



We all hold a piece to the puzzle

6<sup>th</sup> Day December 07, 2012

# *News From The Coalition, Inc.*

*“Communication – Cooperation – Collaboration”*

Volume 7, Number 15

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## **Greetings Coalition Family!**

### **Know Your Role**

It is unfortunate, but prophetic to refer to the relationship between black men and women as a battle of the sexes. It may be a sweet romantic notion when applied to more stable societies, but when applied to blacks, it is truly a battle. We have been placed in a position of contention with each other, not just male vs. female, but male vs. male and female vs. female. This is not by chance; it was designed to be so from our experience in this society's slave system, if you are unaware, please consult the book "They Stole It, but You Must Return It" by Dr. Richard Williams. In it he details the systematic destruction of the black family structure. Unfortunately, the training we received during the enslavement is still being perpetuated through the generations.

What's a playa? He is a man who doesn't 'punk' to a woman, he 'hits and runs', and he has as many women as he wants with no thought to the chaos he leaves behind. His peers respect him, as do the females, because no woman wants a 'sucker'.

Now, the truth, we were bred like animals during the enslavement, the men were used to impregnate as many women as possible to increase their owners wealth. The children of these unions were raised almost solely by the women and regarded as commodities. The men were praised and rewarded (just as you might train your pet) for the number of children they produced especially the boys. Sound familiar? We didn't then, and many of us do not now, accept responsibility for the raising, support or education of the child. And when we do take care of our own children, we are very reluctant to extend that to other children in our neighborhoods, ("It takes a village to raise a child.")

Why is the single mother buying the child \$300 sneakers? She's trying to fill that protection gap you left vacant. She is trying to protect them from the ridicule of the other children for not having the "gear" that is necessary to "represent". She is trying, in her own way to compensate for your absence or what she perceives as your ineffectiveness.

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

More and more, I'm hearing that a woman can't teach a boy to be a man, why should she have to? Every child began with two parents. If you're a father, step up to the plate. If this wacked out economy has forced you to take on three jobs at minimum wage, then handle your business, but don't neglect the raising of your children, make what time you have with them count. Respect their mothers, lead by example, be their role model. It may not be easy, but it is the path you chose.

Dr. Bill Cosby was once criticized for some statements he made to the NAACP. Not all he said was wrong. We cannot continue to blame the 'white man' for the conditions we are in today. (Not that he is not responsible, because he is.) But we ourselves are more responsible for not making the changes necessary to secure the future of our own nation. Analogy: Brothers, if you were in possession of a fine classic automobile that needed some work to put it in optimal service, and every time you got it to the point that you might be able to make it street ready, someone came and vandalized it, would you simply abandon the project? Would you accept the condition of the car as the only condition it will ever be in? Or, would you do what is necessary to ensure that the vandalism would stop and your work is fruitful?

Our women and children will be as good as the environments we create for them.

Women will fight this vigorously until they have experienced what a good man truly is, but as goes the man, so goes the community. We have continually dropped the ball when it comes to organizing our families. Quoting Michael Jackson, "I'm looking at the man in the mirror..."

Brothers, the community is only as strong as the families it is comprised of, and the families are only as strong as the man who guides it. Nations are comprised of communities, and therefore are dependent upon the strength of the family unit. Ours will never progress as long as we continue to stand by idly while outside influences dictate the directions we take.

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***Women naturally want a man they can respect and honor. When women see weakness in men the ties become weakened and she begins to lose interest. She wants the man to take charge and will naturally SUBMIT to the GOD force she see's in men and will allow him to lead (if he's worthy). All women want a man of POWER not a man that COWERS...***

***Carlos Muhammad***

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

*Fire and gunpowder do not sleep together. – Ghanaian Proverb.*

*We are proud to announce that News From The Coalition, Inc. is featured on the internationally acclaimed site Eight Cities Map which is read in more than One hundred eighty countries!*

**Click here:**

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

## **FOR OUR CHILDREN**

*"It is easier to build children than it is to repair men."...Frederick Douglass*

There are almost 150,000 Latinos in Philadelphia with almost 50% having children. This beautifully diverse population of Puerto Ricans, Mexicans, Dominicans and Latin Americans bring so much culture, ingenuity and grace to our city. Many are recent immigrants and like many of our forefathers, can be a little lost in this large ciudad.

On the [www.cap4kids.org/philadelphia](http://www.cap4kids.org/philadelphia) website, under the **Immigration/Refugee** handout (<http://cap4kids.org/philadelphia/parent-handouts/immigration-refugee-services/latino-resources/>) you will find a subcategory of resources for Latino families (as well as a separate subcategory for Asian families).

Please also remember that this and all content on CAP4Kids can be translated into almost any language using the flags at the bottom of each page. Thanks.

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

## **THIS WEEK**

### **COMING THIS WEEKEND**

**Jeff Lawry and the Old School with a New Twist Crew will present the 2nd Annual Coat Drive Holiday Party and Sagittarius Birthday Celebration**

**on Saturday, December 8, 2012 from 9 pm to 3 am at Temptations,**

**220 Chelton Avenue.**

**Advance tickets: \$15.00**

**Door Admission: \$20.00**

**Limited advance tickets left, call [267-303-0653](tel:267-303-0653)**

**This is your last chance to do the New Twist this year. You can't afford to miss this one.**

**Call [267-303-0653](tel:267-303-0653) Today!!!**

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

**NAMD 11th Annual Buy Black Holiday Shopping Expo  
SATURDAY, DECEMBER 8, 2012 in Philadelphia, PA  
Panel Discussion: "Buy Black: Why It Still Matters"**

*To put the world right in order, we must first put the nation in order; to put the nation in order, we must first put the family in order; to put the family in order, we must first cultivate our personal life; we must first set our hearts right. - Confucius*

*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.*

## **JOIN THE COALITION, INC!**

*To join The Coalition go to: [TheCoalitionInc.net](http://TheCoalitionInc.net) and download a copy of the Pledge of*

*Commitment and return it to us*

[the.pa.coalition@gmail.com](mailto:the.pa.coalition@gmail.com)

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## **The Historic Belmont Mansion and Underground Railroad Museum in conjunction with October Gallery invite you to an evening of Fun and Fundraising!**

Celebrate America Moving Forward and Support  
The Historic Belmont Mansion &  
Underground Railroad Museum

Friday, December 7<sup>th</sup>, 2012 8:00 p.m. until 11:00 p.m.  
2000 Belmont Mansion Drive

Enjoy a jazzy evening, a live October Gallery Art Auction,  
networking, and a celebration of history!

\$25.00 in advance/\$30.00 at the door

TICKETS ARE AVAILBALE

AT [WWW.BELMONTMANSION.ORG](http://WWW.BELMONTMANSION.ORG)

CLICK ON "DONATE"

For more information, call [215-878-8844](tel:215-878-8844)

All Proceeds benefit the American Women's Heritage Society at the Historic Belmont Mansion as we continue working, to better serve you, telling the American story of Freedom and the Underground Railroad legacy at Belmont Mansion. Your monetary contributions and continued support are vital to our success!

Live Entertainment

Refreshments Provided by Jimmy Duffy's Catering

## **EMPLOYMENT AND TRAINING OPPORUNITIES**

### **PLBC Virtual Job Fair**

#### **Are you job searching?**

The PLBC has added a [Virtual Job Fair](#) to the online Employment Center to assist you in beginning your job search. Employers across the state are looking to add qualified, hardworking individuals to their respective teams, and many of them are **hiring now!**

*The two hardest things to handle in life are failure and success. Unknown*

*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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I recommend that you have an updated resume and reference list and be prepared to fill out applications and cover letters for each job to which you apply.

The Employment Center also features many tools that can help [prepare you for employment](#), including resume writing tips and samples.

The road to employment is littered with obstacles, but I will continue to partner with you through the process. I encourage you to take advantage of this resource.

If you are unable to reach the [Virtual Job Fair](#) through the link provided, you can also visit by typing in the URL [http://www.pahouse.com/EmploymentCenter/?pg=job\\_fair](http://www.pahouse.com/EmploymentCenter/?pg=job_fair).  
----- Coalition members! Activate '[Your web link](#)' on The Coalition, Inc. web site -----

### **Philadelphia Job Fair**

Monday, December 17, 2012, 11AM - 2PM  
Crowne Plaza Philadelphia West  
4010 City Avenue  
Philadelphia, PA 19131  
<http://www.coasttocoastcareerfairs.com>

### **Jobs Gone Wild**

Wednesday, January 16, 2013, 10AM - 2:30PM  
Harrah's Philadelphia  
777 Harrah's Boulevard  
Chester, PA 19013  
<http://jobcircle.com>

### **King of Prussia Job Fair**

Tuesday, January 22, 2013, 11AM - 2PM  
DoubleTree by Hilton Philadelphia Valley Forge  
301 West Dekalb Pike  
King of Prussia, PA 19406  
<http://www.coasttocoastcareerfairs.com>

## **HEALTH MATTERS**

Don Ringgold's Health Wealth: The Genesis Project

*The great use of life is to spend it for something that will outlast it. – William James*

## **JOIN THE COALITION, INC!**

To join The Coalition go to: [TheCoalitionInc.net](http://TheCoalitionInc.net) and download a copy of the Pledge of Commitment and return it to us [the.pa.coalition@gmail.com](mailto:the.pa.coalition@gmail.com)

### Paradise in earth, then Paradise on earth

Isn't it interesting that domesticated animals get the diseases we get and other animals that are affected by our way of living? "The animals in the wild must fast or die when they are faced with healing adversity". Getting sick is without a doubt, unnecessary. One day we will look at disease as antiquated. We will know that we can be in paradise, mind, body, and spirit. In this paradise the natural food is fruit and starchless vegetables. The question, of course, is how we get there.

Eliminating waste is easy for some and extremely difficult for others.

To some it seems impossible to live on fruits and vegetables. When some people try to make a transition in their eating habits they become weak or seemingly become sick. This is when there is a real need to hold on to that sword of light. When we harness the power of the light, in our hearts and mind, we can find our way to a love in life that has always been there for us and always will be if we find the strength to carry on and through the trials and tribulations. Then we'll be able to return to paradise in our life. Those who succeed find heaven in earth, which is a step toward heaven on earth. Some of us can relate to the climb up Jacob's "ladder" to Israel, a heavenly place. It's a good idea to ask the brain, lungs, heart, liver, stomach, pancreas and other viscera how they are doing.

### Listen to your body

Cleansing the colon is a necessary step. A mild vegetable laxative or a warm water enema, or both, is a practical way to start. Some birds will give themselves a colon cleansing. When a person is willing to wash their colon, then they should take a position flat on their back ideally or position on their knees as they might in prayer. Using the proper tools (enema water bottle system, found at any drug store) allowing the water to flow through the tube first, into the sink or tub, then taking as much water as you can comfortably, into the colon, turn or move to the left side, then to the right. Hold the water as long as possible. Release as comfortably as possible. Repeat until clear water is released. Some people can take one quart of water, others two quarts at a time. Listen to your body. Colon cleansing is subjective. The level of encumbrance, in the system, is an important factor. The mild vegetable laxative is helpful until readiness for an enema.

Jethro Kloss, author of "Back to Eden", Arnold Ehret, author of "The Mucusless Diet Healing System", recommend the enema. Edmond Bordeaux Szekely, presents in "The Essene Gospel of Peace, a

*The great end of education is to discipline rather than to furnish the mind; to train it to the use of its own powers, rather than fill it with the accumulation of others. – Tyron edwards*

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

*We will credit you with the submission.*

*We will be spotlighting members and organizations weekly, if you wish to have your organization spotlighted, forward to us information on your primary mission, your current projects and/or how you would want other members of The Coalition to be involved. Many of us are already being a support to one another, but there is plenty of room for improvement.*

translation of The Third Century Aramaic Manuscript and Old Slavonic Texts, an interesting point (page 15) passed down by The Master Jesus.

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### **Eating Nuts *Lowers* Risk of Weight Gain**

Although nuts are known to provide a variety of cardio-protective benefits, many avoid them for fear of weight gain. A prospective study published in the journal *Obesity* shows such fears are groundless. In fact, people who eat nuts at least twice a week are much *less* likely to gain weight than those who almost never eat nuts.

The 28-month study involving 8,865 adult men and women in Spain, found that participants who ate nuts at least two times per week were 31% less likely to gain weight than were participants who never or almost never ate nuts.

And, among the study participants who gained weight, those who never or almost never ate nuts gained more (an average of 424 g more) than those who ate nuts at least twice weekly.

Study authors concluded, "Frequent nut consumption was associated with a reduced risk of weight gain (5 kg or more). These results support the recommendation of nut consumption as an important component of a cardioprotective diet and also allay fears of possible weight gain."

Practical Tip: Don't let concerns about gaining weight prevent you from enjoying the delicious taste and many health benefits of nuts!

### **FRESH FRUITS AND VEGETABLES**

Mill Creek Farm stand, 49th and Brown (no chemicals)

Saturdays 11 am – 2 pm

Farmers' Market, 52nd and Haverford

Wednesdays 1 pm – 5 pm

[millcreekfarmphilly@gmail.com](mailto:millcreekfarmphilly@gmail.com)

|267.242.5339 [millcreekurbanfarm.org](http://millcreekurbanfarm.org)

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### **GREEN PIECE**

**Banana Peels Can Purify Polluted Drinking Water, Scientists Say**

August 15, 2011 at 7:30AM by [Katie Robbins](#)

*The good life, as I conceive it, is a happy life. I do not mean that if you are good you will be happy; I mean that if you are happy you will be good. – Bertrand Russell*

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Did you hear the one about the chemist and the banana peel?

As much as it sounds like one, this isn't the set-up for a slapstick punch line. Scientists in Brazil have discovered that banana peels can be used to clean polluted drinking water, [NPR reports.](#)

Gustavo Castro, an environmental chemist at Sao Paulo State University, suspected that we might be overlooking valuable properties in the peels. "I have heard for a long time that we usually throw out the best part of the fruit and that most of the nutrients and proteins are in parts not used by us, such as the peels," he told the [American Chemical Society](#) in a podcast. "From there, I decided to make an initial experiment to determine the chemical composition of the peel."

Castro found that banana peels contain nitrogen, sulfur, and carboxylic acids, which, he noted, bind with positively-charged heavy metals often leached into water from mining or industrial runoff. Since many methods of removing metals from the water are expensive and toxic, Castro thought he might be on to a more natural method of cleaning drinking water.

He and his colleagues chopped and dried bits of banana peel and combined them with water from Brazil's polluted Paraná River. The peels stood up to other types of commonly-used filtering products like silica and carbon, and scientists found that the peels could be used up to 11 times without losing their purifying powers. And they were cheap.

"I was surprised to learn that something so simple could work so well," said Castro. "I believe banana peels can be of great importance in water purification."

But one important question remains: With banana skins going to a good cause, what will pranksters use for a good-old fashioned peel pratfall?

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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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*Go confidently in the direction  
of your dreams! Live the life  
you've imagined. – Henry  
David Thoreau*

*If you have a favorite  
relevant quote, why  
not share it with our  
readers. send to  
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We will credit you  
with the submission.*

*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-five countries!  
Click here:  
EightCitiesMAP Choose  
"Philadelphia's Online  
Community  
"Newsletter" from the  
menu.*

## **United Way seeks applicants for Philly Roots Fellowship**

United Way of Greater Philadelphia and Southern New Jersey has released an application to select 15 individuals to participate in the Philly Roots Fellowship.

The Philly Roots Initiative was developed by United Way and its partners in an attempt to systemically, yet creatively, ensure that young African American men graduate from high school and are college and career ready. The program equips formal and informal adult mentors with the tools they need to assist young men in achieving these goals.

Eligible applicants include:

- \* Individuals (coaches, community members, leaders of groups or small grassroots organizations) that have worked with the same group of at least five young black men in grades 6-12, for at least one year
- \* Individuals who can commit to making a strong contribution to this emerging community of practice, and who will make a serious effort to increase the capacity and impact of their mentoring work and the broader Philadelphia community
- \* Individuals who have been and will continue to do the work they've been doing regardless of whether there is funding or not, or whether they are being compensated to do it, and regardless of where they are employed. Individuals need not be employed or affiliated with a 501(c)(3) organization to apply.

Preference will be given to those applicants who can demonstrate that they are serving young black men in grades 6-12 at risk of dropping out of school, who attend schools on United Way's Targeted Schools List.

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

### [Grants for Women](#)

You May Qualify for Grants to Earn a Degree Online. Search Schools.

[EducationConnection.com/GrantsInfo](http://EducationConnection.com/GrantsInfo)

### [Apply For Scholarships](#)

Stop Paying For College! Apply For Scholarships Online Today.

[CollegeAdviser.com](http://CollegeAdviser.com)

### [\\$10,000 Scholarship](#)

No GPA, No Essay, No Stress! Takes Only 3 Short Min. Don't Wait

Hereeeeeeeeeeeeeees... Kathy's Korner!

*Bill and Doug went into a diner that looked as though it had seen better days. As they slid in a booth, Bill wiped some crumbs from the seat. Then he took a napkin and wiped some moisture from the table.*

*The waitress came over and asked if they wanted some menus.*

*"No thanks," said Doug. "I'll just have a cup of black coffee."*

*"I'll have black coffee too," Bill said. "And please make sure the cup is clean."*

*The waitress shot him a nasty look. She turned and marched off into the kitchen. Two minutes later, she was back.*

*"Two cups of black coffee," she announced. "Which one of you wanted the clean cup?"*

*(Kathy Parsons is a regular contributor.)*

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## **2013 Bill Gates Scholars Program Giving Away 1,000 Scholarships to Minority Students**

Nationwide (BlackNews.com) -- In recognition of Black History Month,

Nationwide Insurance is encouraging consumers to get on line to share, build and capture important family history in celebration of the rich heritage and legacy of the African American family. In addition, consumers can visit Pandora.com to build a personalized music library and support the

United Negro College Fund (UNCF).

Every year, the Gates Millennium Scholars (GMS) Program selects 1,000

talented minority students to receive a good-through-graduation scholarship to use at any college or university of their choice. The program provides scholars with personal and professional development through our leadership programs along with academic support throughout their college career.

Administered by the United Negro College Fund, the program was initially funded by a \$1 billion grant from the Bill & Melinda Gates Foundation. Since 1999, it has funded the education of more than 16,000 students, awarding them more than \$614 million dollars to pay for tuition, fees, books and housing.

The program aims to reduce financial barriers for African American, American Indian/Alaska Native, Asian Pacific Islander American and Hispanic American students with high academic and leadership promise who have significant financial need; increase the representation of these target groups in the disciplines of computer science, education, engineering, library science, mathematics, public health and the sciences, where these groups are severely underrepresented; develop a diversified cadre of future leaders for America by facilitating successful completion of bachelor's, master's and doctoral degrees; and provide seamless support from undergraduate through doctoral programs, for students selected as Gates Millennium Scholars entering target disciplines

The deadline for submission is January 16, 2013.

*Everything that is happening at this moment is a result of the choices you've made in the past. – Deepak Chopra*

To apply for the 2013 Gates Millennium Scholars program, visit:  
[\\_www.scholarshipsonline.org/2012/08/the-gates-millennium-scholars-program.ht](http://www.scholarshipsonline.org/2012/08/the-gates-millennium-scholars-program.ht)

ml\_ (<http://go.netatlantic.com/t/26242912/69810745/272120/72/>)

To find hundreds of other scholarship opportunities, visit:

[\\_www.ScholarshipsOnline.org\\_](http://www.ScholarshipsOnline.org)

(<http://go.netatlantic.com/t/26242912/69810745/272121/73/>)

## **SpotLight On Our Efforts**

### **The ELITE CORPS - EPIC Leaders in Training and Education.**

Seeking parents of children in the Philadelphia School system who want to learn how to advocate for the community and their children. It's an intensive six month training program offering free monthly trainings (two sessions of 4 hours monthly) Opportunities to learn about hundreds of resources; a monthly stipend and more. You will learn community engagement, meeting facilitation and community advocacy as well leadership skills. It's not just training- you will use your new skills immediately within your community.

You must be able to do at 50 hours community service and support regional community strategic plans. If you are interested call 215-683-4027 and you will be referred to EPIC group in your neighborhood. There are limited slots available for the training cycle of Jan 2013-June 2013. Become an instrument of change in your community - Join the ELITE!  
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### **Philadelphia Area Research Community Coalition**

Stable, large organizations are thought to be most capable of sustaining community-based research coalitions. However, small grass roots organizations may offer unique opportunities to engage in CBPR.

#### **Objectives**

To describe the process and lessons learned establishing the Philadelphia Area Research Community Coalition (PARCC), a heterogeneous group of organizations including large and small grass roots community organizations.

*Here is a test to find out whether your mission in life is complete. If you're alive, it isn't. – Richard Bach*

## Methods

Over two years, PARCC successfully established an academic community research partnership of 22 diverse organizations of variable size and with variable experience in health research. PARCC's success is based upon committed leadership of representatives of the community-based organizations, a preexisting relationship and trust among selected members from the community and academia, extensive time commitment of members to the coalition's work, and the rapid development of work group activities that gave all members a meaningful role in the coalition.

## Results and Lessons Learned

Since its inception 2.5 years ago, PARCC members have established core work groups, a governance structure and operating principles.

During the early stages, while the coalition is developing trust, structure, and governance procedures, and research priorities, it can actively participate in community based research as long as the trust building and capacity building is not ignored. Accomplishments include research training activities, community health education projects, and collaboration in research originating in the community and in academia.

## Conclusions

Building a CBPR coalition from the ground up involving organizations of diverse size presents unique challenges that can be overcome with committed leadership and appropriate startup funding.

## Learning Objectives:

- Describe the process of starting, establishing and maintaining a coalition with grass root organizations who are interested in participating in CBPR
- Identify the key challenges, successes and lessons learned of developing a partnership in this manner
- Discuss how the coalition's structure and governance evolved

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## **ARTS FOR AWARENESS**

*I see little of more importance to the future of our country and of civilization than full recognition of the place of the artist. If art is to nourish the roots of our culture, society must set the artist free to follow his vision wherever it takes him. Pauline Kael*

*We are all born for love. It is  
the principle of existence, and  
its only end. - Benjamin  
Disraeli*

## **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**

### **WEEKEND OF PEACE APPRECIATION DINNER AND AWARDS CEREMONY**

57 Honorees to be Recognized for Service to Community

Thursday, December 13th 2012

6pm-9pm

John Anderson Cultural Center

5301 Overbrook Ave

Philadelphia PA 19131

The Weekend Of Peace Committee annually sponsors a weekend of presentations, activities and programs that serve to enrich the quality of life in our neighborhoods and offer beneficial alternatives to destructive life patterns, interspersed with various forms of positive entertainment presented by local groups including SouthWest Action Council, C&C Athletic Association, Pennsylvania Million Mom March, Men United Against Violence, House of Umoja, ACHEIEVEability, Unifed Taxi Workers Alliance of Pennsylvania, Sankofa Association of Roxborough, Philadelphia Commission on Human Relations, partnering with the Lancaster Avenue Business Association and The Coalition, Inc. along with Liberation Fellowship CDC, Church of the Advocate, and others.

These groups have also partnered with several city agencies including the Philadelphia Recreation Department, Police Department, Fire Department, Water Department, Police Advisory Commission, Philadelphia Federal Credit Union, Offices of State Representative Ron Waters, Councilman Kenyatta Johnson and State Senator Anthony H. Williams to present Weekend of Peace activities since 2004.

*To know just what has to be done, then to do it, comprises the whole philosophy of practical life. – Sir William Osler*

This event is to recognize the many contributions made by the people behind the scenes that make this effort possible and so successful.

Attendance is by invitation and RSVP only!

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

**We are recruiting 1000 volunteers for MLK Day** to cleanup neighborhoods in our Great City. Come join as we continue to transform our neighborhoods!!!!

These are sites so far for MLK Day The time is from 9am to 1pm. Thank You for your time in this matter.

Ray Gant

1. 6200 Chew Ave - Neighborhood cleanup 150 volunteers needed.
2. 3000 N. Clifford Street - Neighborhood cleanup 50 volunteers needed.
3. 1800 N. Etting Street - Neighborhood cleanup 25 volunteers needed.
4. 2000 N. Etting Street - Neighborhood cleanup 25 volunteers needed.
5. 2800 N. Boudinot Street - Neighborhood cleanup 25 volunteers needed.
6. 3000 N. Page Street - Neighborhood cleanup 25 volunteers needed.
7. 5000 N. 3rd Street - Neighborhood cleanup 25 volunteers needed.
8. 2200 W. Thompson Street - Neighborhood cleanup 25 volunteers needed.
9. 2700 Coral Street - Neighborhood cleanup 50 volunteers needed.
10. 1200 W. Glenwood Avenue - Neighborhood cleanup 25 volunteers needed.
11. 400 E. Mechanic Street - Neighborhood cleanup 50 volunteers needed.
12. 1300 Ruan Street - Neighborhood cleanup 25 volunteers needed.

*The greatest revolution of our generation is the discovery that human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives. – William James*

13. 2500 W. Master St. - Neighborhood cleanup 50 volunteers needed.
14. 2800 Jasper Street - Neighborhood cleanup 25 volunteers needed.
15. 3000 Gordon Street - Neighborhood cleanup 25 volunteers needed.
16. 400 E. Indiana Avenue - Neighborhood cleanup 25 volunteers needed.
17. 200 E. Cambria Street - Neighborhood cleanup 50 volunteers needed.
18. C Street & Indiana Ave.(hissey playground) Neighborhood and Playground cleanup 100 volunteers needed.

\* \* Outside PA \* \* \*

On Saturday, January 19th, the Malcolm X Commemoration Committee will host its 17th annual dinner tribute to our political prisoners and their families!

This highly anticipated and moving event will take place at the Martin Luther King Jr. Labor Center, 1199 Union Headquarters, 310 West 43rd Street, (near 8th Avenue), in Manhattan.

The event will be from 3-7pm with dinner served promptly at 4pm. Donations for this now time-honored event are \$40 in advance and \$45 at the door. Proceeds from this gathering go to the commissary of the political prisoners who are represented at the dinner by their families.

The theme for this year's dinner is "Transforming Solidarity: Working Together To End Political Imprisonment and Mass Incarceration."

"We chose this theme because it's time to critically look at what we're doing and how we're doing it," Dequi Kioni-Sadiki, co-chair of the Committee and co-chair of WBAI's 'Where We Live.'

"At some point it becomes important to recognize that it is not enough to say 'I am doing something'; At some point, we have to figure out just what must be done to get results," she finished emphatically.

Special guests presenters for this year are Johanna Fernandez, producer of the critically acclaimed film 'Justice On Trial,' about Mumia Abu-Jamal, Malik Rhasaan of Occupy The 'Hood and people's

*Promise yourself to be so strong that nothing can disturb your peace of mind. – Christian Larson*

hip hop artist Jasiri X!

This year's dinner comes on the heels of Mumia Abu-Jamal's death sentence being tossed and on the heels of political prisoners like Jalil Muntaqim being denied parole again. Muntaqim has been in prison since 1973.

The Malcolm X Commemoration Committee was launched in 1993 with former political prisoner Herman Ferguson serving as chairman. Ferguson, now 91, was also a founding member of the Organization of AfroAmerican Unity with Malcolm X and was with him up until that fateful day February 21, 1965, when Malcolm was tragically assassinated.

In addition to combatting misinformation surrounding the legacy of Malcolm X and multiplying the presence of the community for the very moving annual pilgrimage to Malcolm's gravesite on his birthday, the Committee also initiated this dinner 17 years ago to bring the community together to build greater support for Black and New Afrikan political prisoners and to instill greater appreciation for their humanity and for what their families have to endure in the face of their wrongful incarceration.

The Malcolm X Commemoration Committee has always said that Black and New Afrikan political prisoners, who were young men who were directly inspired by Malcolm to join the Black Liberation Movement, make up "the hidden legacy" of Malcolm X. Many were viciously targeted by the government's COINTELPRO operations of the late 60s early 70s. Those operations assassinated activists, framed activists, fostered violence between activists and the police and even fostered violence between activists themselves. To this date, there are dozens of political prisoners and prisoners of war who are still in prison from frameups dating back to the 60s in most cases!

For more reservations and more information, please call [718-512-5008](tel:718-512-5008). 'Like' us on Facebook at [Facebook.com/Malcolm X Commemoration Committee](https://www.facebook.com/MalcolmXCommemorationCommittee)...

[MXCC519@VERIZON.NET](mailto:MXCC519@VERIZON.NET)



*Progress in every age results only from the fact that there are some men and women who refuse to believe that what they know to be right cannot be done. – Russell W. Davenport*

## **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](http://www.mobilecitizen.org/grantphiladelphia)

*When patterns are broken,  
new worlds emerge. Tuli  
Kupferberg*

## **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

*Life is full of obstacle  
illusions. – Grant Frazier*

and send in. Those coupons are then mailed to you.

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

## **WORD-OF-THE- WEEK**

**expiate** \EK-spee-  
ayt\ To make amends  
for; to atone for.

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

Please listen to the "**Time For An Awakening**" Program with Bro. Elliott, this and every Sunday at 7 pm. Listen at [www.900AMWURD.com](http://www.900AMWURD.com) Call 215.634.8065 or toll free 1-866-361-0900 to join the discourse!!!!

**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](http://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](mailto:mwmsistahood@aol.com) to chat on line.

**Civil Alert Radio with Sabir Bey**- Every Tuesday 9:30 p.m. EST (6:30 P.M. PST)

Format Style: Open forum along with special invited guests.

Listen via your cell: 858.357.8450 On the web:

<http://www.blogtalkradio.com/civilalert>

This spot reserved for The Coalition, Inc. friend and supporter Jeff Hart\*\*

