

(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](http://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](http://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

**1<sup>st</sup> Congressional District**

DC Office - (202) 225-3101  
[www.butterfield.house.gov](http://www.butterfield.house.gov)

**The Honorable Renee Ellmers**

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

**2<sup>nd</sup> Congressional District**

DC Office - (202) 225-4531  
[www.ellmers.house.gov](http://www.ellmers.house.gov)

**The Honorable Walter Jones Jr.**

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

**3<sup>rd</sup> Congressional District**

DC Office - (202) 225-3415  
[www.jones.house.gov](http://www.jones.house.gov)

**The Honorable David E. Price**

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

**4<sup>th</sup> Congressional District**

DC Office - (202) 225-1784  
[www.price.house.gov](http://www.price.house.gov)

**The Honorable Virginia Foxx**

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

**5<sup>th</sup> Congressional District**

DC Office - (202) 225-2071  
[www.foxx.house.gov](http://www.foxx.house.gov)

**The Honorable Howard Coble**

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

**6<sup>th</sup> Congressional District**

DC Office - (202) 225-3065  
[www.coble.house.gov](http://www.coble.house.gov)

**The Honorable Mike McIntyre**

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

**7<sup>th</sup> Congressional District**

DC Office - (202) 225-2731  
[www.mcintyre.house.gov](http://www.mcintyre.house.gov)

**The Honorable Richard Hudson**

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

**8<sup>th</sup> Congressional District**

DC Office - (202) 225-3715  
[www.hudson.house.gov](http://www.hudson.house.gov)

**The Honorable Robert Pittenger**

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

**9<sup>th</sup> Congressional District**

DC Office - (202) 225-1976  
[www.pittenger.house.gov](http://www.pittenger.house.gov)

**The Honorable Patrick T. McHenry**

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

**10<sup>th</sup> Congressional District**

DC Office - (202) 225-2576  
[www.mchenry.house.gov](http://www.mchenry.house.gov)

**The Honorable Mark Meadows**

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

**11<sup>th</sup> Congressional District**

DC Office - (202) 225-6401  
[www.meadows.house.gov](http://www.meadows.house.gov)

**The Honorable Melvin Watt**

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

**12<sup>th</sup> Congressional District**

DC Office - (202) 225-1510  
[www.watt.house.gov](http://www.watt.house.gov)

**The Honorable George Holding**

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

**13<sup>th</sup> Congressional District**

DC Office - (202) 225-3032  
[www.holding.house.gov](http://www.holding.house.gov)