



the ANTI-HUNGER ADVOCATE

Brought to you by the Anti-Hunger Action Committee

November 2005

AHAC Says No To 25 Cent Fare Increase



Everett Bingham testifies before the board



Darla Ball with the Award for Community Organizing which was given to her at Crossroads Urban Center's Open House volunteer recognition ceremony on October 18th. Congratulations Darla from everyone at AHAC for all your hard work and dedication!!! You deserve it!!!

After one fare increase this year and another one set for January, UTA's General manager John English proposed charging people an additional 25 cents every time they get on the bus or a TRAX line, even if they have a pass.

AHAC processed into the UTA board meeting to protest. Dressed in black, AHAC bus issue advocates processed into the board meeting carrying a miniature coffin. AHAC members testified before the board that making the working poor, the unemployed and the homeless pay an extra quarter is not the right way to balance the budget.

UTA will be holding a public hearing on November 16 to accept comment on their proposed budget. AHAC needs your help to make sure the needs of the low income, the unemployed, and the working poor are addressed. Join us and make your opinion known!





Karen Waudby tells a story



A zany cast of characters



Lou Anne sings a song

Art for Poverty's Sake AHAC Open house a success.

The first annual fundraiser benefitting the Anti-Hunger Action Committee raises over \$300! The artwork for the open house featured artwork created by the artists of the open arts project and other local artists and craftsmen. The proceeds were split between the artists and AHAC. It was a night of art, song, poetry and storytelling.

Don't miss out on the merriment. Join us as the Open Arts Project moves to it's new time and place starting November 8th from 5:00PM-7:00PM at Crossroads Urban Center. (347 S 400 E). There will be instruction and supplies for making your own cards for this holiday season using stencils and rubber stamps.



Tammi Diaz shows her crafts



Dennis and Judy share the mike

Silver Spoon - Dennis Keating

You were born with a silver spoon in your mouth
You always had food in your house
You had everything money could buy
You don't know how hard it is to get by

People everywhere are cryin', loved ones are dyin'
Listen to my prayer and show that you care
People in the street, looking for something to eat
What can we do, they would do it for you

Chorus
Don't take my food stamps away
Or we won't eat today
Don't take my food stamps away
Or we will starve today

Can't you feel the pain
Someone starving again
People are dying of hunger and thirst
Why can't we take care of Americans first

I doing the best I can, please lend me a helping
hand
I've got pride deep inside, you don't know the tears
I've cried
Trying to make ends meet, with no food to eat
It's hard being out in the street

Hunger IS - Cartoons by Karen Waudby

Because no one should be hungry
whether they are 8 or 88 and every age inbetween



To be continued

Making Yams =Yum! By Laine Gardinier

'Yum' isn't typically a word that leaps to mind when most of us think about yams- especially the canned yams that are ever-present during the fall and winter holiday season. However, these cans contain a tasty secret- if you know how to use it! Overly sweet and sticky, coated with marshmallows, yams are "candied" in ways that are often the lasting reason that some folks never eat them again. I believe this method masks the naturally delicious taste of the vegetable itself, and cuts us off from the healthy benefits of beta-carotene, fiber and vitamins. I have tried canned yams, cooked winter squash and fresh sweet potatoes in various recipes that utilize these healthy veggies in a taste-loving way. My favorite bread recipe follows, as well as a few yam-enhancing suggestions!

To make yams =yum, eat hot or cold (but cooked) then: add spices like cinnamon, sugar, curry, nutmeg or pumpkin pie spice in quantities you prefer; mash and mix with vanilla yogurt; eat plain, with butter or margarine; puree yams and mix with milk for a hot-cereal thickener/booster, add instant oatmeal to the yams themselves if you are on the go; or puree and cook with chicken/vegetable stock and chopped onions to use as a soup base. Try adding cooked, pureed apples, curry, chili powder and a little milk to the soup base to make an excellent soup- just be cautious with strong spices like curry- a little goes a long way!! Happy eating!

Winter Squash Bread

1 1/2 cups flour
 1 cup sugar
 1 tsp. baking soda
 1/4 tsp. baking powder
 1/2 tsp. salt
 1/2 tsp. ground cinnamon
 1/2 tsp. ground nutmeg
 1 cup cooked, mashed: butternut, acorn or yellow squash, yams or pumpkin
 2 eggs, beaten
 1/4 cup butter, melted

Stir together first 7 ingredients, then set aside. Combine squash, eggs and butter; mix well. Add to flour mixture, stirring only until blended. Pour into a greased and floured 9X5 loaf pan and bake at 350 deg. for 50-60 minutes.

Upcoming Events Volunteer Opportunities

Minimum wage training - Nov. 2nd

Community Organizing/UTA training- November 5th

Open Arts - Nov 8, 5:00-7:00 @
Crossroads

UTA public hearing on Nov 16

AHAC Board Meeting Nov. 17

UTA surveying at Thanksgiving food giveaway Nov 23

People's Summit on Poverty Dec 3

Open Arts Dec 13

Holiday Party Dec 29



Ahac meets with the editorial board of the Salt Lake Tribune discuss concerns over the Medicaid budget.

As part of AHAC's ongoing efforts to protect Medicaid, members Darla Ball, Rudy Roca, Lou Anne Stevensen, Doug Cotant (not pictured) and Don Reifsnider meet with the editorial board of the Salt Lake Tribune. Thankful for the restoration of dental and vision services AHAC members shared their concerns and spoke of the hardships there would be if the Medicaid budget was cut, if dental and vision services were taken away again or co-payments were raised.



Doug's Joke of the Month by: Douglas Cotant

A Preacher handed the Sunday Collection Plate to the Church Ushers to take the Collection, when he noticed that a little old lady dropped a \$50 bill in the collection plate; when the Ushers brought the plate to him; he (The Preacher) said:

"I want to thank this Little Old Lady who dropped the \$50 bill in today's Collection; and as a reward, she may select three of her favorite Hymns."

The little old lady, seeing three young men seated in front of her, said: "I will take him, him and him."

The *Anti-Hunger Advocate* is a monthly newsletter of the Anti-Hunger Action Committee (AHAC).

Our Mission: The Anti-Hunger Action Committee is a membership organization composed of and led by food pantry clients and their friends.

-We unite many different kinds of people served by food pantries in order to increase community involvement of low income Utahns.

- We educate Salt Lake County residents about available resources and issues facing food pantry clients.

- We organize food pantry clients and their friends to take action on their own behalf.

- We promote solutions to problems that cause hunger and poverty in the lives of our members.

Our Supporters: AHAC receives funding from the Catholic Campaign for Human Development, the United Methodist Church's Domestic Hunger and Poverty Program, the Evangelical Lutheran Church in America Hunger Grant Program, the United Church of Christ Hunger Action Fund, MAZON: A Jewish Response to Hunger and the Crossroads Urban Center.

Submissions: To submit an item to the newsletter, please contact AHAC at Crossroads Urban Center, 364-7765.

Previous issues of the newsletter are available either at Crossroads, or on-line at: www.crossroads-u-c.org