

WILKES DEMOCRATS GUIDE TO

MAKING A CALL TO YOUR SENATOR or REPRESENTATIVE:

WHAT TO SAY:

- Give your name, city and zip and say "I don't need a response." That way, they quickly can confirm you're a constituent and they can tally you down without taking the time to input you into a response database.
- Usually, your tally won't even be marked if you're not a constituent. Giving Mitch McConnell a piece of your mind rarely works unless you can provide a zip code from Kentucky.
- State the issue, state your position. "I am opposed to the ban on Muslims entering the US." "I am in favor of stricter gun control legislation including background checks." "I am in favor of the Affordable Care Act." "I don't think Betsy DeVos is a fair choice for the children of NC and want Senator Tillis to vote 'no' to her confirmation." That's really it. That's all the clerks or staff or interns write down, so it doesn't REALLY matter WHY you hold that opinion. Be simple and direct.
- However, if you have a certain expertise that qualifies your opinion as even more helpful, by all means state that. "I have a child with developmental issues who needs inclusiveness in public schools." "I am a nurse and have seen the devastation in health when people don't have affordable healthcare." But when they're super busy in the congressional offices, you want them to get off the phone with you to receive another call. However, Tillis' office was recently overwhelmed with calls from educators urging him to vote against DeVos, and he stated that they weren't "regular voters" so be warned they MAY use this against you, too.
- Be nice. They have the hardest job in DC for little pay. Thank them for their hard work answering phones b/c without them our Senators wouldn't hear our voices at all.

"Hi, I'm ___(Name)_____. I'm a constituent from ___(town)_____, zip code _____. I don't need a response. I am opposed to any ban on Muslims entering the US and encourage the Senator to please oppose implementation of any such ban. Thank you for your hard work answering the phones!"

"Hi, my name is ___(Name)_____. I'm a constituent from ___(town)_____, zip code _____. I don't need a response. I am encouraging Representative Randleman to vote to expand the Medicaid Gap in NC and allow more people coverage to health insurance under the ACA. Until DC figures out what to do with the ACA, I am scared if I get sick. Thanks for listening to me today, and for your help."

STATE LEVEL

Senator Shirley Randleman (R) - NC Senate (2 yr. term - up 2016)
300 N. Salisbury Street, Room 628
Raleigh, NC 27603-5925
phone: (919) 733-5743
Shirley.Randleman@ncleg.net

Representative Jeffery Elmore (R) - NC House (2 yr. term - up 2016)
306 A-3 Legislative Office Building
Raleigh, NC 27603
phone: (919) 733-5935
Jeffrey.Elmore@ncleg.net

NATIONAL LEVEL

Representative Virginia Foxx (R) - US House of Representatives (2 yr - up 2018)
Contact: 2350 Rayburn House Office Building
Washington, D.C. 20515-3305
phone: (202) 225-2071
(336) 778-0211 (NC)
Contact form: <http://foxx.house.gov/contact/>
twitter: **@VirginiaFoxx**

Senator Richard Burr (R) - US Senate (6 yr term - up 2022)
Contact: 217 Russell Senate Office Building
Washington DC 20510
phone: (202) 224-3154 (DC)
(336) 631-5125 (NC)
Contact form: <https://www.burr.senate.gov/contact/email>
twitter: **@SenatorBurr**

Senator Thom Tillis (R) - US Senate (6 yr. term - up 2020)
185 Dirksen Senate Office Building
Washington DC 20510
phone: (202) 224-6342 (DC)
(252) 329-0371 (NC)
Contact form: www.tillis.senate.gov/public/index.cfm/email-me
twitter: **@SenThomTillis**

You can also find the direct number to any member's office by consulting the US [Senate phone list](#) or [House phone list](#)

Check out the daily NC Legislative Calendar in Raleigh [HERE](#)

Check out the daily schedule for US Congress in DC [HERE](#)

