

the **Anti-Hunger Advocate**

September 2009

Give a copy to your friends!

The Anti-Hunger Advocate is brought to you by the Anti-Hunger Action Committee. To submit material to the newsletter or find out more, visit: www.antihunger.net 801-364-7765

Outreach brings in new members

What did you do with your AHAC newsletters?

I gave one to my brother, one to my other brother, let my mom read mine, and then gave one to my other friend who hasn't signed up yet.

What happened when you gave your family the newsletters?

They read 'em. They signed the membership pledge cards.

Wait, what membership pledge cards? How did you get AHAC membership pledge cards?

I asked for them at Crossroads Urban Center. *Talk about taking initiative! How many people have signed so far?*

Four. Four signatures. *Why did you recruit these new members?*

To help spread the word about hunger, to see if they can help. To fight against poverty and hunger.

After you give these new members their free "Basic healthcare is not a luxury" T-shirt as a thank-you for joining, what are your plans?

they're sending their newsletters out to at least three friends, no matter what, and that they're participating in any way possible to help fight the hunger problem.

Any closing thoughts?

I've really enjoyed volunteering at Crossroads' food pantry and I'm interested in learning more about what I can do with the anti-hunger group, to be more involved with AHAC. There's a great bunch of people here at the pantry.

Liz requested several more copies of AHAC membership pledge cards, so she could recruit more members among her friends and family. She has done a great job spreading the word.

You don't have to come to Crossroads to get pledge cards, though. To sign new people up for the group, just have them go to

www.antihunger.net and click "Join AHAC!"



Elizabeth Cannon
A new AHAC member tells a few people about the group and recruits 4 more members!

Make sure they're following through with their part, and that

AHAC members distribute three newsletters per month, volunteer at a food pantry an hour a month, or volunteer with the group in some other way. How did people conduct outreach this month?

Jason Weeks gave two newsletters to his neighbors. He gave the third newsletter to the staff at Salt Lake Community College (South City campus) to post on their community bulletin board. Jason writes, "This

will ensure a large number of people get to see the newsletter."

Karen Walling took her newsletters to First Presbyterian Church., and one recipient was a woman whose General Assistance was cut off--someone who has no income, now, and must rely on food stamps.

Nathan Cram, AHAC board treasurer, gave one of his coworkers a newsletter at the community food

fo-op. She promptly called AHAC to find out how to get a "Basic healthcare is not a luxury" T-shirt!

These AHAC members did an exceptional job reaching out to other people in the community and spreading the word about our group. We would love to see more people involved in fighting hunger issues and protecting the needs of low-income people. Great job!

Prayer vigil inspires



AHAC members joined with members of the Coalition of Religious Communities, Disabled Rights Action Committee, and other concerned citizens in front of Rep. Jim Matheson's office September 1, for an interfaith prayer vigil about healthcare.



Three Utahns die each week due to lack of health insurance. This service honored them by planting religious symbols (including crosses, a star of David, and a Muslim crescent) in the ground.

the healthcare prayer vigil Sep. 1. Middle: The diverse crowd prays, united in concern. Bottom: AHAC board members Laine Gardinier (middle, front) and Margo Westley (middle, behind) reflect on the deaths of so many Utahns due to lack of health insurance.

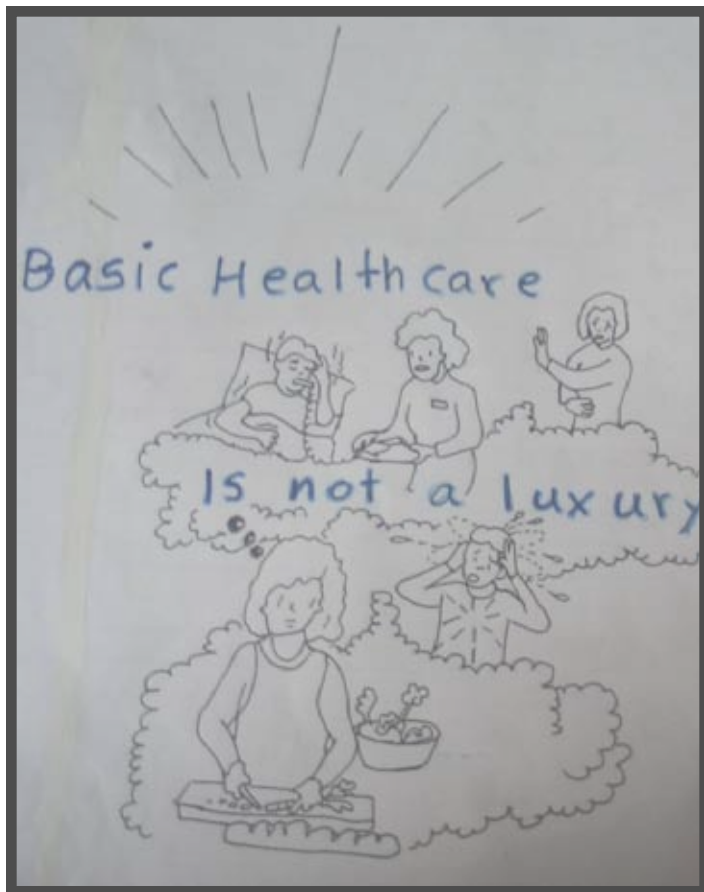
Top, L-R: AHAC members Lou Anne Stevenson, Jason Weeks, Alice Griffin, and Sarah Martindell converse after

"Positive Pointers"

a poem by Judy R. Korlin

You never will get--
 What you've never gone
 after.
 You won't receive pleasure
 for pain.
 And planning for life
 To become a disaster...
 Will leave you with nothing
 to gain.
 You have to look forward

To rainbows ahead...
 In order to find all the
 gold.
 --So just take what I've
 said
 And don't wait till you're
 dead...
 Or your story will never be
 told.



David Hughes, AHAC board member, created this work of art for our campaign "Basic healthcare is not a luxury." David often makes creative props for our protests. Thank you, David! And let's all wish him a happy birthday September 15!

Keep up the hope

My name is Darla Ball and I was in a care center for four months. I would like to let you know that if you ever have to go to a care center, never give up--you can get the help you need. For if you stay with it, you can beat this thing. Just keep up the hope and say you can do it. (I know I did.)

Come join us. Help us with [protests for] Medicaid. We need your help. For it isn't easy. But you feel so

good helping yourself and others.

Darla could have given up during her recovery time at a care center, but she persevered. This is the same thing that happens in our advocacy efforts. We could give up. We could feel it's no use. But we must keep working on poverty issues and helping people with what they need. We may suffer defeat from time to time and feel tempted to give up, but we should take after the example Darla set and keep going.