



Action Items 04/25/2025

REMEMBER: When you call,

1. Be Specific – state what you are calling about and why you are concerned
2. Request a response – tell the staffer you want a response
3. Ask for Action Items – tell me what the representative's plans are regarding this issue
4. If you leave a voicemail message: Please leave your full street address to ensure your call is tallied.
5. Also, it has been recommended that you call both the Congress members' DC and District offices.

Senator Chris Murphy 202-224-4041; 860-549-8463 (CT office) Senator

Richard Blumenthal 202-224-2823; 860-258-6940 (CT Office)

Call [BLUE](#) Senators:

Issue #1: Funding for Head Start

Head Start is an [essential social safety net program](#) that fosters healthy child development and provides other services from food assistance to developmental screenings. Despite early childhood programs' clear benefits to child health, the Trump administration has issued budget guidance [proposing the complete elimination of federal funding for Head Start](#) and cuts to federal funding for state preschool programming.

Hi, my name is [name] and I'm a constituent from [zip code],

I'm calling to urge Senator [name] to strongly oppose any budget cuts to Head Start and other early childhood education programs. These programs have been proven to have clear long term health and economic benefits, and there is no better investment than the wellbeing and education of our children.

Thank you.



Issue #2: Block Budget Increases for ICE and Mass Deportations:

Trump's "border czar" Tom Homan [wants to add billions more](#) to the budget for ICE deportations, and Republican lawmakers are prepared to give it to him. House and Senate Republicans are working on a budget reconciliation bill that proposes [between \\$90 and \\$175 billion in spending increases](#) over the next decade, providing, essentially, a blank check for the Trump administration to move forward with mass deportations.

Hi, my name is [name] and I'm a constituent from [zip code],

I'm calling to urge Senator [name] to vote against any budget plan that increases funding for ICE and Trump's mass deportation operation. ICE has been unlawfully detaining immigrants around the country without cause or due process. We should be stopping them from violating people's constitutional rights, not enabling them to do more.

Please ensure the Senator understands my position. Thank you.

Issue #3: Restriction on Federal Judges to Issue Nationwide Injunctions:

Hi, I'm a constituent calling from [zip]. My name is _____.

The House recently passed a bill I want the Senator to oppose. It is the H.R. 1526, the NORRA Act and it would [severely restrict federal judges' ability to issue nationwide injunctions](#)—a crucial tool courts use to block illegal or unconstitutional executive actions.

Also, Chuck Schumer needs to go! He is not providing the leadership this party needs and it is time for a change. Please speak up for demand Schumer step down.

Thank you.



Call BLUE House of Representatives:

CT Representatives (call whomever represents your district): Jim Himes – 203-333-6600

Rosa DeLauro – 202- 225-3661 or 203-562-3718

Johana Hayes – 202-225-4476 or 860-223-8412

Joe Courtney – 202-225-2076 or 860-886-0139

John Larson – 202-225-2265 or 860-278-8888

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I'm calling to urge Representative [name] to vote against any budget plan that increases funding

for ICE and Trump's mass deportation operation. ICE has been unlawfully detaining immigrants around the country without cause or due process. We should be stopping them from violating people's constitutional rights, not enabling them to do more.

Please ensure the Representative understands my position. Thank you.

Issue #3: Russia/Ukraine "Negotiations":

Hi, I'm a constituent calling from [zip]. My name is _____.

I'm disgusted by Trump's approach to the Russia/Ukraine negotiations. He's carrying water for Russia and absolutely betraying our ally. Any ceasefire agreement must insist on Ukraine's continued control over their own land, including all of Crimea. Putin can't win unilaterally, here. Please ask the Congressman to make a statement saying as much.

Thank you.



CT Governor Ned Lamont (and any other Blue governor that has not signed on with other blue states)

Lamont Phone Number: 860-566-4840

Email: https://portal.ct.gov/governor/contact/email-governor-lamont?language=en_US

Hi, my [name is] and I'm calling from [zip code],

It is clear the Trump regime does not play fair, and those deemed "enemies of the state" (i.e., those that will resist or impede their march to authoritarianism) will be singled out and attacked. Enemies will be defined as those who believe in the freedoms and rights that make CT safe for all people and uphold the principles of a healthy and strong democracy.

Senator Murphy made it clear in a recent statement to the public that the survival of all we hold dear depends on key institutions banding together and participating in collective action. It is well past time for CT to stand together with other blue states committed to fighting the fascist policies overtaking our country.

With all due respect, **what are you waiting for?** We have been asking you to collaborate with like-minded governors so that we can work in step to fight endless assaults on our country. Demonstrate leadership for our state – join other like-minded governors and work collectively to fend off what universities, the press and many law firms are already fighting. Take action now to get out in front of the onslaught to come. This is your job! Please do it. Thank you.



For those of you with RED Senator:

□ **Find your Senator's phone number [here](#)**

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Issue #3: Restrictions against Federal Judges and the SAVE

Act: Hi, I'm a constituent calling from [zip]. My name is _____.

I'm calling for two reasons today:

There are two bills that recently passed in the House that I want the Senator to oppose.

The first is H.R. 1526, the NORRA Act. This bill severely restricts federal judges' ability to issue nationwide injunctions—a crucial tool courts use to block illegal or unconstitutional executive actions.

The second is HR 22, the SAVE Act, a voter suppression bill that would disenfranchise tens of millions of Americans.

Please ensure my position is known. Start standing up for the people you

serve! **Find your RED House Rep.'s phone number [here](#).**

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!!!EXTRAS!!!

□ Hit El Salvador Where it Counts: In Their Wallet

The Trump administration has [paid \\$6 million dollars to El Salvador](#) to house hundreds of people deported from the U.S. to that country's high-security mega-prison. Here's two ways to fight back.

1. Boycott all products made in El Salvador. Such products include clothing, mattresses, food and more, so check tags and packages and avoid buying those marked "Made in El Salvador." Companies that manufacture in El Salvador include Hanes, Fruit of the Loom, Gildan, Diana, Capri, Indufoam, Bon Appetit, and many more.
2. Contact the heads of companies manufacturing in El Salvador, such as Hanes and Fruit of the Loom, to voice your dismay at their silence.
 - **Hanes** email: contact_us@hanes.com or 336-519-8080; brands include Maidenform, Bali, Playtex, Hanes, Bonds, and more
 - **Fruit of the Loom** [contact form](#) or 1-855-253-4534; brands include Spalding, Russell Athletic, Vanity Fair, Jerzees, Dudley, Fruit of the Loom, BVD, and American Athletic

Sample script (please personalize):

As a company that manufactures in El Salvador, you should be speaking out loudly and publicly against President Bukele's refusal to send Kilmar Abrego Garcia home. Your company has influence to reinforce U.S. constitutional rights and democratic values. Until you have done all you can to pressure president Bukele to return Abrego Garcia, I will boycott your brands.

Ask Target Corporation (or Tesla) how boycotts are working out for them.