

Sample E-Mail

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You can copy this message into the body of an e-mail addressed to your Representative or Senator, or use it to form the basis of your own, personalized e-mail message.

You can find e-mail forms on the pages of your elected representatives at www.house.gov and www.senate.gov. Please be sure to contact both of your Senators and your member of the House of Representatives

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Senator/Representative _____

As a constituent and a federal employee myself, I am calling upon you to oppose efforts to extend the current freeze on salaries for federal employees and also to oppose efforts to change how retirement pensions for federal employees are calculated and paid for.

Federal employees are already enduring a two-year pay freeze. Extending that freeze or altering the way feds' pensions are calculated and paid for would only increase the financial burdens being felt by working people like me. It's time for others to make some sacrifices too!

Please stand with working people and don't let others use our employment by the federal government as an excuse to further punish us. Oppose efforts to extend the federal pay freeze and change how pensions are calculated and paid for.

Thank you,
(your name)