Members of Congress, the Michigan Legislature, and County Boards of Commissioners are elected to be the spokespersons of their constituents. Michigan Citizens must play an important role in the lawmaking process by informing their elected officials of their opinions on issues. There are four main ways to communicate with your elected officials:

<table>
<thead>
<tr>
<th>Method</th>
<th>Description</th>
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<tbody>
<tr>
<td>By Visit</td>
<td>Legislators are eager to meet their constituents and will try to accommodate your request for a personal meeting. Please make an appointment in advance, and understand if the legislator is called away for an unscheduled committee meeting or session. You may meet with a staff member who will be welcoming and attentive to your concerns.</td>
</tr>
<tr>
<td>By Phone</td>
<td>A phone call is a quick and easy way to contact your legislator. Direct phone numbers are provided in the pages that follow. You may also contact the state Capitol switchboard and they will direct your call.</td>
</tr>
</tbody>
</table>

**Senators:** (517) 373-2400  
**Representatives:** (517) 373-0135

| By Letter    | Include your full name and address so staff can confirm you are a constituent and provide a response.  

For MI State Legislators address letters as indicated below:

| State Senator | The Honorable (Full Name)  
State Capitol  
P.O. Box 30036  
Lansing, MI 48909-7536 |
|---------------|----------------------------------------------------------------------------------------------------------------------------------|
| State Rep.    | The Honorable (Full Name)  
State Capitol  
P.O. Box 30014  
Lansing, MI 48909-7514 |

| By Email     | Email addresses are provided on the pages that follow. In your email, please include your full name and mailing address. To prevent the spread of viruses, most officials will not open any attachments or view emails that contain pictures. It is never appropriate to send chain emails or spam. |
### U.S. Delegation

**United States Senior Senator**
- Sen. Debbie Stabenow (D)
  - 731 Hart Senate Office Building
  - Washington, DC 20510
  - Phone: (202) 224-4822

**United States Senator**
- Sen. Gary Peters (D)
  - 724 Hart Senate Office Building
  - Washington, DC 20510
  - (888) 810-3880

**United States Representative 9th District**
- Rep. Sander Levin (D)
  - 1236 Longworth HOB
  - Washington, DC 20515
  - (888) 810-3880

**United States Representative 10th District**
- Rep. Paul Mitchell (R)
  - 211 Cannon House Office Building
  - Washington, DC 20515
  - (202) 225-2106

### Michigan Senate

**Senate District 8**
- Sen. Jack Brandenburg (R)
  - 7500 Binsfeld Bldg
  - (517) 373-7670
  - senjbrandenburg@senate.michigan.gov
  - Term: 2 of 2

**Senate District 9**
- Sen. Steven Bieda (D)
  - 6300 Binsfeld Bldg
  - (517) 373-8360
  - sensbieda@senate.michigan.gov
  - Term: 2 of 2

**Senate District 10**
- Sen. Tory Rocca (R)
  - 3600 Binsfeld Bldg
  - (517) 373-7315
  - sentrocca@senate.michigan.gov
  - Term: 2 of 2

**Senate District 25**
- Sen. Phil Pavlov (R)
  - 6200 Binsfeld Bldg
  - (517) 373-7708
  - senppavlov@senate.michigan.gov
  - Term: 2 of 2

### Michigan House

**House District 18**
- Rep. Kevin Hertel (D)
  - 697 Anderson Bldg.
  - (517) 373-1180
  - KevinHertel@house.mi.gov
  - Term: 1 of 3

**House District 22**
- Rep. John Chirkun (D)
  - 786 Anderson Bldg.
  - (517) 373-0854
  - johnchirkun@house.mi.gov
  - Term: 2 of 3

**House District 24**
- Rep. Steve Marino (R)
  - 788 Anderson Bldg.
  - (517) 373-0113
  - SteveMarino@house.mi.gov
  - Term: 1 of 3

**House District 25**
- Rep. Henry Yanez (D)
  - 789 Anderson Bldg.
  - (517) 373-2275
  - henryyanez@house.mi.gov
  - Term: 3 of 3
<table>
<thead>
<tr>
<th>House District 28</th>
<th>House District 30</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rep. Patrick Green (D) 792 Anderson Bldg. (517) 373-1772 <a href="mailto:PatrickGreen@house.mi.gov">PatrickGreen@house.mi.gov</a> Term: 1 of 3</td>
<td>Rep. Diana Farrington (R) 794 Anderson Bldg. (517) 373-7768 <a href="mailto:DianaFarrington@house.mi.gov">DianaFarrington@house.mi.gov</a> Term: 1 of 3</td>
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<tr>
<th>House District 31</th>
<th>House District 32</th>
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<tbody>
<tr>
<td>Rep. William Sowerby (D) 795 Anderson Bldg. (517) 373-0159 <a href="mailto:WilliamSowerby@house.mi.gov">WilliamSowerby@house.mi.gov</a> Term: 1 of 3</td>
<td>Rep. Pamela Hornberger (R) 796 Anderson Bldg. (517) 373-8931 <a href="mailto:PamelaHornberger@house.mi.gov">PamelaHornberger@house.mi.gov</a> Term: 1 of 3</td>
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<th>House District 33</th>
<th>House District 36</th>
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<tbody>
<tr>
<td>Rep. Jeff Yaroch (R) 797 Anderson Bldg. (517) 373-0820 <a href="mailto:JeffYaroch@house.mi.gov">JeffYaroch@house.mi.gov</a> Term: 1 of 3</td>
<td>Rep. Peter Lucido (R) 885 Anderson Bldg. (517) 373-0843 <a href="mailto:peterlucido@house.mi.gov">peterlucido@house.mi.gov</a> Term: 2 of 3</td>
</tr>
</tbody>
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### Macomb County Board of Commissioners

One South Main Street 9th Floor, Mount Clemens, MI 48043 Phone: 586-469-5152

**District 1:** Andrey Duzyj (Warren) andrey.duzyj@macombgov.org  
**District 2:** Marvin Sauger (Centerline, portion of Warren)  
**District 3:** Veronica Klinefelt vklinefelt@gmail.com (Eastpointe, Grosse Pointe Shores, St. Clair Shores, portion of Warren)  
**District 4:** Joseph Romano joseph.v.romano@macombgov.org (Southern and Eastern Sterling Heights)  
**District 5:** Robert Mijac rmijac@comcast.net 586.994.9110 (Northern Sterling Heights)  
**District 6:** James Louis Carabelli jimcarabelli@comcast.net 586.781.3050 (Shelby Township, Utica)  
**District 7:** Don Brown Don.Brown@MacombGov.Org (Macomb, Ray, Richmond, Washington, Armada, Lenox, and Bruce Townships, Villages of Romeo and Armada, Cities of Memphis and Richmond)  
**District 8:** Phil Kraft phil.kraft@macombgov.org 586.876.9543 (Lenox and Chesterfield Townships, Village of New Haven, City of New Baltimore)  
**District 9:** Elizabeth Lucido elizabeth.lucido@macombgov.org (Part of Macomb Township, Mount Clemens and Clinton Township)  
**District 10:** Robert Leonetti rob.leonetti@macombgov.org (St. Clair Shores and Harrison Township)  
**District 11:** Kathy Tocco Kathy.tocco@macombgov.org 586.293.0834 (Fraser and Roseville)  
**District 12:** Bob Smith bob.smith@macombgov.org 586.489.4590 (Clinton Township)  
**District 13:** Leon Drolet leon.drolet@macombgov.org (Macomb Township)