



We all hold a piece to the puzzle

Friday 30 September 2011

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

"Communication – Cooperation – Collaboration"

Volume 6, Number 09

Greetings Coalition Family!

We will begin offering wisdom from nutritionist Don Ringgold. As warriors in the struggle for improving the quality of life of our families and communities, we sometimes tend to neglect our own health. Don Ringgold will help us attain and maintain better health for ourselves and families. Good health to you!

"In the long history of the world, only a few generations have been granted the role of defending freedom in its hour of maximum danger. I do not shrink from this responsibility -- I welcome it". John F. Kennedy

*"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

There are many families in Philly looking for safe, affordable homes or are trying to stay in their present home under the fear of foreclosure and delinquency.

On the www.cap4kids.org/philadelphia website, under the Housing/Utilities handout (http://www.cap4kids.org/philadelphia/parent_handouts/housing_utilities.html), you will find resources for both situations including: Save Your Home Philly, Habitat for Humanity, PCCA, Homeless Prevention Program and more.

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

THIS WEEK

Rep. Parker to host youth town hall meeting Oct. 1

State Rep. Cherelle L. Parker, D-Phila., will host a youth town hall meeting Oct. 1 at the

Dorothy Emanuel Recreation Center,
8501 Provident St.,
Philadelphia.

Teens, 13 to 18, are invited to "Your Voices, Your Concerns & Our Ears," being held from 10 a.m. to 3 p.m.

"Our youth town hall meeting will provide teens with the platform to express themselves in an open, nonjudgmental forum, while providing community leaders with insight into the hearts and minds of some of our otherwise 'voiceless' constituents," Parker said.

Participants will attend morning workshops and will be given the opportunity to gather information from local organizations and city agencies. The teen-focused workshops will cover such topics as STDs, teen pregnancy, sexting, positive self-expression, problem solving, and proper social etiquette. Also available will be free on-site, confidential HIV testing.

Parker said the day will conclude with a panel discussion, moderated by

*A single conversation with
a wise man is better than
ten years of study.
~Chinese 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 eighty
countries!*

*Click here:
EightCitiesMAP*

*Choose
"Philadelphia's Online
Community
"Newsletter" from the
menu.*

WRNB's Lady B, fueled by questions from the attending teens. Panelists include: social activist Dr. Marc Lamont Hill, DJ Diamond Kutz, and representatives from Peace & Love, the Student Peace Alliance, Youth Actions and Youth MOVE – Philadelphia.

"I am elated to provide this opportunity to Philadelphia's teens and I encourage them all to attend to use Your Voices to share Your Concerns, as we listen openly with Our Ears," Parker said.

Anyone needing additional information can contact Kyasha Tyson in Parker's constituent service office at 215-242-7300.

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Looking For 9th Grade Girls

On Saturday, October 1, 2011, 9th grade girls will participate in the first workshop for Navigating the 9th Grade.

Hosted by HER and the Northwest EPIC Stakeholders, 9th grade girls will learn strategies to take effective notes in class and how to develop effective study habits. They will also learn the importance of eating a balanced diet and end with a discussion about domestic violence.

Space is still available. We ask that you call and register so that we have an accurate head count for snacks and gifts.

ALL WORKSHOPS ARE FREE AND WILL BE HELD

FROM 1:00PM - 4:00PM

AT THE LONNIE YOUNG RECREATION CENTER

1100 E. Chelton Ave.

Phila., PA 19138

To register, please call 267-591-2009

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

Second Treasures Flea Market and the West Mill Creek Association are organizing a community flea market in the West Philadelphia section of the city.

The Community Flea Market

will be every Saturday at:

5200 Wyalusing Ave

Philadelphia, PA 19139 (On the tennis courts)

Beginning at 9:00 AM and ending at 5:30 PM. Setup time is 8am Ticket prices: \$8 Licensed Food Vendors: \$25

For more information contact Mrs. Lee @ (267)278-1142 Looking forward to seeing you there!

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Instead of thinking about where you are, think about where you want to be. It takes twenty years of hard work to become an overnight success. - Diana Rankin

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

The American Diabetes Association (ADA)

is challenging the Greater Philadelphia region to join the Millions to Stop Diabetes movement by participating in the 2011 Step Out:
Sat. October 1st,
26th Street and the Benjamin Franklin Parkway,
Philadelphia, PA.

Walk to Stop Diabetes presented by Independence Blue Cross. Step Out is a 5K family friendly walk along scenic West River Drive to raise funds for diabetes research, advocacy and education.

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

Join us on Sunday, October 2, 2010, at Villanova University Stadium for

The Children's Hospital of Philadelphia Buddy Walk[®] and Family Fun Day sponsored by Northwestern Mutual in King of Prussia.

In addition to the walk, the day will be filled with great activities for the whole family.

Registration: 9:30 a.m.

Parking is located across the street from the stadium (on Lancaster Avenue).

Disabled access is adjacent to the stadium.

Event Kickoff: 10 a.m.

Walk: 10:45 a.m.

The two-mile family fun walk is optional but a great way to show team spirit is with personalized signs, T-shirts and more.

Fun, Fun, Fun: 10 a.m. - 1 p.m.

Something for all ages! Raffles, moon bounces, basketball throw, soccer shoot, football toss, jugglers, balloon sculptures, and more!

Lots of great food! Meet local celebrities and mascots, all while listening to the tunes of D.J. Rockin' Dave and Mr. Pete!

For more information: [Rebecca J. Elias](#)
267-426-6489

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PHILADELPHIA IT TAKES A VILLAGE: Human Values Awards

*Free will is not the liberty
to do whatever one likes,
but the power of doing
whatever one sees ought to
be done, even in the very
face of otherwise
overwhelming impulse.
There lies freedom, indeed.
- Unknown*

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The International Association for Human Values and the Art of Living Foundation will host
Philadelphia: It Takes Village: Human Value Awards
Sunday, October 2nd
University of Pennsylvania's Bodek Lounge,
Houston Hall,
36th and Spruce Street
3pm to 6 pm.

Human Values Awards are given to extraordinary individuals and organizations that uplift human values through their selfless service to society. The Human Value Awards have been presented to over 100 people and organizations in more than 30 cities across the United States.

The purpose of the award is to honor a number of Pioneering service-oriented individuals and non-profits within the city of Philadelphia that have made significant impacts on the lives of our youth.

This year's program will be hosted by Michael Rice, Community Engagement Specialist for the City of Philadelphia, Chief Executive Officer for Professional Networking Associates and Publisher of "The Connector", Internet Resource publication.

The keynote speaker is Charles Eisenstein, renowned author of "Ascent of Humanity," and "Sacred Economics."
The evening will include performances by The Butterfly effect and Philadelphia Youth Poetry Movement.

This year marks the 30th anniversary of the Art of Living Foundation. They are celebrating this occasion by highlighting exceptional achievement in the areas of disaster and Trauma relief, environmental stewardship, ethics in business, non-profit governance, conflict resolution and peace building, unsung heroes and youth leaders.

The International Association for Human Values (IAHV) is a humanitarian NGO that advances human values in private, corporate, and governmental sectors. (IAHV is committed to enhancing the quality

"Excellence is not a destination; it is a continuous journey that never ends." - Brian Tracy

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of life for all people around the world through:

- Human development program aimed at uplifting individuals spirit
- Socio-economic development projects with sustainable solutions
- Forums and symposiums to further the dialogue of ethics, peace and progress.

Admission is free. To rsvp email YES4philly@gmail.com

Call 610-733-1101 or go to www.humanValuesAwards.org

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New computing center to open in Kensington neighborhood

Another of the new neighborhood computing centers being operated by Philadelphia's Freedom Rings Partnership will open on

Tuesday, October 4th at 11am at

166 W. Lehigh Avenue

in the city's Kensington section.

The center, called the Jon Paul Hammond Public Computing Center in honor of a local activist, is managed by Philadelphia FIGHT alongside the City of Philadelphia's Division of Technology and the Urban Affairs Coalition.

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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.

Willow Grove Job Fair

Sponsored by Willow Grove Chamber of Commerce
& State Representative Thomas Murt

Wednesday, October 5, 2011, 10AM - 3PM

Williamson Restaurant

Rte 611 & Blair Mill Road

Horsham, PA 19044

<http://www.wgjobfair.com>

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

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

HEALTH MATTERS

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 \$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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A man may do an immense deal of good, if he does not care who gets the credit for it. ~Father Strickland, 1863

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.

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

GRANTS, SCHOLARSHIPS & INSTRUCTION

SpotLight On Our Efforts

Show Me the Money: The fundamentals of FUNdraising workshop

Back by popular demand is this vital capacity building workshop- Show Me The Money: The Fundamentals of Fundraising Workshop. As a leader of an organization, you know that raising money is one of the greatest challenges that an organization faces especially in these economic times. It does not matter whether you're the leader of the national organization or the lead person of the fund-raising committee, your organization's viability and sustainability is based upon its ability to raise the necessary capital to survive.

With this in mind, The Coalition, Inc. in collaboration with Professional Networking Associates is sponsoring:

Show Me the Money – The FUNdamentals of FUNdraising

This workshop is facilitated by Kendall Hayes, CEO, H.E.R organization and former Event Coordinator for the

Joe had asked Bob to help him out with the deck after work, so Bob just went straight over to Joe's place. When they got to the door, Joe went straight to his wife, gave her a hug and told her how beautiful she was and how much he had missed her at work. When it was time for supper, he complimented his wife on her cooking, kissed her and told her how much he loved her.

Once they were working on the deck, Bob told Joe that he was surprised that he fussed so much over his wife. Joe said that he'd started this about six months ago, it had revived their marriage, and things couldn't be better. Bob thought he'd give it a go. When he got home, he gave his wife a massive hug, kissed her and told her that he loved her. His wife burst into tears.

Bob was confused and asked why she was crying. She said, "This is the worst day of my life. First, little Billy fell off his bike and twisted his ankle. Then, the washing machine broke and flooded the basement. And now, you come home drunk!" (Thx Dave Fanno)

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African American Chamber of Commerce.

The workshop is offered on
Tuesday, October 11, 2011
6- 8 pm
at the

School District Building,
440 N. Broad Street in
Philadelphia.

This basic workshop will help the layman develop strategies and tactics for raising capital for their organization.

Topics include:

Developing Fund-raising ideas
Organizing Fund-raising events
Types of Fund-raisers
Budgeting

To register go to www.theconnectornetwork.com/urbanleadership or call 267-303-0653 or 215-387-2734.

The Community Improvement Workshops are a community leadership series developed by the collaboration between The Coalition, an alliance of community organizations focusing on “Communication, Cooperation and Collaboration” and Professional Networking Associates, an organization created to establish a foundation for building mutually beneficial relationships between individuals, organizations and businesses.

For more information on The Coalition call Gary R. Adams at The Coalition 215-387-2734 or to find out more on upcoming training , events or to rsvp call 215-339-8208 or go to :

www.theconnectornetwork.com/urbanleadership

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

White House AAPI Initiative Asks
Asian Americans and Pacific Islanders

To Submit 3-Minute Videos

Highlighting Community's Change Makers

The White House Initiative on Asian Americans and Pacific Islanders has launched an online video challenge, asking participants to submit

*Now that it's all over, what did you really do yesterday that's worth mentioning?
~Coleman Cox*

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.

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personal stories about people who have had an impact on the people around them.

The effort, called "What's Your Story" aims to highlight community service by Asian Americans and Pacific Islanders whose dedication to a cause has made a difference in their communities.

Participants are asked to submit a video describing unique experiences that have shaped who they are in less than three minutes.

White House Initiative on Asian Americans and Pacific Islanders director Kiran Ahuja said the video challenge is designed to help understand more about important issues facing the community and to highlight their contributions.

Entries are accepted in any form, including music video, public service announcement, short film, video blog or in an interview format. Essays will also be accepted in the place of video entries. All entries should showcase someone's work around a specific issue facing the AAPI community in under three minutes or with fewer than 1,000 words.

Entries should be submitted online at <http://www.whitehouse.gov/WhatsYourStory> by Tuesday, Nov. 1, 2011.

A video describing the Initiative's effort is available at <http://youtu.be/UiSgHYNd53Q?hd=1>

A select number of entries will be posted on the White House website and a group of exceptional leaders highlighted will be selected to attend a White House briefing this fall and given the opportunity to share their stories in-person.

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

Jus' Words at Dowlings Place

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

- Poets
- Rappers
- Singers
- Spoken Word Artists

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

COMING UP

Just be ordinary and nothing special. Eat your food, move your bowels, pass water, and when you're tired, go and lie down. The ignorant will laugh at me, but the wise will understand. ~Bruce Lee

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

Moore College of Art & Design to Honor

Jaune Quick-to-See Smith

Jaune Quick-to-See Smith, Artist, *Curator and Educator*

Jaune Quick-to-See Smith is an internationally known artist, curator, lecturer, and educator. One of the most acclaimed American Indian artists, her work is in the Whitney Museum, the Metropolitan Museum of Art, the Brooklyn Museum, Smithsonian American Art Museum, the Museum of Modern Art, and the Victoria and Albert Museum. Smith has received awards such as the Academy of Arts and Letters Purchase Award, the Joan Mitchell Foundation Painters Grant, the Women's Caucus for the Arts Lifetime Achievement, and the College Art Association Women's Award.

Moore College of Art & Design will present its 2011 Visionary Woman Award to Jaune Quick-to-See Smith, Jane Walentas and Signe Wilkinson. Now in its ninth year, the annual Visionary Woman Awards celebrate exceptional women who have made significant contributions to the arts and are national leaders in their fields.

The Visionary Woman Awards Gala

Wednesday October 12th

6:00 - 9:00pm

20th Street and The Parkway

The Great Hall

Philadelphia, PA 19103

215.965.4000

Tickets are \$350 each.

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

*I am a member of a team,
and I rely on the team, I
defer to it and sacrifice for
it, because the team, not the
individual, is the ultimate
champion. ~Mia Hamm*

Community Legal Services of Philadelphia

presents

Second Annual Justice For All! 5K

Sunday October 09, 2011

8:30 AM

Memorial Hall in Fairmount Park

4231 Avenue of the Republic

Philadelphia, PA

Community Legal Services of Philadelphia will be holding

Second Annual Justice For All! 5k Run

October 9, 2011 at 8:30 a.m. (rain or shine)

beginning at Memorial Hall in Fairmount Park,

4231 Avenue of the Republic

Philadelphia, PA 19131.

The Justice For All 5K is an opportunity for CLS staff, alumni, local attorneys, law students, and community members to celebrate the impact of CLS' work. All proceeds from the event will support CLS' mission of providing equal access to justice to low income Philadelphians.

In addition to individual, legal/corporate, and club team competitions, the Justice For All 5K will feature a Law School Challenge in which teams from area law schools will compete against one another.

Our 5K is a one-loop, USATF-certified course (#PA10012WB) and is sanctioned by USA Track & Field.

All participants will receive a short-sleeved race T-shirt while supplies last.

Registration Fees:

One may not reach the dawn save by the path of the night. - Kahlil Gibran

- \$20 to Walk
- \$25 to Run
- \$25 for Law School Challenge Participants
- \$30 for Club Team Competition participants
 - \$30 to Register on Race Day
- \$35 for Legal/Corporate Competition participants

Contact Lauren Kobylarz at lkobylarz@clsphila.org for more information.

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* * * Outside PA * * *

COMPUTERS AND TECHNOLOGY

Comcast unveils new plan to combat digital divide

Comcast has announced that it will begin offering a new service, [Internet Essentials](#), in time for the 2011-12 school year.

This initiative will directly address the major barriers that many in our communities face for in-home broadband adoption: affordability and lack of digital literacy.

In today's world, it is important for everyone to be digitally literate. Broadband adoption is vital for our communities because it helps improve our children's education, our local economy, and the ability for members of our communities to find jobs and benefit from opportunities available online.

Comcast Internet Essentials will provide eligible families with:

- Affordable home Internet service (\$9.95 per month)
- A low-cost computer (\$149.99 plus taxes)
- Access to free internet training – online, in print and in classroom (at established community training sites)

Internet Essentials will be available everywhere that Comcast offers its high-speed Internet service. Students in more than 4,000 school districts in 39 states and the District of Columbia will be able to participate.

Comcast will accept new Internet Essentials participants for at least three years, through the end of the 2013-14 school year. Any household that qualifies during this three-year period will remain eligible for Internet Essentials, provided the household still qualifies for the program, until that child graduates from high school.

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

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Leadership is not a one-day thing. It is a constant commitment to excellence, a habit . . . a daily practice.
- Unknown

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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 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

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America's Original Savings Network

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

<http://nofullprices.net>

FREQUENTLY ASKED QUESTIONS

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

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

Q: Can these coupons be doubled?

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

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

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

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!](#)

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**WORD-OF-
THE-WEEK**

extempore \ik-STEM-puh-ree\
Without premeditation or preparation; on the spur of the moment.

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.

