HOW TO CALL YOUR SENATOR

During Eastern-time business hours, call **(202) 224-3121** . This is the “Senate Switchboard” and a robot can connect you to a Senator by name or tell you who your state’s Senators are. Your state has two Senators.

Before choosing one, I recommend Internet searching “*Senator Name* Wikipedia” and verify (1) they weren’t replaced in the election and (2) they are Democrats. Only Democrats can vote in the Majority Leader vote.

A SCRIPT (BASIC)

For Senators, usually you will not get a person on the line. Expect to leave a message; practice saying your message out loud once so you can speak fast. **When calling a Congressperson, ALWAYS start by saying your name and the zip code you vote in.** Some Senators will, in the voicemail message, request your full name, phone number, voting address, or email. You don’t have to give your email, but the legal name and voting address are necessary to verify you are really a constituent. **Do not lie about this.**

Say you are calling to ask the Senator to support Chris Van Hollen’s leadership challenge of Chuck Schumer. Give one reason why, but saying you support Van Hollen for leader is more important than your reason.

A SCRIPT (PRECISE)

Hi, my name is *Firstname Lastname* and I'm a constituent in zip code *Zipcode*. *[If the phone message asked for your registered voting address, give it. If you are a permanent-absentee/overseas voter, say this.]* I'm calling to ask *Senator Name* to support Chris Van Hollen's challenge for Majority Leader against Chuck Schumer. I think Schumer is too timid and too far to the right. Just last week, the Senate passed the Republican "B A A J A" bill with votes from Democrats Schumer cleared to vote, including Schumer himself. There may be good things in that bill but it's full of giveaways to polluters and AI data centers. If Schumer had tried to block the bill, we could have passed a better version in January when Democrats have more votes. We need someone who fights harder. Chris Van Hollen would do a better job.

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WHAT'S BAAJA? WHY TALK ABOUT BAAJA? It was last week, it's a good "nutshell" example, it connects to multiple things (AI, procedure, etc).

MY SENATOR IS DEFINITELY VOTING FOR SCHUMER / FOR VAN HOLLEN AND I CANNOT CHANGE THEIR MIND. Call anyway, for their bookkeeping about whether their constituents agreed with their decision.

MY SENATOR GOT ELECTED FOR THE FIRST TIME THIS MONTH, AND THEY DON'T HAVE A SENATE OFFICE YET. WHAT SHOULD I DO? Wow, what a great question. I have no idea. If you figure it out tell me.

-- IT IS VERY IMPORTANT YOU MAKE THIS CALL BEFORE DEC. 1 --

2026-11-22 . Written by a Texan in Canada. I do not know anything