

# Promote Social and Economic Justice

## Contact Your State Legislators

To further the mission of the NAACP, we need our members to speak up and be heard on a variety of state-level issues. Each Oregon citizen is represented in the Oregon Legislature by one senator and one representative. A short and simple email lets them hear your voice. Your participation in democracy is crucial to its survival. And the Oregon Legislative Information System (OLIS) makes it fast and easy to do just that.

### Find Your Legislators

If you need to determine who currently represents you, no problem. Simply enter your residential address [here](#). This provides email addresses, phone numbers and websites for your state senator and state representative. It also identifies your U.S. congressional district and U.S. representative.

### Email Your Legislators

Using the **Find Your Legislators** procedure above gives you the email addresses you need. Alternatively, you can find email addresses using these complete lists of [Oregon State Senators](#) and [Oregon State Representatives](#). Let your elected officials know of **your** support for legislation that stands up for **your** values. A few sentences that speak to your thoughts and concerns regarding a particular bill or issue benefits our cause. And be certain, the opposition is not sitting silent.

If you need help researching a bill or issue, contact your branch PAC at [Political Action](#) .

### Sign Up for Your Legislator's Email Newsletter

Take another step forward in participatory democracy! Go to your legislator's website and e-Subscribe to their newsletter. Look for the box on the right side of the page and enter your email address. You'll be informed, and can share what you learn with our branch, and with your neighbors. When you do, you'll be playing an active part in the ongoing struggle for social and economic justice.

### Monitor Oregon Legislature Activity

Find details [HERE](#)

## Monitor Oregon Legislature Activity

- [Today's Events at the Capitol in Salem](#)
- Monitor the current legislative session
  - Daily session details (2024) are [here](#)
  - A complete list of bills introduced in the Senate and House are [here](#)
- Monitor bills of interest: text, status and amendments
  - [How to Find a Bill or Vote Information](#)
    - Enter the bill identifier, e.g. SB 1583, in the search box on the right
  - [Bill Alerts - Stay Informed!](#)
    - First step: register [here](#)
    - After you confirm your registration, you can ask for emailed updates for individual bills
- [How to Submit Written Testimony on a Bill](#)
  - Email? <https://www.oregonhousingalliance.org/legislative-website/>
- [How to Testify in Committee Hearings](#)
- Watch a Committee Hearing
  - Live and archived [Legislative Video and Audio](#) is available
  - For a particular day, click [here](#). Then click the Sessions icon and choose Today. Links to live and recorded committee sessions are found in the column labeled "Meeting Location"