



Calling Your Members of Congress

Follow the instructions below to call your members of Congress and spread the NARFE message. Calling your Representative and two Senators shows that NARFE members pay attention to the issues and want their voice heard.

Sample Call-in Script

Step #1: Dial NARFE's toll-free number for the Capitol: 1-866-220-0044

Ask the operator to connect you to your Representative's and/or Senators' office. Alternatively, you can find the direct number for your Representative and Senators by through their website on <http://www.house.gov> and <http://www.senate.gov>, respectively.

Step #2: Tell the staff person who answers the telephone your name and where you live so they know you are a constituent, then say:

“I am a retired/active federal employee and member of NARFE.” [In 1 -2 sentences, tell the staff person a little about your work as a federal employee.]

“[Senator or Representative X] represents thousands of federal workers and retirees and their survivors, and we shouldn't be unfairly singled out to bear the burden of fixing a budget problem we didn't create. We've already given \$120 billion. Enough is enough.”

“Federal workers, retirees, and survivors didn't cause the budget crisis – and making extreme cuts to pay, earned health and retirement benefits, or making changes to cost-of-living adjustments, would unfairly single out those who protected our nation, including many now on a fixed income.”

Step #3: Thank the staff member for listening and request a written response.

Step #4: Repeat steps 1-3 until you have called your Representative and both Senators.

Make sure to only contact your members of Congress. Lawmakers will disregard your message if you are not a constituent.

Step #5: Call the White House toll-free at 1-888-225-8418 and deliver the same message!

The non-toll-free number for the White House is 1-202-456-1414. Before you begin your message, make sure you are connected with the comment line