

Meeting kit: talking with your lawmakers' offices

A short meeting with your representative's or senators' office is a direct, personal way to make your case. You'll often meet with a staff member instead of the lawmaker. That's normal, and it counts.

Before the meeting

- ☐ Find your representative and both senators on the Take Action page. Their websites list their local and Washington offices.
 - ☐ Ask the office for a meeting. Say you're a constituent (and a veteran, if you are) and that you want to talk about the Major Richard Star Act, H.R. 2102.
 - ☐ Check where they stand on the Status page, so you know whether to thank them.
 - ☐ Print the one-page fact sheet to leave behind.
 - ☐ Write down one or two sentences about why this matters to you or someone you know (with their permission).
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In the meeting

- ☐ Introduce yourself as a constituent, and say where you live.
 - ☐ If they've cosponsored the Star Act or signed the discharge petition, thank them first.
 - ☐ Make one clear ask (below). Keep it short.
 - ☐ Share one true, specific detail from your own life or community.
 - ☐ Ask for a yes or no. Thank them for answering either way.
 - ☐ Be respectful, even if you're frustrated. Staff pass along courteous visits.
 - ☐ Leave the fact sheet.
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After the meeting

- ☐ Email the staff member a short thank-you that repeats your ask.
 - ☐ Tell others at your post or chapter, and invite them to call or write too.
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Your ask

To your representative: "Please vote YES on the clean, standalone Major Richard Star Act (H.R. 2102) when it reaches the floor, and vote NO on any motion to delay it or to cut other veterans' benefits to pay for it."

To your senators: "When the House passes H.R. 2102, please pass it without changes, and without cutting other veterans' benefits, before this Congress ends on January 3, 2027."

Don't

- Share your Social Security number, VA file number, or detailed medical records.
- Guess at numbers you don't know.
- Attack the lawmaker, a party, or other veterans.