

The Urban Cartographer Online
www.eightcitiesmap.com

presents



**News From
The Coalition, Inc.**

Notice:
The newsletter is now available
[in .pdf format.](#)

Seems as if we are experiencing problems with our attachments. We will investigate and hopefully have this problem corrected by next issue. Meanwhile here is the news in embedded form. We apologize for any inconvenience.

News From

The Coalition, Inc.

Friday 13 May 2011

“Communication – Cooperation – Collaboration” Volume 5,

Number 35

The Coalition, Inc. Board of Directors

Gary R. Adams (President/CEO), John E. Churchville (Treasurer),

Members:

Josephine Blow, Stanley Daniels, Edwin Desamor, Nijah Famous, Tom

‘Bunny’ Henry, Abdul Malik Raheem, Lewis Williams,

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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.

A Friend is one to whom one may pour out the contents of one's heart, chaff and grain together, knowing that the gentlest of hands will take and sift it, keep what is worth keeping and with a breath of kindness blow the rest away. - Arabian 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.

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The challenge may not be easy, but it is possible. - Unknown

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.

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

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“Forgive or relive!” - Unknown

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"What you RESIST, PERSISTS. If you take ownership and deal with things that are bothering you, then, in the very process of dealing with them they very often will go away." - Unknown

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"Everyone thinks of changing the world, but no one thinks of changing himself." - Leo Tolstoy

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"If you would win a man to your cause, first convince him that you are his sincere friend. Therein is a drop of honey that catches his heart, which, say what you will, is the great high-road to his reason, and which, when once gained, you will find but little trouble in convincing his judgment of the justice of your cause." - Abraham Lincoln

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Adversity is sometimes hard upon a man; but for one man who can stand prosperity, there are a hundred that will stand adversity. - Thomas Carlyle

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Loss is nothing else but change, and change is Nature's delight. -
Marcus Aurelius

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Leaders don't wait. They shape their own frontiers. The bigger the challenge, the greater the opportunity. - Unknown

Coalition members! Get 'Your' web link on The Coalition, Inc. web site

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Manifest plainness, embrace simplicity, reduce selfishness, have few desires. - Lao Tzu

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Reading is knowledge and knowledge is power. - Unknown

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Fashion is what you adopt when you don't know who you are. - Quentin Crisp

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"Destiny is not a matter of chance, but of choice. Not something to wish for, but to attain." - William Jennings Bryan

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"There is no such thing in anyone's life as an unimportant day." - Alexander Woollcott

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Hereeeeeeeeeeeeeees... Kathy's Korner!

I'll be sharing some signs seen on churches from around the country,
not meant to be offensive, but may even be inspirational!

"No God -- No Peace. Know God -- Know Peace."

"Free Trip to heaven. Details Inside!"

"Try our Sundays. They are better than Baskin-Robbins."

"Searching for a new look? Have your faith lifted here!"

(Kathy Parsons is a regular contributor.)

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Sage Advice from Children

(Thanks, Tom)

Don't ever be too full for dessert.

Kelly, Age 10

WORD-OF-THE-WEEK

biddable \BID-uh-buhl\, Easily led or commanded; obedient. Capable of being bid.

Greetings Coalition Family!

Now you know we don't do shout-outs, but if we did... Coalition member, Jus' Words held its' 8th anniversary celebration at Dowlings Place last night and the house was crazy with talent! I stopped in for a moment (work the next day) and stayed until nearly 1AM! Music! Comedy! Spoken Word artists raising the ceiling and lowering the floor. Special ups to our own Mrs. Betty's Son (Sheister) who did not let us forget that this is his house.

Featured artist Taalam Acey, who was presented with the People's choice Award, grabbed the audience's collective conscience by the collar and slapped it to attentiveness and went nose to nose with apathy's they didn't know they had, then forced an anti-ignorance pill down its' throat and walked off stage leaving them exhausted from the experience. Regular contributors showed why they are the staple of the club.

Gotta get back there!

Jus' Words at Dowlings Place

1310 No. Broad St. Phila

Every Thurs. 9pm to 1am

"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

“Communicate... Cooperate... Collaborate”

“We each hold a piece to the puzzle.” – Dr. John Elliott Churchville

FOR OUR CHILDREN

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

Cap4Kids Hint of the Week

Have you heard of the Beehive Philadelphia? This site, listed on the www.cap4kids.org/philadelphia website, lists numerous resources for Philadelphians to help them succeed including information on Health; Employment; Schools; Finances; and Housing. Listed in the Employment (http://www.cap4kids.org/philadelphia/parent_handouts/employment_job_training.html) and Education (http://www.cap4kids.org/philadelphia/parent_handouts/education_resources.html)

handouts,

please become familiar with the Beehives many capabilities.

----- Coalition members! Activate ‘Your’ web link on The Coalition, Inc. web site -----

Phila. Children’s Foundation

sponsors NE Summer Resource Fair

The Philadelphia Children's Foundation will sponsor its
2011 Summer Resource Fair on
Saturday, May 21st from
10am to 1pm at the
Mayfair Community Center at
2990 St. Vincent St. in Philadelphia.

For more details and to register, visit [here](#).

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School District publishes summer course guide for parents

The School District of Philadelphia has published the summer course
descriptions for its Parent University.

Parent University is based on research which shows that when
families are involved in learning, they will play an active role in
the educational process. This increase in parental engagement will
positively contribute to the child's academic and social success.

The program engages parents in innovative and meaningful
partnerships for learning. By offering workshops and classes, Parent
University develops a strong professional learning community to
increase student achievement.

To download the summer catalog, go [here](#).

THIS WEEK

Kensington coalition to hold provider summit

The Our Communities Connect is sponsoring a Provider and Community Summit on Friday, May 6th from 12:30 TO 3:30pm at the Community Women's Education Project, 2801 Frankford Avenue in Philadelphia's Kensington section. The event includes lunch.

The coalition has been formed to increase access to behavioral health, spiritual health, and physical health services in North Philadelphia.

The purpose of the summit is to engage providers in becoming a part of the OCC new referral system of resources and services available for vulnerable children, youth, and families that reside in the 24th and 25th police districts. Participants are urged to bring information about your organization and programs to share with the attendees.

To RSVP, email here or call 215-426-2200.

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Drexel, Sesame Workshop schedule workshop on hunger

Dr. Jeanette Betancourt, a senior vice president at the Sesame Workshop, will deliver a special lecture on hunger and Sesame Workshop's Food for Thought project on Wednesday, May 18th at 4:30pm at the Friends Center, 1501 Cherry Street Philadelphia.

The lecture is sponsored by the Drexel University School of Public Health and its Center for Hunger Free Communities, in partnership with Sesame Workshop and St. Christopher's Hospital Children.

RSVPs are requested here.

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Teen program seeks donations for Shoes for Life event

Teenshop is collecting new and "gently worn" shoes to be donated at its upcoming event to take place on Saturday, May 14th.

Shoes of all sizes and for all ages are being accepted.

The Shoes for Life Community Service Project provides shoes for people in need.

The shoes have been collected by the more than one hundred girls enrolled in its Philadelphia chapters. They will be made available to people referred through local social service organizations who will pick them up at a community center which is being turned into a shoe store. The Temple University School of Podiatry is participating by providing podiatrists onsite to do foot care evaluations.

The event will take place at the Laborers' Local 332 Union Hall, 1310 Wallace Street, at 10am.

For additional information or to donate shoes, call 215-851-1842.

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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.

F.Y.I.

Urban Affairs Coalition publishes new foreclosure guide

The Urban Affairs Coalition and the UAC Foreclosure Prevention Task Force have announced the publication of the Foreclosure Prevention Resource Guide Winter/Spring 2011 Edition.

The Guide is designed to help professional housing counselors and homeowners in the Philadelphia five-county region better navigate the mortgage foreclosure process and the foreclosure prevention programs available to homeowners.

Highlights of updates from the last edition include information on the termination of some programs and the creation of new ones, such as the FHA Short Refinance program for “underwater” homeowners with non-FHA mortgages and the Emergency Homeowners’ Loan Program, which is anticipated to help homeowners in foreclosure who experience involuntary unemployment, underemployment or loss of income due to a medical condition. Through EHLP, Pennsylvania will receive nearly \$10.6 million to assist struggling homeowners.

To download the guide, go [here](#).

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Accounts Payable/Receivable Clerk

Philly Temps is currently recruiting for Accounts Payable and Receivable Clerks for several clients in the Philadelphia area.

Qualified candidates will be responsible for all general accounting work and other office duties as assigned. Must have Associates degree or an Accounting Certificate, 1-3 years experience, good Microsoft Excel skills and QuickBooks is a plus.

All qualified candidates please email your resume' to Joboftheweek@phillytemps.com or call 215.731.1010 for more information.

Please tell them Sandra Ali/WORD 900AM sent you.

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HEALTH MATTERS

9 Reasons To Drink Water

by Mr. Review under Featured Articles

We all know that water is good for us, but often the reasons are a little fuzzy. And even if we know why we should drink water, it's not a habit that many people form.

But there are some very powerful reasons to drink lots of water every day, and forming the habit isn't hard, with a little focus.

The thing about it is, we don't often focus on this habit. We end up

drinking coffee, and lots of soda, and alcohol, not to mention fruit juices and teas and milk and a bunch of other possibilities. Or just as often, we don't drink enough fluids, and we become dehydrated — and that isn't good for our health.

I've made drinking water a daily habit, although I will admit that a couple of years ago I was more likely to drink anything but water. Now I don't drink anything but water, except for a cup of coffee in the morning and once in awhile a beer with dinner. I love it.

Here are 9 powerful reasons to drink water (with tips on how to form the water habit afterwards):

1. Weight loss

Water is one of the best tools for weight loss, first of all because it often replaces high-calorie drinks like soda and juice and alcohol with a drink that doesn't have any calories. But it's also a great appetite suppressant, and often when we think we're hungry, we're actually just thirsty. Water has no fat, no calories, no carbs, no sugar. Drink plenty to help your weight-loss regimen.

2. Heart healthy

Drinking a good amount of water could lower your risks of a heart attack. A six-year study published in the May 1, 2002 American Journal of Epidemiology found that those who drink more than 5 glasses of water a day were 41% less likely to die from a heart attack during the study period than those who drank less than two glasses.

3. Energy

Being dehydrated can sap your energy and make you feel tired — even mild dehydration of as little as 1 or 2 percent of your body weight. If you're thirsty, you're already dehydrated — and this can lead to

fatigue, muscle weakness, dizziness and other symptoms.

4. Headache cure

Another symptom of dehydration is headaches. In fact, often when we have headaches it's simply a matter of not drinking enough water.

There are lots of other causes of headaches of course, but dehydration is a common one.

5. Healthy skin

Drinking water can clear up your skin and people often report a healthy glow after drinking water. It won't happen overnight, of course, but just a week of drinking a healthy amount of water can have good effects on your skin.

6. Digestive problems

Our digestive systems need a good amount of water to digest food properly. Often water can help cure stomach acid problems, and water along with fiber can cure constipation (often a result of dehydration).

7. Cleansing

Water is used by the body to help flush out toxins and waste products from the body.

8. Cancer risk

Related to the digestive system item above, drinking a healthy amount of water has also been found to reduce the risk of colon cancer by 45%. Drinking lots of water can also reduce the risk of bladder cancer by 50% and potentially reduce the risk of breast cancer.

9. Better exercise

Being dehydrated can severely hamper your athletic activities, slowing you down and making it harder to lift weights. Exercise requires

additional water, so be sure to hydrate before, during and after exercise.

How to form the water habit

So you're convinced that water is healthier, but you'd like to know more about how to make drinking water a daily habit.

Here are some tips that have helped me:

- How much water?

This is a debatable question. What's clear is that the old recommendation of "eight 8-ounce glasses a day" isn't right, for several reasons: that amount includes all dietary water intake, including food and non-water beverages; it also ignores a person's body weight, which is an important factor in figuring the amount; it also varies if you are sick or exercise. It's also not good to just drink when you're thirsty — you're already dehydrated by then. Best is to form a routine: drink a glass when you wake up, a glass with each meal, a glass in between meals, and be sure to drink before, during and after exercise. Try to generally keep yourself from getting thirsty.

- Carry a bottle

A lot of people find it useful to get a big plastic drinking bottle, fill it with water, and carry it around with them all day. I like to keep a glass of water at my desk, and I drink from it all day long. When it's empty, I fill it up again, and keep drinking.

- Set a reminder

Set your watch to beep at the top of each hour, or set a periodic computer reminder, so that you don't forget to drink water.

- Substitute water

If you would normally get a soda, or an alcoholic beverage, get a glass of water instead. Try sparkling water instead of alcohol at social functions.

- Filter

Instead of spending a fortune on bottled water, invest in a filter for your home faucet. It'll make tap water taste like bottled, at a fraction of the price.

- Exercise

Exercising can help make you want to drink water more. It's not necessary to drink sports drinks like Gatorade when you exercise, unless you are doing it for more than an hour. Just drink water. If you're going to exercise, be sure to drink water a couple hours ahead of time, so that it will get through your system in time, and again, drink during and after exercise as well.

- Track it

It often helps, when forming a new habit, to keep track of it — it increases awareness and helps you ensure that you're staying on track. Keep a little log (it can be done on an index card or a notebook), which can be as simple as a tick mark for each glass of water you drink.

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Break The Habit!

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.

In our continuing efforts to help the tobacco addicted to help themselves, we are presenting the American Cancer Society's Ten Point Plan. This is the fifth of the series. We hope you find it helpful.

5- How to quit- Your Quit Day

On your Quit Day:

- Do not smoke. This means none at all -- not even one puff!
- Keep active -- try walking, exercising, or doing other activities or hobbies.
- Drink lots of water and juices.
- Begin using nicotine replacement if that is your choice.
- Attend stop-smoking class or follow your self-help plan.
- Avoid situations where the urge to smoke is strong.
- Avoid people who are smoking.
- Reduce or avoid alcohol.
- Think about how you can change your routine. Use a different route

to go to work, drink tea instead of coffee. Eat breakfast in a different place or eat different foods.

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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
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

Easy-To-Build Solar Panel

See simple instructions using free and inexpensive materials [HERE](#)

How do we bring up ALL people through the movement to build a more Sustainable City? There are some starter ideas FYI (For Your Inspiration) below.

Environmental Justice Videos

1. Van Jones at GreenFest 2007 in Chicago:

<http://link.brightcove.com/services/player/bcpid901003925?bclid=900600164&bctid=895238457>

2. Majora Carter – “Greening the Ghetto” :

<http://www.ted.com/index.php/talks/view/id/53>

Free E-Newsletters

1. Public Education Network e-newsletter (Nice resources.):

http://www.publiceducation.org/newsblast_current.asp

2. Next Great City e-Newsletter (Lots of events): www.nextgreatcity.org

3. Philadelphia Higher Education Network for Neighborhood Development (PHENND) e-newsletter (Just awesome!): <http://phennd.communishare.org>

Philadelphia Initiatives

1. City of Philadelphia Going Green: <http://www.phila.gov/green/index.html>

2. East Coast Greenway Pennsylvania: <http://www.greenway.org/gw-pa.htm>

3. Greater Philadelphia Environmental Network: <http://www.gpen.org/>

4. Next Great City Initiative: <http://www.nextgreatcity.com/>

5. Urban Green Partnership: <http://urbangreenpartnership.org/what-is-green/>

6. Urban Sustainability Forum:

<http://www.sustainablephiladelphia.com/index.html>

7. SustainLane City Rankings:

<http://www.sustainlane.com/us-city-rankings/overview.jsp>

Other

The National Religious

1. Partnership for the Environment <http://www.nrpe.org/>
2. PennFuture: <http://www.pennfuture.org/>
3. PennEnvironment: <http://www.pennenvironment.org/>
4. The Pennsylvania Environmental Council www.pecpa.org

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

For sustainable enterprise go to Green Jobs Philly

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

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40 Ways to Save on Almost Anything

GRANTS, SCHOLARSHIPS & INSTRUCTION

Financial Literacy for Non-Profit Professionals

Financial Literacy for Non-Profit Professionals

Terry Travis, Assistant VP for Development at La Salle University with

some practical information about financial literacy – from a basic explanation of developing and managing a budget, to balance sheet terms, to reporting fundraising numbers, or speaking with potential donors – here are the terms and concepts you need to be able to use with confidence.

The workshop is free and open to the community.

May 20th

Music Room on the second floor in the

La Salle Union building from

9:00 to 11:30

with a light breakfast starting at 8:30.

Please contact Louise Giugliano,

Director of Service-Learning

with your name, organization and email to register.

Louise C. Giugliano

Director of Service Learning

La Salle University, Box 829

giuglian@lasalle.edu

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Internship Grants for Economic Recovery Organizations

Internship Grants for Economic Recovery Organizations

With funding made available from Learn and Serve America, PHENND will be awarding approximately 50 interns to qualified nonprofit agencies to employ college student interns for capacity-building projects.

Organizations must be working in the following areas: public benefit screening and enrollment, volunteer income tax assistance, financial education for youth or adults, micro-entrepreneurship training, workforce development, housing counseling, and other similar services aimed at low-income people. Interns will be paid a modest stipend by the organization; the organization will be reimbursed by PHENND upon completion of the project.

Organizations interested in the program can download the application.

Organizations are also encouraged to contact Hillary Kane to ask questions and learn more about the program. Hillary may be contacted at hillarya@pobox.upenn.edu or 215-573-2379.

Read more at: http://www.phennd.org/index.php/initiatives/initiatives/credit_path/

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SpotLight On Our Efforts

May Day of Honor for WWII veterans

We at ACES Museum would like to host a collaboration with you all to help raise money and awareness for our roles as community stakeholders in these destructive budget cuts. Here is some information about us and our website is www.acesmuseum.org,

For the past seven years, the May Day of Honor for WWII veterans Has been celebrated with a full day of programming involving ACES Museum and Vernon Park.

ACES Museum at 5801-3 Germantown Avenue houses the historic Parker Hall, a functioning USO for black soldiers during WWII and, the site of Makin' Da Nade slave exhibit and field trip program.

ACES Museum is a historically certified building, a 501 c 3 organization, and a member of Germantown Historical Society and other historical organizations. The ACES Day of Honor Program is number one on the Google search engine.

ACES Museum has systematically expanded innovative services in support of our communities, children and youth.

We advocate for our community development and created several programs to help sustain our communities. We have Reading Rangers our program that assist clients in transition from welfare to work. We have an Educational Enhancement Program for youth, we focus on science, math and reading and will soon introduce chess and sewing to our youth and adults. We also offer a History Puppet Show to teach about our Veterans who served this country and were not recognized for their service.

We would like to arrange a meeting with you all to discuss a city wide tour, that we hope to make national, addressing our role in building our community.

Thursday, May 26, 2011

10am at

ACES Museum

Light refreshments will be served.

Please let us know if this works for you.

Alicia Dorsey

Make It Happen!! LLC

267.283.8818

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Inc. web site -----

“One House at a Time” and Beds for Kids”

www.ohaath.org.

A furniture and bed ministry for families and children in need.

The One House at a Time ministry is a joint effort with Upper Dublin Lutheran Church. The use of our Welsh Road building is a huge plus for this ministry. Our goal is new beds for kids and outfitting as many homes with furniture as we can.

If you have gently used furniture that you would like to donate to families in need, please contact “One House at a Time” at 215-646-7812. Leave a message of what you wish to donate and a number where you can be reached. Your furniture will be picked up by volunteers and stored until it can be delivered to families in need.

Within this ministry there is a ministry called “Beds for Kids” that provides children with a new bed to sleep on.

You can volunteer to help with pick-ups, deliveries, or by sorting and boxing table settings, linens, kitchen appliances, pots and pans, and other goods, or phone hours, please

Contact Anthony Brummans

267-825-5127 or abrummans@comcast.net

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

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

Join us May 21, 1pm - 4pm @ Church of the Advocate, 18th & Father Paul Washington Avenue as we bring back the good times of the 60's & 70's. The drummers are calling us together to honor Fr. Paul and the Advocate. As we bestow honors and recall those times, we also honor

African drummers Baba Robert Crowder, Baba Robert Kenyatta, Baba Bobby Artis, Baba John Wilkie and Baba Leonard "Doc" Gibbs. These drummers are legends who have learned from the masters, passed on the knowledge and have taught young and old as well the art of drumming. Speakers and presenters include those who were the important figures the Black Power movement.

We are now selling advertisements in our souvenir booklet. Space is limited and time is short. Cut-off time is Friday May 6.

Prices are as follows:

Full Page	\$100
1/2 Page	\$60
1/4 Page	\$35

Send art work electronically to frpmwave@gmail.com, please put "souvenir booklet" in subject box.

Check or money to be addressed to Washington Center Outreach Foundation (WCOF) and mailed to P.O. Box 444 Secane, Pa. 19018 (Please include paper copy of art work).

For 21st century users:

Ads need to be 300DPI, CMYK color with 1/8 inch bleeds (keep all important text .25 inches in from the artwork's edge). Sizing is as follows:

1/4 Page: 4.25x5.5 (4.5x5.75 w/bleeds)

1/2 Page: 5.5x8.5 (5.75x8.75 w/bleeds)

Full Page: 8.5x11 (8.75x11.25 w/bleeds)

Listen for us on Thursday April 28th on WURD 900 AM with Jeffrey Hart
@ 4pm - 7pm & Friday May 6th on WURD with Fatima Ali 10:30am - 11:00
am.

For more information

Kemah 484-432-1242

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Peace walk seeks to strengthen interfaith partnerships

The eighth annual Philadelphia Interfaith Walk for Peace and
Reconciliation, billed as a "walking dialogue" among, Jews, Muslims,
Christians, Buddhists, Sikhs, Hindus and others, will take place on
Sunday, May 22nd from 2-6pm.

The walk steps off from three Philadelphia locations:

African Episcopal Church of St. Thomas,

6361 Lancaster Ave.;

Bawa Muhaiyaddeen Fellowship,

5820 Overbrook Ave.; and

Overbrook Presbyterian Church,

6376 City Avenue.

There will be scheduled stops along the route with prayers,
music, poems, stories, words of wisdom.

There will also be a pre-walk gathering for people from downtown at

12:30pm at

Al Aqsa Islamic Society,
1501 Germantown Ave.

A bus will transport people at 12:00 p.m. to the starting point of the walk at African Episcopal Church.

A bus will bring people back to Al Aqsa at the end, and it will accompany the walk for people who are unable to walk the distance.

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

----- Coalition members! Activate 'Your' web link on The Coalition, Inc. web site -----

Straight Up! Men's HIV Prevention Initiative

will be hosting it's

4th annual men's 3 on 3 Men's Basketball Tournament

Saturday June 4, 2011

Shepard Recreation Center

5700 Haverford Avenue .

The event will include HIV counseling and testing, screenings, other health information and of course a basketball tournament for men 18 years of age and older.

There is a cash prize for 1st and 2nd place, in the previous years it is an average of \$300 to the winner.

We are looking for teams interested in participating but keep in mind that the event is open to the public and will serve as a good way to

promote HIV testing in the community.

I hope that you can assist Straight Up! in promoting this event, if I can provide additional information please feel free to contact me.

We look forward to seeing you there.

Sincerely,

Adonis M. Banegas, M.S.H.Ed.

Men's HIV Prevention Initiative Manager

Circle of Care, Family Planning Council

1700 Market Street, 18th Floor

Philadelphia PA, 19103

215-985-6837

Adonis@familyplanning.org

* * * Outside PA * * *

COMPUTERS AND TECHNOLOGY

Free online journal focuses on technology for nonprofits

Technology can help nonprofits create the change they want to see in the world. But even with daily evidence of world-changing innovations and applications of technology, it's difficult for nonprofit leaders to know how to apply it to their missions.

NTEN:Change, a free online journal from the
Nonprofit Technology Network,

provides the guidance and practical considerations nonprofits need to make the sound investments and decisions that will help them meet their goals.

Free subscriptions are available here.

----- Coalition members! Activate 'Your' web link on The Coalition, Inc. web site -----

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

America's Original Savings Network

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

<http://nofullprices.net>

FREQUENTLY ASKED QUESTIONS

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

A: All of our coupons are actual manufacturer coupons. Fewer and fewer retailers accept coupons that are printed from your computer because of a huge increase in counterfeit coupons. Actual manufacturer coupons which we issue are accepted everywhere that coupons are accepted.

Q: Can these coupons be doubled?

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

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

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

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.

----- Coalition members! Activate 'Your' web link on The Coalition, Inc. web site -----

IT'S HERE!!

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

A HAND UP!

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

surplus and even repairable items for recycling.

To join: A Hand Up!

----- Coalition members! Activate 'Your' web link on The Coalition,
Inc. web site -----

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

Sister Phile Chionesu, organizer of the Million Woman March,

"Nu Day Resurrection and Liberation" Show LIVE each Saturday evening

10:30 PM--12:00 midnight EST.

"NU Day" is heard in Philly and, worldwide, through the internet at:

www.blogtalkradio.com/empresschi Or you can tune in via podcast at

646-652-2232

Call in and give your thoughts, comments, opinions at 1-646-652-2232

Or send an instant message to mwmsistahood@aol.com to chat on line.

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Staff

News From The Coalition, Inc.

"Communication, Cooperation and Collaboration"

*Please share electronically. Help sustain our environment - only print this
e-mail if tr

Updated Edition Coming Soon