



We all hold a piece to the puzzle
Friday 29 July 2011

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

"Communication – Cooperation – Collaboration"

Volume 6, Number 01

Greetings Coalition Family!

HAPPY ANNIVERSARY!

July 26th marked the 5th anniversary of The Coalition, Inc. A huge Thank You to all who have worked so hard to keep our vision moving forward. We are international in scope and have membership in several states.

This year we are inviting leaders from all over the country to participate in a gathering that will go a long way toward empowering those unknown, but important organizations that are working at the grass roots level with limited resources.

"There are obstinate and unknown braves who defend themselves inch by inch in the shadows against the fatal invasion of want and turpitude. There are noble and mysterious triumphs which no eye sees. No renown rewards, and no flourish of trumpets salutes. Life, misfortune, isolation, abandonment, and poverty and battlefields which have their heroes."- Victor Hugo

"We each hold a piece to the puzzle." – Dr. John Elliott Churchville
"Communicate... Cooperate... Collaborate"

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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Cap4Kids Hint of the Week

Life can be overwhelming for some families with children with significant special health care needs. Having a child in a medical day care can bring respite to the family as well as give vital intensive therapy to the child. On the www.cap4kids.org/philadelphia website, under the

Special Needs/Autism handout

(http://www.cap4kids.org/philadelphia/parent_handouts/special_needs_autism.html) you will find several options for medical daycare including:

Laurens House, Frankie's World, and the newly added Pediatric Healthcare for kids. You will also find many other valuable resources for families with children with special needs and Autism on this handout as well. Check it out!

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

THIS WEEK

The Eighth Annual Weekend Of Peace begins today!

Join us tonight at Kingsessing Recreation Center
50th & Kingsessing Ave.
for Jazz On The Green.

A free open air Jazz concert beginning at 7pm

Tomorrow visit any of the sites listed at WeekendOfPeace.com for a variety of free entertainment and information.

On Sunday we will be featuring a free Gospel concert at Kingsessing Recreation Center at 4:30pm. This will be the closing event of this year's festivities, please join us.

This is not a one weekend a year event. Programs are launched in recognition of community needs, and existing programs are brought to the attention of those people whom they are designed to serve. For more information on the Weekend Of Peace and how your organization/location can participate next, contact Abdul Malik Raheem 215.410.2859 email: peacemalik@gmail.com; or Calvin Johnson

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

Do not follow the path. Go where there is no path to begin a trail.

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.*

The Don Ringgold School of Tennis

is giving Free Tennis Clinics for the Weekend Of Peace
12 noon, July 30, 2011

8 children from 12n to 1pm...8 children from 1pm to 2pm.

Call 215.387.2734 to register with The Coalition, Inc.
so your child 8 to 14 yrs of age can get free tennis lessons from the
6 time A.T.A National Champion,
Don Ringgold

The Althea Gibson Education and Tennis Center,
10th and Girard Avenue
Philadelphia, PA

A Weekend Of Peace presentation

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Produce Sale

Saturday – July 30th, 2011

Kingsessing Recreation Center
5000 Kingsessing Ave Entrance

Tom Henry, Advisory Council President

Alia Walker, Earth's Keepers Urban Farm & YAEP

THE BLACK FARMERS OF OPERATION SPRINGPLANT
Henderson, North Carolina

Healthy Vegetables from the field to the plate

TIME: 9:00 AM – 1:00 PM

"RAIN OR SHINE"

COME AND SUPPORT!!!!

- Various kinds of greens
- Sweet Potatoes
- Green Peppers, Cabbage, Zucchini, Squash, Onions
- Cantaloupes, Pears, Apples, Watermelons, etc.

For more information contact Tom Henry 215-901-5639 or Alia Walker 267-738-3842

Reggie 215-370-3038 or Elliot 267-205-1570

Email: timeforanawakening@gmail.com

This is a

TIME FOR AN AWAKENING

Radio Program Agricultural Initiative in conjunction with

*We are never more
discontented with others
than when we are
discontented with ourselves.*
- Henri Frederic Arnier

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

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Commitment and
return it to us
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PLEASE USE YOUR DOLLARS TO HELP SAVE AND SUPPORT
AFRICAN AMERICAN FARMS

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WHY NOT PROSPER, INC.

CELEBRATES ITS 10th ANNIVERSARY

Norristown, PA- Why Not Prosper, Inc. celebrates its
10th anniversary on Thursday, August 4th at 6:30pm.

The celebration will take place at
Presidential Caterers,
2910 Dekalb Pike, Norristown, PA.

The cost is \$60 per person.

Sponsorship and advertising opportunities are available.

Why Not Prosper, Inc, a faith-based non-profit organization was started
by Rev. Michelle Simmons in 2001. The organization provides women
in the prison system a comprehensive array of programs and resources to
help them successfully transition from prison back to the community. To
date the organization has assisted 3,000 formerly incarcerated women
transition to self-sufficiency.

The mission of the organization is to help female ex-offenders discover
their own strength by providing them with the support and resources
needed to empower them to become responsible, economically self-
sufficient and contributing members of the community.

Rev. Michelle Simmons Why Not Prosper, Inc. (215) 842-236
whynotprosper@aol.com

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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.

HEALTH MATTERS

Use your health, even to the point of wearing it out. That is what it is for. Spend all you have before you die; do not outlive yourself. - Bernard Shaw

High diabetes risk in New York's South Asians

By Eric Schultz

NEW YORK | Thu Jul 7, 2011 5:20pm EDT

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(Reuters Health) - A new study from New York City finds that immigrants from the Indian subcontinent have the highest rates of diabetes in the city -- a fact that may be masked by their being grouped with other Asians in assessments of community health risks, researchers say.

Using data from the New York City Department of Health and Mental Hygiene, the authors found that foreign-born South Asians -- including people from India, [Pakistan](#), Bangladesh, Sri Lanka, Nepal and Bhutan -- have the highest rate of diabetes of any ethnic group in New York. It is nearly double that of other foreign-born Asians.

The differences between the city's ethnic groups in diabetes rates were greatest among people with a normal body mass index (BMI) -- a ratio of height to weight -- suggesting that standard BMI categories may be poor indicators of risk, at least for South Asians, the authors note in the journal *Diabetes Care*.

The results of the study indicate that people of South Asian descent should be aware of these differences, and watch their weight especially carefully, said study author Leena Gupta of the city's health department. Given their increased risk for diabetes, she added, "it is important for South Asians to be screened for diabetes, regardless of their body weight."

Gupta and colleagues from the New York City and Washington, D.C. health departments looked at data for more than 54,000 participants in the annual New York City Community Health Survey between 2002 and 2008, to see how common diabetes was across different racial and ethnic groups.

Overall, nine percent of the people surveyed said that they had been diagnosed with diabetes by a doctor, and the condition was generally more common in people born in other countries than in those born in the US.

Among foreign-born South Asians, 13.6 percent had diabetes -- compared with 7.4 percent of "other Asians" and 5.6 percent of U.S.-born non-Hispanic whites. U.S.-born Hispanics had a diabetes rate of 14.4 percent and among U.S.-born non-Hispanic blacks, it was 11.8

*We are not here merely to
make a living. We are here
to enrich the world. -
Woodrow Wilson*

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

percent.

When the researchers started comparing people within BMI categories to each other, however, foreign-born South Asians had the highest diabetes rates in most groups.

Among people with a BMI in the "normal" range (18.5 to 25 kilograms per square meter of height), the rate of diabetes in foreign-born South Asians was nearly five times as high as the rate in whites, and two and a half times as high as the rate in people from other parts of Asia. South Asians also had the highest rate of diabetes among overweight New Yorkers. U.S.-born Hispanics had the highest diabetes rate in the obese group, but South Asians were a very close second.

Moreover, when the authors adopted World Health Organization BMI categories tailored for specific regions and races to define who was overweight and obese, foreign-born South Asians had a higher rate of diabetes at lower BMI levels than all other racial and ethnic groups.

That result is important, Gupta's team notes, because it demonstrates that standard BMI cutoffs typically used in the U.S. and Europe do not accurately capture the health risks of being overweight or obese for South Asians.

The findings highlight the importance of understanding the health differences between different Asian sub-populations, said Dr. Lartha Palaniappan, an associate investigator at the Palo Alto Medical Foundation in California, who was not involved in the study.

Future studies and clinical guidelines should account for the differences between different ethnic subgroups, and not group all Asian people into one large category, she told Reuters Health.

"This study underlines the importance of using Asian-specific BMI for diabetes risk assessment," as suggested by the World Health Organization, said Dr. Grishma Parikh, an endocrinologist at the Mount Sinai Medical Center in New York.

SOURCE: bit.ly/oAflaG Diabetes Care, online June 29, 2011.

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Voucher programs offer fresh produce to seniors and mothers

Each summer, the Senior Farmers Market Nutrition Program provides vouchers redeemable for fresh fruits, vegetables and herbs to senior citizens at approved local farmers markets, roadside stands and community-supported agriculture programs.

The program provides low-income seniors with four vouchers, totaling

"Courage and perseverance have a magical talisman, before which difficulties disappear and obstacles vanish into air." - John Quincy Adams

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\$20, which they can exchange for Pennsylvania-grown produce. To qualify for the program, individuals must be 60 or older by December 31, 2011, with a total household income before taxes of less than \$20,147 for a single person and \$27,214 for a couple, based on 2010 income. Proof of age and residency is required. To find out what senior centers are providing vouchers across the city, contact the PCA help line at 215-765-9040.

The vouchers will be made available at the Philadelphia Senior Center, Broad and Lombard from 2pm to 4pm Mondays, Tuesdays, Thursdays and Fridays starting July 11th until they run out.

For information about voucher distribution at the Philadelphia Senior Center, contact Charles Brown at 215-546-5879.

A searchable list of participating farmers markets can be found [here](#). A similar program, the state's [Farmers Market Nutrition Program](#), offers food for low-income women who are pregnant or who have a child up to age 5 who is at nutritional risk. Both programs run now through November 30th.

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GREEN PIECE

The [Electronic Industries Alliance](#) provides a list of local electronic recycling facilities, including Philly's Northeast Drop-off Center at State Road & Ashburner Street and Northwest Drop-Off Center at Domino Lane & Umbria Street.

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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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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.

*"Courage is fear holding
on a minute longer." -
George S. Patton*

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

GRANTS, SCHOLARSHIPS & INSTRUCTION

SpotLight On Our Efforts

THE BLACK FARMERS OF OPERATION SPRINGPLANT

Henderson, North Carolina

Healthy Organic Vegetables from the field

COME AND SUPPORT!!!!

Various kinds of greens (Collard, Kale, Turnip & Mustard)

Sweet Potatoes (White & Orange)

Green Peppers, Red Potatoes, Squash, Cantaloupes, Onions, Apples, Watermelons, etc.

For more information and the next date...

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Agricultural Initiative in conjunction with

KINGSESSING ADVISORY COUNCIL,

EARTH'S KEEPERS (YAEP),

SOUTHWEST CDC and WURD 900 AM

**PLEASE USE YOUR DOLLARS TO HELP SAVE AND SUPPORT
AFRICAN AMERICAN FARMS**

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ARTS FOR AWARENESS

Never miss an opportunity to make others happy, even if you have to leave them alone in order to do it.

~Author Unknown

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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

Tides announces 35th anniversary social justice poster design contest

Professional and amateur artists from all backgrounds are invited to submit designs celebrating [Tides Foundation](#)'s social change work and compete for a cash award of \$500 and other honors.

The deadline for submissions is August 15th.

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

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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

African Cultural Festival slated for Penn's Landing

The [African Cultural Alliance of North America's](#) annual cultural festival will celebrate its fourth year at Philadelphia's Penn's Landing on August 6th.

For more information, call Voffee Jabateh at 215-729-8225, x101 or [email him here](#).

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

The Agogo Cultural Center in Philadelphia, in association with the Agogo World Wide Association and the New Jersey and Delaware Chapters will present the

2nd Annual Philadelphia Sankofa Festival

Saturday August 13, 2011.

Promoting the theme, "GO BACK AND FETCH YOUR CULTURAL HERITAGE: HONORING QUEEN MOTHERS & WOMANHOOD", the festival is a celebration of the African cultural heritage of Africans born in America.

"In reading the lives of great men, I found that the first victory they won was over themselves ... self-discipline with all of them came first." - Harry S. Truman

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Marking its 8th year anniversary and spearheading the event is the Agogo Cultural

Center in Philadelphia which was co-founded by Donald Lewis, a prominent Philadelphia based African American business leader. Mr. Lewis, who was Enstooled as Unity King in Agogo, Ghana, is officially known as Nana Kofi Tuuda, the Agogo Nkabomhene (Unity King). The yearly event was launched in honor of Nana Tuuda's 15 years on the Stool.

According to Charles Yamoah, New Jersey Chapter of the Agogo World Wide Association, the rationale for the festival is to "create awareness of the good things in Africa and in the process transform the African born in the USA to realize the need to go back to Africa to reconnect with their indigenous brothers and sisters."

Program festivities will be held on the 500 Block of Snyder Avenue (5th and Snyder Avenue), Philadelphia,

in the area around the Philadelphia Agogo Cultural Center from 12PM - 6PM.

The Philadelphia Sankofa Festival is a celebration of African Heritage complete with African Royalty.

It's a fun filled afternoon of children at play (face painting, crafts) and a variety of workshops, including drumming, dance and yoga. As a special feature, this year it will showcase films from local African American female filmmakers and live entertainment from local youth organizations. Visitors will enjoy a variety of food dishes, textile creations and artifacts provided by vendors.

"Sankofa" is a Ghanaian Akan word meaning "it is not taboo to go back and fetch what you forgot"

Visually and symbolically "Sankofa" is expressed as a mythic bird that flies forward while looking backward with an egg (symbolizing the origin) in its mouth.

For Philadelphia Local information, please contact Sean Coleman at 484-466-1864 or email coleman.legacy@gmail.com.

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* * * Outside PA * * *

Millions March In Harlem
Against the Attack on African People
END
the Bombing of Libya
the Illegal Sanctions in Zimbabwe
Bloomberg's Destruction

of Education, Housing, Health Care, Jobs and more!

*Each one of us has a fire in
our heart for something.
It's our goal in life to find it
and to keep it lit. - Mary
Lou Retton*

Saturday, August 13, 2011
Pan Africanism Rising Against Imperialism!

Assemble at 10 AM
110th Street and Malcolm X Blvd
Harlem New York

Pan Africanism or Perish!

For more information and participation call (718) 398-1766
Forward to all your contacts and let us know how many will be
attending!

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](#).

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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

Youth is a circumstance you can't do anything about. The trick is to grow up without getting old. - Frank Lloyd Wright

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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.

Hereeeeeeeeeeeeeees...
Kathy's Korner!

I finally figured out why I am so "full-figured." As I was conditioning my hair in the shower this morning, I took time to read my shampoo bottle. I am in shock! The shampoo I use in the shower that runs down my entire body says "for extra volume and body." Seriously, why have I not noticed this before? Tomorrow I am going to start using "Dawn" dish soap! It says right on the bottle, "dissolves fat that is otherwise difficult to remove." It pays to read the warning labels my friends.

WORD-OF-THE-WEEK

quixotic \kwik-SOT-ik\, Caught up in the romance of noble deeds and the pursuit of unreachable goals; foolishly impractical especially in the pursuit of ideals. Capricious; impulsive; unpredictable.

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!](#)

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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.

