GUIDE FOR ADVOCACY WITHOUT A COMPUTER

A computer is not essential for you to be an effective and successful advocate. Keep this guide near your telephone, follow the steps below and you **CAN** make a difference.

STEP 1: Keep up with issues by reading NARFE magazine and correspondence and by calling the toll-free NARFE Legislative Hotline at 1-877-217-8234 (Approximately a 5 minute message that is updated each Friday when Congress is in session).

STEP 2: Call the Capital using NARFE's toll-free number 1-866-220-0044. Ask the Capital Operator to connect you to the office of your Representative or Senator.

STEP 3: Greet the staff person nicely who answers the phone. Give him/her your name and address so they know you are a constituent. Then say:

- I am a retired/active federal employee and member of NARFE. I am calling to express my opinion on _____ **(BILL #, ISSUE OR TOPIC)**
- As a constituent, I urge Representative/Senator _____ to vote for/against **(BILL # OR ANY LEGISLATION DEALING WITH THIS ISSUE OR TOPIC)**
- Add any pertinent personal information, if any, such as rational for your opinion or how the bill, issue or topic would affect you.
- Then say, please share this information with Representative/Senator and thank you for your time and assistance in this matter.

Have a nice day!

NOTE: If you are able to be more active and can commit a little more time, armed with information from the above sources, call or write your local district offices to schedule a meeting with your congressmen and senators or their representatives. Talking with them face-to-face can be very effective.