

# Call-In Script

**Note: Please DO NOT view this site while you are on government facilities, using government equipment, or while you are on duty. DO NOT forward any of the content or attachments on this page to a government e-mail address.**

You can contact your Congressman or Senators by phone by calling the Capitol Switchboard. Simply call the number below, give the operator your zip code, and he/she will connect you with your elected officials' office. Should you need assistance, here are some suggested talking points to use when calling your elected officials.

**U.S. Capitol Switchboard: (202) 224-3121**

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**Make sure to call during off-duty time, using your personal phone, and make it clear that you are calling as a constituent.**

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- Hello, my name is \_\_\_\_\_ from \_\_\_\_\_ (city/state).
- I am calling you today to let you know that I strongly oppose proposals to extend the two-year federal pay freeze and to change the way federal retirement pensions are calculated and funded.
- As a constituent who works for the federal government, I know the valuable work that civilian federal workers do for America each and every day, and I know that this country cannot adequately function without those services.
- At the Department of Defense school where I work, we are responsible for educating the children of America's military personnel. The work we do is valuable and important, and it requires skilled, motivated employees. Continuing to unfairly burden federal employees will make it harder to retain and hire quality people.
- Federal workers understand that reducing the national deficit requires shared sacrifice, but slashing federal employees' benefits and starving agencies of the resources and personnel they need to complete their missions is a bad idea. Federal pensions today are half of what they used to be under the previous retirement system, averaging just \$12,780 a year.
- Federal employees are already under a two-year pay freeze. Freezing the salaries of nearly 2 million federal workers even longer will hurt more than just federal workers and their families - it will hold back the economic recovery.
- We are in favor of reducing the national debt, however we believe it is unfair to target federal workers for further cuts when they have already sacrificed immensely to reduce the deficit.

- I am asking CONGRESSMAN/SENATOR \_\_\_\_\_ to stand with federal workers and oppose any proposal that seeks to extend the salary freeze on federal employees or to change how retirement pensions for feds are calculated and paid for.
  
- Thank you for your time.  
(End)