

How to use this Congressional Action

The link below contains a printable version of Congressional Action for this year 2007 & Awareness Day:

http://www.co-cure.org/Congressional_Action07.htm

Add a brief cover letter (one or two short paragraphs--sample letter below) about how this disease has affected you, and send it with a copy of the Congressional Action to your US representatives and US senators. (If you do not know who your senators and representatives are, go to www.congress.org and type in your zip code in the "Take Action" box. This will lead you to your federal, state and local elected officials' contact information, such as name, address, phone and email.) You can also go to these websites to find contact information:

Write your Representative: <http://www.house.gov/>

Senators Home: <http://www.senate.gov/>

FAX or mail the 3-page Congressional Action along with your cover letter to your 2 senators & representative

You can also call the Health Aide for your Senator or Representative and ask them for their e-mail so that you can send the document and your cover letter that way and they can receive it and printed as a FAX.

Also, it's possible to send a FAX through the computer.

Membership in this e-mail FAX site is free for one month: <http://www.fax4free.com/home.asp>

Letter suggestions: If you find that writing about your illness is too difficult, simply write a brief paragraph stating that you are the Senator/Representative's constituent, ill or disabled, or have a family member/friend ill or disabled with this disease and would appreciate if they would review the attached Request for Congressional Action. Ending with a statement such as, "Please let me know what you can do to help people like me with this disabling disease achieve these goals," not only encourages a response, but suggests the reader at least take a glance at the content in order to respond in an informed manner.

We are asking for all ME/CFS-related organizations and websites to post the documents of this Action for as wide a distribution and as much visibility as possible. It is our goal to simultaneously flood our public servants' mailboxes with these requests, especially from now through Awareness Day, May 12, but continuing beyond that as well.

Let's unite for this common cause and show our Senators and Representatives that there are not a mere million of their constituents that this disease affects, but millions more—in the form of our caregivers, our family members, our doctors, future victims of this disease, and society as a whole. If you can, print a copy (or multiple copies, if possible) of the Action out for each family member, friend and doctor to send off to his or her Congress people. Let's tell Congress LOUD and CLEAR en masse via this Action that our public health agencies have repeatedly minimized and even blatantly ignored our pleas for help for two decades, and the time is WAY past due for our public servants to come to our aid and intervene.

If you also want to target other key congressional members from other states than your own, you can contact them I then you find yourself as an American citizen. See below our signature for these contacts as well as a sample letter.

Thanks for your participation,

Steven Du Pre, Co-founder of National Alliance for Myalgic Encephalomyelitis

www.name-us.org

Lois Ventura, Co-founder of National Alliance for Myalgic Encephalomyelitis

Karen M. Campbell, Founder of CFSfacts.org

Patricia Caprio, Founder of Million Letter Campaign

SAMPLE LETTER TO CONGRESSIONAL REPRESENTATIVE:

Congressman Dan Lungren
2848 Rayburn House Office Building
Washington, DC 20515-0503

May 12, 2007

RE: Call for Congressional Action for Myalgic Encephalomyelitis/CFS

Dear Congressman Lungren,

No doubt you receive numerous requests from constituents with specific health care issues. I also know you have heard repeated stories of lives altered or lost by disabling illnesses. So I won't take up your time with my story of personal loss. There have been some who have died prematurely, including some at a very young age.

Instead, I ask that you please review the enclosed request for Congressional Action. For 20 years now, M.E./CFS (Myalgic Encephalomyelitis/Chronic Fatigue Syndrome) patients and researchers have been the victims of minimization and the neglect of solid scientific evidence by the NIH and CDC. As a result, nearly a million Americans (thousands of Californians) like me remained disabled with NO effective treatment for those 20 years, **costing the economy \$22-28 billion annually in lost productivity alone** (*latest report from January 2007 IACFS-ME Conference*). Sadly, and very harshly to say, most of us don't die quickly, which is an even bigger burden to society, who must support us through years and even decades of lingering, debilitating illness. Patients would love to get back to the productive lives they lived as American citizens before the disease put them down.

It is unfortunate that intervention through our public servants is badly needed for us to have any hope of returning to our once active and productive lives, but as you will see in the proposed Congressional Action, we definitely need your intervention. *Please let me know what steps you intend to take to initiate and/or follow through with the enclosed request for Congressional Action.*

Thanks you very sincerely for your consideration and support!

Steven Du Pre
4800 Marconi Ave. #107
Carmichael, CA 95608
Tel: 916-486-6250
E-mail: isaiah40@sonic.net

SIGNIFICANT MEMBERS OF CONGRESS

After you write to your own Members of Congress, consider sending letters to as many of the following significant Members of Congress as possible:

HOUSE OF REPRESENTATIVES

APPROPRIATIONS COMMITTEE

SUBCOMMITTEE ON LABOR, HEALTH & HUMAN SERVICES, EDUCATION & RELATED AGENCIES (L/HHS)

MAJORITY

Dave Obey, Chairman (WI-7)
Nita M. Lowey (NY-18) Rosa
L. DeLauro (CT-3) Jesse L.
Jackson, Jr. (IL-2) Patrick J.
Kennedy (RI-1) Lucille Roybal-
Allard (CA-34) Barbara Lee
(CA-9) Tom Udall (NM-3)
Michael Honda (CA-15)
Betty McCollum (MN-4)
Tim Ryan (OH-17)

MINORITY

James T. Walsh, Ranking Minority (NY-25)
Ralph Regula (OH-16)
John E. Peterson (PA-5)
Dave Weldon (FL-15)
Michael K. Simpson (ID-2)
Dennis R. Rehberg (MT-at large)
Jerry Lewis (CA-41), Ex Officio

HOUSE OF REPRESENTATIVES

ENERGY & COMMERCE COMMITTEE

SUBCOMMITTEE ON HEALTH

MAJORITY

Frank Pallone, Jr. (NJ-6), *Chairman*
Henry A. Waxman (CA-30)
Edolphus Towns (NY-10) Bart
Gordon (TN-6) Anna Eshoo (CA-
14) Gene Green (TX-29) Diana
DeGettte (CO-1) Lois Capps (CA-
23) Tom Allen (ME-1)
Tammy Baldwin (WI-2) Eliot L.
Engel (NY-17) Jan Schakowsky (IL-
9) Hilda Solis (CA-32)
Mike Ross (AR-4)
Darlene Hooley (OR-5) Anthony D.
Weiner (NY-9) Jim Matheson (UT-
2)
John Dingell, ex-officio (MI-15)

MINORITY

Nathan Deal (GA-10) Ralph
M. Hall (TX-4) Charlie
Norwood (GA-9) Barbara
Cubin (WY-at large) John B.
Shadegg (AZ-3) Steve Buyer
(IN-4) Joseph R. Pitts (PA-16)
Mary Bono (CA-45) Mike
Ferguson (NJ-7) Mike Rogers
(MI-8) Sue Myrick (NC-9)
John Sullivan (OK-1) Tim
Murphy (PA-18) Michael C.
Burgess (TX-26) Joe Barton,
ex-officio (TX-6)

SENATE

APPROPRIATIONS

SUBCOMMITTEE ON LABOR, HEALTH & HUMAN SERVICES, EDUCATION & RELATED AGENCIES
(L/HHS)

MAJORITY

Tom Harkin (IA)
Inouye (HI)
Herb Kohl (WI)
Patty Murray (WA)
Mary Landrieu (LA)
Dave Durbin (IL)
Jack Reed (RI)
Frank Lautenberg (NJ)

MINORITY

Arlen Specter, Ranking (PA)
Thad Cochran (MS)
Judd Gregg (VT)
Larry Craig (ID)
Kay Bailey Hutchison (TX)
Ted Stevens (AK)
Richard Shelby (AL)

HEALTH, EDUCATION, LABOR AND PENSIONS (HELP) COMMITTEE

MAJORITY

Edward Kennedy (MA)
Christopher Dodd (CT)
Tom Harkin (IA)
Barbara A. Mikulski (MD)
Jeff Bingaman (NM) Patty
Murray (WA)
Jack Reed (RI)
Hillary Rodham Clinton (NY)
Barack Obama (IL) Bernard
Sanders (I) (VT) Sherrod
Brown (OH)

MINORITY

Michael B. Enzi (WY)
Judd Gregg (NH) Lamar
Alexander (TN) Richard
Burr (NC) Johnny
Isakson (GA) Lisa
Murkowski (AK) Orrin G.
Hatch (UT) Pat Roberts
(KS) Wayne Allard (CO)
Tom Coburn, M.D. (OK)

Senate

HEALTH, EDUCATION, LABOR AND PENSIONS (HELP) COMMITTEE

MINORITY

Michael B. Enzi (WY) Judd Gregg (NH) Lamar Alexander (TN) Richard Burr (NC) Johnny Isakson (GA)
Lisa Murkowski (AK) Orrin G. Hatch (UT) Pat Roberts (KS) Wayne Allard (CO) Tom Coburn, M.D. (OK)

MAJORITY

Edward Kennedy (MA) Christopher Dodd (CT) Tom Harkin (IA)
Barbara A. Mikulski (MD) Jeff Bingaman (NM) Patty Murray (WA)
Jack Reed (RI)
Hillary Rodham Clinton (NY) Barack Obama (IL) Bernard Sanders (I) (VT) Sherrod Brown (OH)