

# Contact Your Legislator

**Note: the City, State and Zip for all Legislators is**  
St. Paul, MN 55155

## District 38

Assistant Minority Leader  
Senator Roger C. Chamberlain (38, R)  
129 State Office Building  
651-296-1253  
E-mail: sen.roger.chamberlain@senate.mn

Rep. Linda Runbeck (38A, R)  
295 State Office Building  
651-296-2907  
Email: rep.linda.runbeck@house.mn

Rep. Matt Dean (38B, R)  
301 State Office Building  
651-296-3018  
Email: rep.matt.dean@house.mn

## District 39

Senator Karin Housley (39, R)  
21 State Office Building  
651-296-4351  
E-mail: sen.karin.housley@senate.mn

Rep. Bob Dettmer (39A, R)  
279 State Office Building  
651-296-4124  
Email: rep.bob.dettmer@house.mn

Rep. Kathy Lohmer (39B, R)  
239 State Office Building  
651-296-4244  
Email: rep.kathy.lohmer@house.mn

## District 43

Senator Charles W. Wiger (43, DFL)  
205 Capitol  
651-296-6820  
E-mail: sen.chuck.wiger@senate.mn

Rep. Peter Fischer (43A, DFL)  
421 State Office Building  
651-296-5363  
Email: rep.peter.fischer@house.mn

Rep. Leon Lillie (43B, DFL)  
371 State Office Building  
651-296-1188 Email: rep.leon.lillie@house.mn

## District 53

Senator Susan Kent (53, DFL)  
205 Capitol  
651-296-4166  
E-mail: Use Mail Form on Senators WEB site

Rep. JoAnn Ward (53A, DFL)  
531 State Office Building  
651-296-7807  
Email: rep.joann.ward@house.mn

Rep. Andrea Kieffer (53B, R)  
213 State Office Building  
651-296-1147  
Email: rep.andrea.kieffer@house.mn

## District 54

Assistant Majority Leader  
Senator Katie Sieben (54, DFL)  
208 Capitol  
651-297-8060  
E-mail: sen.katie.sieben@senate.mn

Rep. Dan Schoen (54A, DFL)  
533 State Office Building  
651-296-4342  
Email: rep.dan.schoen@house.mn

Rep. Denny McNamara (54B, R)  
359 State Office Building  
651-296-3135  
Email: rep.denny.mcnamara@house.mn

**Not sure who represents you? Go to:**  
<http://www.gis.leg.mn/OpenLayers/districts/>  
Enter your address, city, state and zip code

## Did You Know...

The Minnesota Council for Nonprofits has  
**advocacy tips** that are helpful for **anyone** interested in  
**contacting an elected official:**  
[http://www.minnesotanonprofits.org/  
mcn-at-the-capitol/get-involved/  
helpful-tips-for-contacting-legislators](http://www.minnesotanonprofits.org/mcn-at-the-capitol/get-involved/helpful-tips-for-contacting-legislators)

# Put **Your** Knowledge into **Action**

## Share your thoughts in a **Letter to the Editor**

**Forest Lake Times:** [editor.forestlaketimes@ecm-inc.com](mailto:editor.forestlaketimes@ecm-inc.com)

**The Hugo Citizen:** [editor@readthecitizen.com](mailto:editor@readthecitizen.com)

**Hastings Star Gazette:** [editor@hastingsstargazette.com](mailto:editor@hastingsstargazette.com)

**Minneapolis Star Tribune:** [Opinion@startribune.com](mailto:Opinion@startribune.com)

**MinnPost:** [salbright@Minnpost.com](mailto:salbright@Minnpost.com)

**Oakdale - Lake Elmo Review:** [oakdale-lakeelmo@lillienews.com](mailto:oakdale-lakeelmo@lillienews.com)

**Ramsey County Review** - Serving Woodbury, Maplewood and North St. Paul: [review@lillienews.com](mailto:review@lillienews.com)

**Saint Paul Pioneer Press:** [letters@pioneerpress.com](mailto:letters@pioneerpress.com)

**Scandia Country Messenger:** [editor@countrymessenger.com](mailto:editor@countrymessenger.com)

**South Washington Co. Bulletin:** [editor@swcbulletin.com](mailto:editor@swcbulletin.com)

**Stillwater Gazette:** [www.stillwatergazette.com/forms/letters/](http://www.stillwatergazette.com/forms/letters/) or [erik.sandin@ecm-inc](mailto:erik.sandin@ecm-inc).

**White Bear Press:** <http://presspubs.com/forms/letters/>

**Woodbury Bulletin:** [editor@woodburybulletin.com](mailto:editor@woodburybulletin.com)

## **Tips** for writing an effective **Letter to the Editor:**

- Make your main point at the beginning of your letter
- We live in a soundbite world, so keep it short; many papers have a 250 word max.
- Facts are helpful - have a reliable source
- Speak from the heart - personal stories are powerful; don't be too wonky

## Great Resources to **Learn More**

### **Research and Information:**

- **Citizens League:** [www.citizensleague.org](http://www.citizensleague.org)
- **Growth and Justice:** [www.growthandjustice.org](http://www.growthandjustice.org)
- **Minnesota 2020:** [www.mn2020.org](http://www.mn2020.org)
- **Minnesota Budget Project:**  
website: [www.mnbudgetproject.org](http://www.mnbudgetproject.org)  
blog: <http://minnesotabudgetbites.org>

### **Government:**

- **Minnesota Department of Revenue:** [www.revenue.state.mn.us](http://www.revenue.state.mn.us)
- **Minnesota House:** [www.house.leg.state.mn.us](http://www.house.leg.state.mn.us)
- **Minnesota House info:** <http://www.house.leg.state.mn.us/hinfo/hinfo.htm>
- **Minnesota House Publications:** <http://www.house.leg.state.mn.us/pubs.htm>  
**Session Weekly (House Publication):** <http://www.house.leg.state.mn.us/sessionweekly/>  
**Session Daily (House Publication):** <http://www.house.leg.state.mn.us/hinfo/sdaily.asp>
- **Minnesota Senate:** [www.senate.leg.state.mn.us](http://www.senate.leg.state.mn.us)