

## Staying informed

Staying informed of your legislators' activities and positions is vitally important. Having ABC on your side makes it easy and convenient to stay up to date. You can do this in a variety of ways:

- Regularly (every month) visit your legislators' websites, as well as the ABC National website ([www.abc.org](http://www.abc.org)), to keep track of how they voted on key ABC issues.
- Ensure that your name is on your legislators' mailing lists to receive newsletters and position papers.
- Become active on your local ABC chapter's legislative committee.
- Attend ABC's National Legislative Conference to meet with your members of Congress at their Capitol Hill offices, and meet their Washington, D.C., staff in person.
- Sign up for ABC's Government Affairs newsletter to receive the latest legislative updates from ABC National (email [grassroots@abc.org](mailto:grassroots@abc.org) to do this).
- Read and take action when you receive Grassroots Action Alerts—an indication that immediate action is required on an important issue.
- Obtain issue papers and updates on ABC's legislative agenda by visiting the Government and Newsroom sections of the ABC National website.
- Ask for help: the grassroots coordinator at ABC National is a little known resource who is full of ideas and grassroots campaign knowledge.
- Always say thank you! Remember that your legislator's time is very important; a simple expression of gratitude is always appreciated, no matter how you do it!