIN THE COALITION, INC!

To join The Coalition go to:

TheCoalitionInc.net

and download a copy of the Pledge of

Commitment and

return it to us

the.pa.coalition@gmail.com

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

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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*I've missed more than
9000 shots in my career.
I've lost almost 300
games. 26 times, I've been
trusted to take the game
winning shot and missed.
I've failed over and over
and over again in my life.
And that is why I succeed.
- Michael Jordan*

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

The Crisis in Haiti is Not Yet Over!

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>

FREQUENTLY ASKED QUESTIONS

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

"They applauded us in the sit-in movement when we non-violently decided to sit in at lunch counters. They applauded us on the freedom rides when we accepted blows without retaliation. They praised us in ... Birmingham and Selma, Alabama. Oh, the press was so noble in applause and ...praise when I would say "Be non-violent toward Bull Connor,"... "Be non-violent toward Jim Clark," There is something strangely inconsistent about a nation and a press that would praise you when you say, "Be non-violent toward Jim Clark," but will curse you and damn you when you say, "Be non-violent toward little brown Vietnamese children!" Martin Luther King, Jr. in "Why I am opposed to the war in Vietnam", 30 April 1967, Ebenezer Baptist Church, Atlanta

**JOIN THE
COALITION,
INC!**

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 -----

To join The Coalition go to: TheCoalitionInc.net and download a copy of the Pledge of Commitment and return it to us the.pa.coalition@gmail.com

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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

nonagenarian

\non-uh-juh-NAIR-ee-uhn; no-nuh-\,

A ninety year old person; someone whose age is in the nineties.

