



Healthcare-NOW!



healthcare-now.org

Organizer's Workbook→

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“It is obvious that if people of the world are free, informed, participating to the fullest degree, working together co-operatively, possessed of an understanding of their problems and those of their fellow men, completely aware of that simple truth that the welfare of one is contingent upon the welfare of all others, secure in a faith in themselves and in their fellow men, committed to ideals of human decency, then there will be no wars.”

– Saul Alinsky, *Reveille for Radicals*

Organizing a Strong Base ↓

What is organizing? Organizing is the bringing together of people for a common cause or goal. Building a people's organization provides the base for a consistent and ongoing organizing effort. An organization provides the social interaction allowing for dialogue amongst people. Through this dialogue comes a realization for change and common agreements which gives birth to the people's programs or issue development. In the words of Rinku Sen, organizing is "an effort to build organizations that include at least these five elements:

- A clear mission and goals
- A membership and leadership structure, with a way for people to join and take roles
- Outreach systems that concentrate on those most affected
- Issue campaigns featuring multiple tactics, including direct action
- Pursuit of changing institutions rather than individuals"

(Rinku Sen, Stir It Up, 2003)

Organizations empower people and affirm the notion that challenges can be faced and objectives realized. To sustain a people's organization with functioning people's programs, organizers must put the control into the hands of the people. A democratic organization begins with the people and must continue with them. To fulfill this end, identify local leaders, native traditions/cultures, and power structures in place. Cultivate leadership within the group and promote individual growth as the organization gains influence in the community. Each person will bring strengths to the organization. By developing each individual's qualities for the good of all, the organization cultivates a foundation that can not be fragmented by unjust opponents.

An organization is only as strong as its constituency. By building bridges across cultures and communities to achieve a common goal and by establishing a continuing leadership development program, an organization can maintain its integrity, relevancy, and renewable knowledge and experience. A community and collective atmosphere breeds understanding amongst your group. Creating a people's organization with both seasoned organizers and people directly affected by the current social climate is essential for a strong foundation and the achievement of a long withstanding organization. To keep social justice movements alive, calls for unity and cooperation. Climates will change; your organization and its' people need to be conscious enough of themselves and the world around them to advance the ongoing struggle for justice.

Within this organizing workbook is a basic synopsis of what elements are needed in any organizing effort.

Bridge across
cultures &
communities
to achieve a
common goal.

Build Connections with other Local Institutions, Organizations, and Communities ↴

To strengthen your organization or chapter's solid base, develop relations with local churches, community centers, labor, and other community leaders. Develop a list of potential allies in your community. Invite them to your events or have separate one-on-one meetings with them to discuss the benefits of working together. For example, Healthcare-NOW! has worked to build a movement for a national single payer healthcare system with the cooperation of various unions, doctors and nurses, and faith leaders. This cross pollination promotes diversity and strength within your organization. Support among various groups adds clout to your organization's name and community influence.

When working with local university/college students and faculty, remember that educational institutions usually provide monetary stipends to student groups. Encourage students to take advantage of this and to form student groups within their schools. This can help to raise funds for your organization and to reach more potential allies. Students bring a vital energy and point of view to social movements.

Are there faith organizations in your area that have taken a stance on the issue? Grassroots organizations? Women's organizations? Ethnic organizations? Local labor unions? All of these provide an already organized group of people to reach out to for support who may have already thought through the issue and stand in agreement with you.

Building coalitions adds to your numbers and may allow you to reach a genre that you had not been able to before. Finding alliances within and outside your communities strengthens the objectivity of your movement. These connections are powerful when dealing with publicly elected officials.

Work With Elected Officials

The elected officials in your area are beholden to their districts' constituency. Remind them of that. One of the easiest things to do to get people involved and to help them realize that they have the power to make change is to encourage them to contact their elected officials. Develop an addressed postcard to your elected officials that states your cause with space for voters' contact info. Hold a Phone-A-Thon in a farmers' market or flea markets; remind fellow citizens' that this is our country and we have voice in the government. When contacting your Representatives regarding legislation call both the local district and DC office. Call the Capitol Switchboard (202) 224-3121 or toll free 1-866-338-1015 for your Representatives' direct phone number.

Set up a Meeting with your Member of Congress. Get your Representative to endorse the legislation that your organization is working on. Also get your organization or Labor Union or Faith Group to support particular legislation. Healthcare-NOW! took the issue into it's own hands stating, "If our Congress Members won't support healthcare for everybody with HR 676, it is our duty to elect a new Congress."

TIPS:

- Invite them to your events.
- Be sure to know their stance on the issue. Do they have bills/propositions pertaining to your cause?
- Educate them. Provide ideas for change.
- Issue campaigns featuring multiple tactics, including direct action
- Do not attack them. Remind them of what you elected them to do.

Constituency Building ↴

Quick Tips:

- Pass around a sign in sheet for all relevant information (name, email, phone number, organization, etc.) at each meeting or event. Keep track of these lists and enter them into a database. Send the names and contact info to your national organization as well so they may keep the national list updated.
- Call or email the contacts you have before each event. Emphasize their inviting a partner, colleague, relative, friend to the next event/meeting.
- Always have a flyer advertising the following meetings so that people can plan ahead.
- Have regular meetings and meeting times, this way people who miss the meeting can still plan to attend the next.
- Continue to recruit new members and contacts. Even the most dynamic group will lose steam unless new people and ideas are brought in.
- Don't exclude potential allies. Welcome all to your meetings and events.
- Main Organizer: Continue one-on-one interaction and relations with each member or potential supporter of your group.

(Partially adapted from The War Resisters' League's "Demilitarized Zone")

Outreach

Outreach is an effort by an organization or group to connect its ideas or practices to the efforts of other organizations, groups, specific audiences or the general public. Organizers use outreach as a tactic to constituency building. Visit places that are frequented by people who may be interested in your program and organization. Outreach often takes on an educational component (i.e., the dissemination of ideas), but it is increasingly common for organizations to conceive of their outreach strategy as a two-way street in which outreach is framed as engagement rather than solely dissemination or education. Listen to the people.

The internet is an effectual tool to use for outreach. Organizations, such as Healthcare-NOW!, can use this tool to reach people all over. A comprehensive website can recruit new members and allies on its own as well as generate funds. People search the internet to find others who share a common concern and can develop a local chapter of the national organization. Healthcare-NOW! now has chapters and coalitions all over the nation because of this. Also remember that email is the quickest and least expensive way to keep in contact with all your members and supporters.

“To lead people, walk beside them...As for the best leaders, the people do not notice their existence. The next best, the people honor and praise. The next, the people fear; and the next, the people hate...When the best leader's work is done the people say, 'We did it ourselves!'”

– Lao Tse

Analysis and “Think Tanks” ↓

As organizers we need to know who and what we are up against and for. Organizers must understand their constituency’s environments, habits, traditions, culture as well as that of our opponents. We need to analyze the issues and challenges to gain an objective grasp of the situation. This is also necessary for the development of effective, specific, and well planned out actions for issues.

As framing will show us, it is necessary to fully comprehend your opponents, their views of you, and how they intend to frame you and your position. Debunk the myths and rhetoric that has been developed and advertised by your opponents.

People with direct experiences and directly influenced by particular social issues hold an invaluable knowledge of the issues at hand. When working in groups, analyzing, and organizing it is vital to share your experiences and strategies across communities. This diversity and accumulated knowledge empowers the individuals and can inspire others to take action in their communities/locales. We can all learn from each others’ past experiences.

A key element of organizing is the ability to evaluate and reevaluate your strategies and programs to effectively guide your efforts and organization. Flexibility is essential for an ever changing opposition. Your opposition will continue to analyze your position, especially if you are doing a good job. Your organization must stay abreast of the current situations, attitudes, obstacles, and advancements.

When “picking your fight”, it is necessary to involve the community at stake for both the researching and the designing of the resolutions. When deciding your issues, have a defined set of criteria and maintain an honest fluidity within your organization and your programs will head toward sustainable and realistic goals.

Framework

The term framing refers to an inevitable process of selective influence over the individual's perception of the meanings attributed to words or phrases. Framing defines the packaging of an element of rhetoric in such a way as to encourage certain interpretations and to discourage others. The mass media, specific political or social movements or organizations may establish media frames. Many will remember the commercials with Harry and Louise solely put on the air to scare the American people away from a National health plan.

Use positive terminology when referring to your organization. The opponents will use enough negativity to try to smear your campaigns. Debunk the myths that they have instilled in people’s minds about your cause and/or organization with facts.

Healthcare-NOW! debunks the myths of a National Health Care Plan in the United States:

→ **Socialized medicine:** HR 676 only provides funding for people’s health care but does not provide the health care itself. Doctors and nurses would not work for the state nor would hospitals be run by the state.

→ **Too Expensive:** HR 676 would actually reduce the cost of health care through huge administrative and overhead cost cuts. Preventative medicine is more cost effective than emergency room visits.

→ **Restrict Patient Choice:** The uninsured do not have a choice at all. Chronically sick are denied coverage by private insurance companies because they are not good financial risks. Those that are insured are already restricted to certain physicians/providers contingent on which plan they are covered under.

Framing Worksheets ↓

How We View Ourselves	How We View Them
How They View Us	How They View Themselves

Problem	As Framed by Them	Their Demands	As Framed by Us	Our Demands

Fundraising ↓

Fundraising can be difficult and uncomfortable, but it's a necessary element of organization building.

“Pass a Hat”

At every meeting or event held by your organization, pass around a donation jar. A suggested donation at the door can exclude some so be sure to let people know that no one will be turned away for lack of funds. People will be likely to give if they enjoy the meeting, feel useful and especially if you have provided entertainment.

Your organization may want to put on a fundraiser such as a poetry night, spoken word, music, or a play to raise both awareness and funds. This could prove to draw in new members as well. A documentary showing with a discussion afterwards can work as a useful fundraiser and idea development arena. Also your organization can just have a get-together. Many activists forget to have fun. Social change is serious but organizations should emphasize community and sharing in fun activities. There are other ways to raise money year round.

Internet Fundraising

Internet Fundraising may be one of the best avenues for easy and ongoing fund raising. Make sure that your donation page is visible. Encourage potential supporters visiting your page to give to your organization. On all your outgoing email alerts and event invites include a noticeable “donate now” button. Be suggestive without being overbearing. Most people want to give if they can; make it easy for them but do not push them away with begging or overwhelming solicitation. Be sure to include a monthly pledge option. Monthly pledges help your organization to have an idea of its future fiscal capabilities. If your web site is clear, comprehensive, and motivational, it can be one of the most lucrative and lasting resources for earning funds for your organization.

Grants

Grant writing is not an easy task but it can be quite lucrative and necessary for organizations to sustain their programs. Research the foundations before applying for certain grants. Find out whom they've funded in the past. Build a relationship with the foundation and cultivate a lasting interaction between your organization and them.

A few quick tips for writing a competitive proposal:

- Tell a Story – Excite the reader
- Be sure the sections of the document “hang together”
- Answer all questions clearly and honestly
- Get the proposal in ahead of the deadline
- Fill out the application form completely – Do not say “see attached”
- Avoid jargon or fluff
- Be concise

(Adapted from the Foundation Center Proposal Writing Workbook)

Pledges help you
forecast future
fiscal capabilities.

Direct Action ↓

Social movements utilize a multitude of tactics and strategic activities to create change in society. The person/group hoping to achieve change must first understand what exactly this change is and secondly be sure that the power institutions will also understand what change the people are demanding.

Direct action is the strategic use of immediately effective acts to achieve social or political goals. Direct action does not have to be illegal. Examples of legal direct action are rallies, marches, banner drops, bird dogging, sit-ins, and strikes.

Be creative! Marches and speeches are age-old effective tactics, but that is exactly it. They are “age-old”. Incorporate new tactics; Employ current trends. Use photography, music, theatre, cartoons, and the internet to communicate your message to new constituencies and develop further support. Movements have used various tactics to make themselves heard. To generate social justice, an organization must use diverse methods and employ all its talents. Power institutions in place are not going to succumb to societal transformation sitting down. They will use all they have, so those wishing to overcome them should also.

→ **Civil Disobedience:** An important tactic used in non-violent resistance. It is defined as the active refusal to obey certain laws in order to achieve specific change. Civil disobedience does inherently involve a risk of arrest.

→ **Truth hearings:** Healthcare-NOW! began sprouting local coalitions nationwide with Citizens’ Congressional Hearings. These are a forum for people to testify about their experiences with the health insurance industry. The local Congressional members should be invited but the hearings are held whether they attend or not. Educating the public through such events allows them to relate to the human side of the issue, ending with a speaker who has the next step or answer to “what do we do now?”

Indirect Action

Indirect action is also an important approach to social change. This strategic style requires diligence and forbearance as these actions are less likely to enact immediate measurable results.

Examples of indirect action are:

- Voting and Petitions
- Boycotts and Selective Buying
- Showing Documentaries and Discussion
- Stockholder Resolutions

After actions, a few reminders:

- Hold follow up meetings (regular basis and regular times are best)
- Report back to people from other cities on the monthly conference call
- If applicable, consolidate written testimonies in an accessible form
- Send the video and contact lists to your organizations’ national office
- Send thank you's to testifiers, Congress Members, co-sponsors, volunteers, participants, donors
- Share your experiences. It is important to learn from others’ experiences and allow them to learn from yours.

Action Development ↓

(from The Ruckus Society, www.ruckus.org/article.php?id=100)

Although each action is different and in its course takes on a life of its own, there are a series of more-or-less standard steps to develop one. These steps presume that you are developing your action within the context of an ongoing campaign:

- Issue Identification and Clarification
- Picking the Audience
- Setting the Context
- Scouting
- Performing the action

Issue Identification and Clarification

The public has a brief, shifting attention span and a limited ability to absorb new information. That is why you as an activist must keep your campaign and action focused and on message. You must be able to answer three questions: Presuming your overall campaign goals are clear, ask yourself again: Why is an action warranted at this particular point? Does the proposed action have a reasonable chance of benefiting the campaign – of sending a message, moving the debate or raising its profile? What about the political follow-up to the action: Will you be able to exploit the political opportunity your action seeks to create? As environmentalists, we recognize that everything is connected. But we can't attempt to campaign on everything at once, because the public won't hear us. You must define the issues as clearly and simply as possible. For instance, your campaign might be against the Forest Service in general. But what are you going to focus on right now? Clearcutting, endangered species, habitat and clean water are all good issues, but you can't make a coherent statement about all of them in one action. So decide which aspect of your campaign you're going to emphasize right now. Then work to make everything about the action – location, banner slogan, even what your activists are wearing – speak to that. A word about anger: A lot of us have been fighting the Forest Service, or nukes, or whatever, for a long time, and sometimes we build up a fair bit of righteous anger. A little anger can be a good thing. It puts a passion in the work. But seek in your action to go beyond expressing your anger. Let them – and the public – know why you're angry. People sometimes get impatient with this arduous process of issue clarification and message development. But it is an absolute prerequisite to the next steps. Only with a clear understanding of your campaign and the issue can you pick the target audience, set the context, and scout, plan and execute your direct action.

Keep your
campaign
& action
focused.

Target Audience ↴

Picking the Target Audience

Picking the target audience is the next step in your action's development. It flows directly from your understanding of what needs to happen in the campaign at this point. In essence you're saying: "I want my target audience to do this: "Is it the general public, government officials, the mill operators, or the corporate executives you are trying to affect? Too often we hear a defiant comrade declare: "I'm sending a message to all of them." Good intentions, but fuzzy politics. Such universal messages are very rare. If you think you're sending a message to "all of them," it often means you haven't thought through your target audience well enough. Each action should reveal what we're against and what we're for. We may be against several things: the mill, the Forest Service, and the corporate suits. But each of these players should be held specifically accountable for their specific actions. Nailing them on the specifics - who did what, and when did they do it - may be harder than issuing a grand indictment, but sends a clearer message. The principle also applies when you're thinking about what segment of the public you're trying to reach.

Keep It
Short &
Simple.

Setting the Context

Before making decisions about the place of action or other tactical choices we should pause and ask ourselves: Will the action be understood? It's an important consideration. Actions don't occur in a void. They occur in a particular context, and being sensitive to the context increases the chances that your action will be understood. Do you want to do that hard-hitting action just before Christmas, for example, when folks don't like receiving bad news? As activists we often have a more sophisticated understanding of an issue than the general public. Polls have consistently shown that only about 15 percent of the American public is "interested and informed" on any given issue. This has several consequences for direct action campaigning. First, we have to avoid jargon - specialized language or concepts understood in an industry of a movement, but obscure to the general public. Second, if you want to campaign on these more complicated issues, you must take the time to establish the context before the action. There are many ways to do this. Releasing a report, holding a press conference or briefing, placing letters to the editor or advertising, can all help to establish context. Third and most important, it's much easier - that is, more understandable to the public - to protest events rather than policy. In the IWC example cited above, an action directed at a possible policy shift would be very difficult to understand. An action directed at the Russians after they actually changed their vote would be much easier for the public to understand. Another example: You might want to send a message that the President's nuclear policy is an ongoing disaster for the planet. In trying to protest these policies keep your eye open for event opportunities - a presidential visit to a nuclear research site, an accident at a government nuclear facility, etc. Finally, for all actions, remember the KISS rule: Keep It Short and Simple. The public has only a limited capacity to absorb new information over the short term.

Speaker Trainings & Materials ↓

→ **Speaker trainings:** It is vital to connect people from your org. with the issues, cultivate a complete knowledge base, and allow them to raise their voices. Encourage informed and involved individuals to do public speaking.

→ **Documentaries:** These work as an excellent alternative media to ignite discussion and ideas for action. Healthcare-NOW! has used "SiCKO", leafleting outside the theatre showings or showing the film in homes or centers with follow up discussions.

→ **Books:** Continuing education and absorbing information. Can be used as a fundraising incentive.

→ **Postcards:** Sending brightly colored postcards to elected officials or corporate leaders to make them aware of your concerns/demands can be an easy but effective tactic.

→ **Bookmarks:** A self advertisement and useful material to promote, remind, and recruit for your organization and easy to carry in demonstrations.

→ **Buttons:** Allow people to voice their opinions or support with your organization and brings attention to the cause.

Database

Whether yours is a member organization or not, it is helpful to maintain a clean database. Collect all your members' and affiliates' contact information in a program/file where one can easily access it when needed. A database will need to be worked on and improved during the life of your organization. Make sure to keep up-to-date and accurate records. Wrong information will prove to be costly as well as a waste of time. Once you collect your local chapters' contact list, be sure to send it into the national/central organization headquarters to foster a cumulative database for larger actions across chapters and communities.

Leadership Development ↓

Leadership development is a crucial element of strong progressive movements and organizations. Encouraging leadership within your organization proves invaluable; each person brings forth a strength and idea. Leadership development should be accessible to all, diversity encouraged, and put forth through a formal training involving popular education. Formal training allows accessibility while popular education creates an environment stressing self-confidence, new ideas, and internal insight and knowledge. By constantly developing leadership you avoid the ever-present risks of leader burnout, lack of accountability, isolation, and founders' syndrome. Instead, encourage all to take the step towards a leadership role and the rotation in such responsibilities and your organization's base will be strengthened, secured, and adaptable to the current climates.

Four principles of leadership development:

- Development rather than identification. Embolden new people to become leaders.
- Establish formal but not academic training programs. This maintains an equal footing among aspiring leaders.
- Pay attention to race, class, gender & culture.
- Actively plan for leadership renewal and rejuvenation.

(Adapted from "Stir It Up", by Rinku Sen)

"It is easier to build strong children than to repair broken men."

– Frederick Douglass

New Leaders' Development Chart ↓

Levels of Experience	Recruitment	Research	Action Campaigns	Fundraising	Politics	Planning
NEW: Getting Started	Understands drives and membership recruitment	Reads the newspaper Generates research questions	Attends Enjoys Recruits others	Pays dues Attends fundraisers and brings others to those events	Knows what is going on with self and neighbors Sees unfairness and inequality	Participates in meetings, finds out the organizations' plans
EMERGING: More responsibility and a base	Recruits new members in one-on-one personal visits Recruits new members wherever that are Recruits new house-meeting hosts Makes calls	Participates in interviews Uses various sources Reports research results Uses research in actions	Is spokesperson at activities Helps debrief Takes role in campaign Understands the role of the media	Volunteers for a committee Asks people to pay their dues Asks foundations for money	Knows how the local and state governments work Understands one issue very well Has a bigger picture of the world than the neighborhood Understands institutional power	Seeks responsibility Attends annual leadership conference/retreat
EXPERIENCED: Teaching others	Takes out teams to do outreach Coordinates membership campaigns and trains house meeting hosts Does personal visits Chairs membership meetings Recruits allies Represents organization in coalitions	Does interviews alone Packages research usefully Attends strategy gatherings/ conference calls	Chairs campaign committee Preps other leaders for actions Participates in negotiations Runs evaluations	Helps develop the budget Develops proposals	Researches for new ideas Sees contradictions Sees the many ways in which issues are connected	Is on board of directors Participates in staff hiring and evaluation Leads annual retreat
SUPER EXPERIENCED	Chairs coalitions	Supervises research team	Plans whole campaigns Chairs large-scale actions	Chairs long-range fundraising and endowment committees	Projects politics outside the organization	Is board chair or on executive committee Supervises executive director

The Patience to Win ↴

A major idea that you need to remember is that change does not come overnight. Real effective and long-lasting transformation takes persistence and patience. Community organizing must be able to deal with the ongoing nature of fighting for social justice. A conscious and knowledgeable people who are encouraged to continue learning and acting can and have created necessary societal change. Teach and learn from your members and allow them the arena for discussion and strategic action planning. Rinku Sen says, “The beauty of innovation in organizing emerges from the marriage of the two: political education creates the reflection of growth opportunities that motivate action, and action provides the expression of newly clarified values.” By stating that something is impossible, you make it so. Believe in the possibility of societal betterment, promote thought and education, and motivate action. Change demands action.

Change
demands
action.

This workbook was put together by Healthcare-NOW! a grassroots organization working nationally for a single payer, publicly-funded guaranteed health care system in the United States.

For more information visit our website:
www.healthcare-now.org



“Now is the time to move forward...The war in Vietnam was ended by the people not by the government... This is a coalition of people doing what is unexpected, we are a group here doing what isn’t supposed to happen, it can’t happen...we are the pioneers. And right here in this room in Chicago, we’re making the history that will be read about.”

– Congressman John Conyers, Jr.
Healthcare-NOW! National Conference,
Chicago, 2006

“If we have the capacity to endure, if we have the patience, things will change.”

– Cesar Chavez

Healthcare-NOW! Action Ideas ↴

→ **Organize around the Michael Moore Film, "SiCKO":** Get the DVD and start showing it to groups in living rooms, union halls, faith meetings, classes in universities and colleges, media events, on the street, in your home...Be creative. Wherever the film is showing in your community, provide information, bring action ideas, leaflet the theatre, and offer people an opportunity to help organize a local Healthcare-NOW! Coalition.

→ **Write to Healthcare-NOW! and let us know if you are forming a new group.** Get our organizing guide to help you and/or look at "How to Organize a Truth Hearing" on the website.

→ **Get Materials:** E-mail Healthcare-NOW! at info@healthcare-NOW.org or order in bulk from prioritypress@optonline.net

→ **Watch Inspiring "YouTube Video" on Your Computer:** "Giant Steps to Health Care" (6 minutes) --Congressman John Conyers urges us to win single payer MEDICARE FOR ALL as we have won impossible victories in the past. Post your own truth hearings on the internet. Share your experiences.

→ **Set up a Meeting with your Member of Congress.** Our Washington Office can help you do it either in D.C. or in your district. Call: 202-488-5650. Get your Representative to Endorse H.R. 676.

→ **Contact your governor and state legislators to ask them to support a resolution from your State supporting H.R. 676.** Every state will save money and be able to cover everyone with H.R. 676. Get your State, City, County, Union, Church, Synagogue, Mosque, Community or Service Organization to endorse H.R. 676.

→ **Read a Summary of the Legislation:** (H.R. 676) at www.healthcare-now.org.

→ **Make up postcards to send to Congress.** Call our office for a sample Pelosi card. 1-800-453-1305.

→ **Urge Your Friends to Join Us:** 86 Members of Congress have already signed on, and most of the voters and doctors and nurses and unions want single payer, a national healthcare plan that WE own, guaranteed by OUR elected government. No more healthcare denials and unbelievable profits by the profit-making industry. Send names of interested people to info@healthcare-now.org.

→ **Join the LETTER WRITING BRIGADE.** Write joykal1@aol.com to add your name and receive articles to respond to every day via email. Visit your editorial board too. Many in the media are beginning to turn our direction. Finally! Your role is critically important!

→ **Call Congress:** 1-866-338-1015. Speak to their staff people who are in charge of "healthcare." If your Congress Member won't support healthcare for everybody, elect a new Congress Member.

→ **Read Dr. King's statements about resistance to war and the need for healthcare and all human rights in his speech at Riverside Church.** Read Dr. King's speech Beyond Vietnam (The speech could be the same today with a few word changes.)

→ **Organize a healthcare truth hearing.** Allow people to share their experiences with the current healthcare system. Invite your local elected official but hold the hearing whether they attend or not.

→ **Get involved in our current "Sicko-Cure Road Show"** traveling through 11 states and 22 Congressional Districts or help to plan the following ones. Contact Tom Knoche at Knocheberg@aol.com.

→ **Donate to Healthcare-NOW!** Visit our website at www.healthcare-now.org or send a check to Healthcare-NOW!/IFCO at 339 Lafayette St., New York, NY 10012.