

(Sample Handout That Can Be Modified by Each Federation)

Actions That All NC NARFE Members Should Know How to Do

- **Call Congress** – Use NARFE’s toll-free number **1-866-220-0044** or call direct to your Member of Congress’s Washington Office:
 - Senator Richard M. Burr 202-224-3154
 - Senator Kay Hagan 202-224-6342

For your congressman/woman’s office telephone number see the following pages.

- **Contact Congress by Email** - Use the Legislative Action Center:
 - Go to the NARFE website homepage at www.narfe.org.
 - Click on the “Legislation” link on the left of the page.
 - Once on the Legislation page select the “Click Here” link in the Legislative Action Center and follow the directions given.
- **Contact Congress by Mail** – Use the following mailing addresses:

Senator Richard M. Burr
US Senate
Room 217
Russell Senate Office Building
Washington, DC 20510

Senator Kay Hagan
US Senate
Room 521
Dirksen Senate Office Building
Washington, DC 20510

For your congressman/woman’s mailing address see the following pages.

- **Sign Up for GEMS Newsletters from NARFE**
 - Go to the NARFE website homepage at www.narfe.org and log-in.
 - Click on the link to “Join GEMS” under “What You Can Do Online” on the left of the page.
 - Follow the directions on the new page that comes up.
- **Write Letters to the Editor**
 - Sample language is available in the “Protect America’s Heartbeat” resource kit.
 - Letters can also be written based on the issue of the day.
 - The “Protect America’s Heartbeat” resource kit sample language can be obtained from your Chapter Legislative Officer or Chapter President.
 - An up to date resource kit is always available at the “Heartbeat” website at <http://www.narfe.org/heartbeat/toolkit.cfm> if you have internet access.

Members of the House of Representatives

The Honorable G. K. Butterfield

United States House of Representatives
Room 2305, Rayburn House Office Building
Washington, DC 20515

1st Congressional District

DC Office - (202) 225-3101
www.butterfield.house.gov

The Honorable Renee Ellmers

United States House of Representatives
Room 426, Cannon House Office Building
Washington, DC 20515

2nd Congressional District

DC Office - (202) 225-4531
www.ellmers.house.gov

The Honorable Walter Jones Jr.

United States House of Representatives
Room 2333, Rayburn House Office Building
Washington, DC 20515

3rd Congressional District

DC Office - (202) 225-3415
www.jones.house.gov

The Honorable David E. Price

United States House of Representatives
Room 2162, Rayburn House Office Building
Washington, DC 20515

4th Congressional District

DC Office - (202) 225-1784
www.price.house.gov

The Honorable Virginia Foxx

United States House of Representatives
Room 2350, Rayburn House Office Building
Washington, DC 20515

5th Congressional District

DC Office - (202) 225-2071
www.foxx.house.gov

The Honorable Howard Coble

United States House of Representatives
Room 2188, Rayburn House Office Building
Washington, DC 20515

6th Congressional District

DC Office - (202) 225-3065
www.coble.house.gov

The Honorable Mike McIntyre

United States House of Representatives
Room 2428, Rayburn House Office Building
Washington, DC 20515

7th Congressional District

DC Office - (202) 225-2731
www.mcintyre.house.gov

The Honorable Richard Hudson

United States House of Representatives
Room 429, Cannon House Office Building
Washington, DC 20515

8th Congressional District

DC Office - (202) 225-3715
www.hudson.house.gov

The Honorable Robert Pittenger

United States House of Representatives
Room 224, Cannon House Office Building
Washington, DC 20515

9th Congressional District

DC Office - (202) 225-1976
www.pittenger.house.gov

The Honorable Patrick T. McHenry

United States House of Representatives
Room 2334, Rayburn House Office Building
Washington, DC 20515

10th Congressional District

DC Office - (202) 225-2576
www.mchenry.house.gov

The Honorable Mark Meadows

United States House of Representatives
Room 1516, Longworth House Office Building
Washington, DC 20515

11th Congressional District

DC Office - (202) 225-6401
www.meadows.house.gov

The Honorable Melvin Watt

United States House of Representatives
Room 2304, Rayburn House Office Building
Washington, DC 20515

12th Congressional District

DC Office - (202) 225-1510
www.watt.house.gov

The Honorable George Holding

United States House of Representatives
Room 507, Cannon House Office Building
Washington, DC 20515

13th Congressional District

DC Office - (202) 225-3032
www.holding.house.gov