

# Make Your Voice Heard

## Call or Write to Your Legislators

Get up to date contact information and tips on what to say at:

<http://capwiz.com/arcwa/home/>

### Contacting your elected officials

Communication with your elected officials is important. But before you write, email or call, think about the message you want to send. If this is your first time contacting your representative, consider following these four basic suggestions:

- **IDENTIFY** yourself by name and the town from which you are calling or writing.
- **EXPLAIN** why you are contacting your representative: "I am calling/writing to support/oppose House Bill: HB\_\_\_\_\_, Senate Bill: SB\_\_\_\_\_." Be polite and concise in your explanation. Narrowing your message to one or two talking points can help to focus your argument; too much information may confuse the issues. Ask your legislator what their opinion is on the issue and do not assume that they have prior knowledge of your issue. Be calm, respectful and prepared to educate.
- **REQUEST** a written response to your contact.
- **THANK** the person who took your call or your legislator for their time and consideration.

### 40th Legislative District

#### Rep. Kristine Lytton (D)



368 John L. O'Brien Building  
PO Box 40600  
Olympia, WA 98504-0600  
(360) 786-7800

[Kristine.lytton@leg.wa.gov](mailto:Kristine.lytton@leg.wa.gov)

#### Rep. Jeff Morris (D)



436A Legislative Building  
PO Box 40600  
Olympia, WA 98504-0600  
(360) 786-7970

[jeff.morris@leg.wa.gov](mailto:jeff.morris@leg.wa.gov)

#### Sen. Kevin Ranker (D)



215 John A. Cherberg Building  
PO Box 40440  
Olympia, WA 98504-0440  
(360) 786-7678

[kevin.ranker@leg.wa.gov](mailto:kevin.ranker@leg.wa.gov)

### 42nd Legislative District

#### Rep. Luanne Van Werven (R)



419 John L. O'Brien Bldg.  
P.O. Box 40600  
Olympia, WA 98504-0600  
(360) 786-7980

[Luanne.VanWerven@leg.wa.gov](mailto:Luanne.VanWerven@leg.wa.gov)

#### Rep. Vincent Buys (R)



465 John L. O'Brien Bldg.  
P.O. Box 40600  
Olympia, WA 98504-0600  
(360) 786-7854

[vincent.buys@leg.wa.gov](mailto:vincent.buys@leg.wa.gov)

#### Sen. Doug Ericksen (R)



414 Legislative Building  
PO Box 40442  
Olympia, WA 98504-0442  
(360) 786-7682

[doug.ericksen@leg.wa.gov](mailto:doug.ericksen@leg.wa.gov)

### Federal Delegation

#### Congressman Rick Larsen (D)



119 N. Commercial St., Suite 1350  
Bellingham, Washington 98225  
(360) 733-4500 or (425) 252-3188

[larsen.house.gov/contact-rick](http://larsen.house.gov/contact-rick)

#### Congresswoman Suzan DelBene (D)



Canyon Park Business Center, 22121 17<sup>th</sup> Ave SE  
Bldg E Suite 220  
Bothell, WA 98021  
(360) 416-7879 or (425) 485-0085

[delbene.house.gov/contact-me/email-me](http://delbene.house.gov/contact-me/email-me)

#### Senator Patty Murray (D)



2930 Wetmore Avenue  
Suite 9D  
Everett, Washington 98201  
(425) 259-6515 or (202) 224-2621

[murray.senate.gov/public/index.cfm/contactme](http://murray.senate.gov/public/index.cfm/contactme)

#### Senator Maria Cantwell (D)



2930 Wetmore Avenue  
Suite 9B  
Everett, Washington 98201  
(425) 303-0114 or (202) 224-3441

[cantwell.senate.gov/public/index.cfm/email-maria](http://cantwell.senate.gov/public/index.cfm/email-maria)

# Make Your Voice Heard

## Attend an Advocacy Day (2017 Schedule)

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|--|---|--|--|
| <b>Mar 22<sup>nd</sup></b><br><b>Budget Overview</b> | <b>Mar 29<sup>th</sup></b><br><b>Self-Advocacy &amp;<br/>Disability Pride</b> | <b>Apr 5<sup>th</sup></b><br><b>Take Note!</b> | <b>Apr 23<sup>rd</sup></b><br><b>Last Day of Session</b> |
|--|---|--|--|

### What to expect

Advocacy Day is a great way to learn about the legislative process. Each Advocacy Day begins with an hour briefing at 10:00 in the morning. The briefing includes:

- Special speakers
- Tips for a successful day
- Inside information on current bills and budget issues

Participants are offered several ways in which to advocate during the afternoon, such as:

- Meeting with legislators or their aides\*
- Attending hearings or floor sessions
- Writing and delivering messages to legislators

\*Appointments with legislators must be made well in advance. If you need assistance with making appointments or if this is your first visit and you need a guide for the day, please let us know when you register. To register, please call: 1-888-754-8798, ext. 5, or e-mail: [bean@arcwa.org](mailto:bean@arcwa.org)

### Locations for Advocacy Days

Advocacy Days are typically held at:

- The United Churches of Olympia (across the street from the Capitol)  
110 11th Ave SE, Olympia, WA 98501

For more information go to:

[http://arcwa.org/index.php/takeaction/washingtonstate/advocacy\\_day](http://arcwa.org/index.php/takeaction/washingtonstate/advocacy_day)