

A GUIDE FOR ALLIES OF REFUGEES AND IMMIGRANTS

Learn Volunteer Donate Advocate

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Learn

Justice for Immigrants www.justiceforimmigrants.org

St. James Immigrant Assistance www.stjames-cathedral.org/immigrant

Catholic Relief Services www.crs.org

Migration Policy Institute <http://www.migrationpolicy.org/>

Center for Migration Studies <http://cmsny.org/>

Pew Research Center <http://www.pewresearch.org/topics/immigration/>

Office of Immigrant and Refugee Affairs, City of Seattle
<http://www.seattle.gov/iandraffairs/data>

Grantmakers Concerned with Refugees and Immigrants <https://www.gcir.org/>

Islam Fact Check www.Islamfactcheck.org

Islamic Networks Group <https://ing.org/>

Muslim Association of Puget Sound www.mapsredmond.org

Volunteer

St. James Immigrant Assistance: Citizenship preparation, ESL tutoring, elder companion, etc. Caroline Okello: cwalsh@stjames-cathedral.org
www.stjames-cathedral.org/immigrant

AID NW: Book Drive, Visitation, Post-Detention Accompaniment Network, and Welcome Center at the NW Immigration detention center in Tacoma.
Esmeralda Saltos: esmes@comcast.net

Salaam Cultural Museum Medical Missions: volunteer here and abroad, donation drives, knitting circles, etc. Rita Zawaideh: rita@caravan-serai.com

Episcopal Migration Ministry ESL and Employment volunteers:
<http://www.dioceseroseattle.org/getinvolved/volunteer.html>

Lutheran Community Services - Refugee and Immigrant Children' Program (child refugee resettlement). Paul Tan: ptan@lcsnw.org

Food bank for migrant workers at St. Charles parish, Burlington WA
Jose Ortiz: jose@stcharles-burlington-wa.org

Syrian American Coordination Committee of Washington (SACCWA): a non-profit 501(c3) organization whose mission is to help displaced Syrians by providing food, baby formula, hygiene products, clothing, blankets, school supplies, medical and housing assistance. SACCWA has helped displaced Syrians in Syria, Jordan, Turkey, Greece, and the US.
Alex Kabor, aakabor@yahoo.com

Catholic Immigration Legal Services:
Volunteer Legal/Administrative Assistant
Go to <http://www.ccsww.org> and select "Get Involved" and "volunteer".

Americans for Refugees and Immigrants

We are committed to helping refugees and immigrants understand local laws & policies as well as their rights. <https://www.facebook.com/ARIjusticenequality/>

Donate (cash, time, services, and goods)

St. James Immigrant Assistance

Go to www.stjames-cathedral.org/immigrant to support English and civics tutoring, help applying to become a citizen, elder integration services, and advocacy efforts. To make an on-line donation, click on "Donate Online."

National Partnership for New Americans

<http://partnershipfornewamericans.org/donate/>

The Protection Fund of the National Partnership for New Americans will be used primarily to support naturalization, local refugee protection activities, protection from deportation. Make a donation at <http://partnershipfornewamericans.org/donate/>

Catholic Relief Services partnering with organizations around the world to help poor and vulnerable people overcome emergencies, earn a living through agriculture, and access affordable health care. Go to www.crs.org

Advocates for Immigrants in Detention NW a 501(c)(3) non-profit organization dedicated to serving detained immigrants at the Northwest Detention Center.

www.aidnw.org

International Rescue Committee - see what items are needed for local refugee families by going to <https://www.rescue.org/announcement/items-needed-refugees-seattle>.

Salaam Cultural Museum Medical Missions helps refugees in a variety of ways.

Donate items from their wish list for local refugees and those still in camps, at

https://www.amazon.com/registry/wishlist/20GJ6K2ZCHG9N/ref=cm_sw_r_fa_ws_t2_OMwzybC7VQ3J1

The nine agencies that resettle refugees in the U.S. are

- Church World Service (www.churchworldservice.org/)
- Ethiopian Community Development Council (www.ecdcinternational.org)
- Episcopal Migration Ministries (www.ecusa.anglican.org/emm)
- Hebrew Immigrant Aid Society (www.hias.org)
- International Rescue Committee (www.theirc.org)
- US Committee for Refugees and Immigrants (www.refugees.org)
- Lutheran Immigration and Refugee Services (www.lirs.org)
- United States Conference of Catholic Bishops (www.usccb.org/about/migration-and-refugee-services/index.cfm)
- World Relief Corporation (www.wr.org)

Advocate

Know who your local legislators and politicians are and how to get in touch with them. Here's where to find your House Representative:

<http://www.house.gov/representatives/find/>

Text your zip code to 520-200-2223 and you will receive a text with your Congressional and State Representatives. See *"How to get through to Congress"* below.

Attend town hall meetings, city council meetings, rallies and events

Your congressperson will usually have a schedule of Town Hall meetings on their website. Check out your city's website for meetings and agendas.

Write a letter to the editor of your local paper

Get to know your local School Board and Join Your PTA

Whether you have kids in school or not, your school board sets policies that directly affect immigrant families.

Invite Others to Join You

Get a group together to do anything on this list.

Join a voting league or political organization

A non-partisan group like the League of Women Voters is a good way to get informed, or choose a political group that aligns with your values.

Volunteer with your local representative through their office

Find a local politician who represents the change you want to see in your community, contact their office to figure out how you can get involved. Also, your state, city and county have party headquarters where you can volunteer. Google it. If you'd rather stay at home, you can take part in digital activism such as sending newsletters or text messages or organizing online campaigns.

#ToImmigrantsWithLove a project of #IAmAnImmigrant and Define American, invites immigrants and the people who love them to make public commitments of support to one another. Check out their Facebook page for more information

at <https://www.facebook.com/welcomeus>

Encourage letters of solidarity and support

Ask your school's principal or school board, city and county council members, or any organization or group that you are part of to publish a letter of support or solidarity.

Immigration Advocacy Organizations

St. James Immigrant Assistance: sign up for our advocacy alerts at www.stjames-cathedral.org/immigrant Click on the Immigration Network “Join” button.

Justice for Immigrants www.justiceforimmigrants.org
Send an electronic postcard to Washington, DC asking that lawmakers ensure humane treatment towards migrants and refugees.

Faith Action Network <http://fanwa.org/>

Advocates for Immigrants in Detention NW www.aidnw.org

FWD.us <https://www.fwd.us/>

National Day Laborer Organizing Network <http://www.ndlon.org/en/>

Americans for Refugees & Immigrants
<https://www.facebook.com/ARIjusticenequality/>

Here's how to Get Through to Congress

<http://www.csmonitor.com/USA/Politics/2017/0213/Getting-a-busy-signal-when-you-call-Congress-Here-s-how-to-get-through> February 2017

What is most effective?

In-person visits are the best way to influence lawmakers who have not yet made up their mind on an issue, according to 94 percent of Capitol Hill respondents in the foundation's report, which compiled data from hundreds of staffers over more than a decade. Advocacy groups agree. You can call or email for an appointment in Washington or a district office to see the member or more likely, someone on the member's staff. Work to build a relationship over time. It's helpful also to prep a staffer in advance, including sending them evidence relevant to your position. But not everyone can make it to Washington or to a member's district office.

What about town halls?

This fixture in American politics is another opportunity for face-time with a Congress member. But when town halls turn into verbal brawls – as they sometimes did at tea party town-hall protests during the Obama administration and as they have with progressives flooding GOP town halls – they can be counterproductive. Yes, representatives see that people are upset. That registers. But angry mobs can also stiffen a lawmaker's resolve, or prompt them to use telephone town halls instead of in-person ones. Congress has a recess next week, and Republicans have been advised to hire security, limit crowd size, and make sure they have a way to safely leave the building. "Nobody likes getting yelled at," says Noah Wall, national director of campaigns for FreedomWorks, the conservative advocacy group. "The way to change members of Congress's minds is to be persuasive in your argument." He notes that anger never repealed the Affordable Care Act, or "Obamacare." But when channeled to the polling booth, it produced a Republican sweep that now has the potential to repeal.

Should I call or write?

Opinions differ on the benefits of calling vs. emails and other electronic communications. In its report, the Congressional Management Foundation found that individualized emails are more influential on an undecided lawmaker than are either phone calls or form emails. Personally written emails and even snail-mail letters give members of Congress a chance to hear a constituent's story, and show how legislation might directly affect them, says Brad Fitch, the president of the foundation. He says that phone calls are tabulated and produce either a "for" or "against" count – still useful, but less so. In heavy volume times such as these, voicemail stacks up and staffers – who because of budget cuts are about what they were in 1980 – have to take notes and tabulate, and sometimes simply can't keep up. Emails are easier to count.

But Bella Pori, co-founder of the new progressive advocacy group “Call Them In,” thinks phoning is far more effective. The group sends timely emails with issue snippets and a script for callers to contact their lawmaker. All a recipient has to do is press the link to the phone number, and they’re connected. It’s perfect for young people, who hate talking on the phone and don’t know much about politics, says Ms. Pori, herself a millennial. Meanwhile, a call takes up two-and-a-half minutes of an intern’s day, while emails are much easier to ignore. Also, in many offices, staff rotate phone duty, so sometimes a caller actually reaches someone who works on legislation. “We’ve seen that calling works,” says Pori. She points to Sen. Lisa Murkowski (R) of Alaska, who, along with Susan Collins (R) of Maine, were the only two Republicans to vote against Betsy DeVos for education secretary. Senator Murkowski “voted against DeVos because of calls.”

Which issue(s) should I target?

The kind of issue to target, and the message that accompanies it are incredibly important. Asking senators to vote against President Trump’s nominees is going to be far less effective than targeting specific legislation, says Mr. Fitch. That’s because Republicans control the Senate, and it only takes a majority to approve appointees – whom Republicans are generally inclined to support. Legislation that has to meet a 60-vote threshold, on the other hand, will require bipartisan support. “There will be a different dynamic at work when we’re talking about building a \$20 billion wall with Mexico, than when we’re talking about a cabinet official,” he says. Indeed, experts suggest that Democrats need to selectively pick their issues. “It has at times been a little bit hysterical. And worse, indiscriminate,” says Ross Baker, a political science professor at Rutgers University in New Brunswick, NJ, speaking of Democrats’ strategy so far. “You wear out your emotional welcome if your hair catches fire too many times.”

What should I ask for?

But when the time is right, it’s important for individuals to be clear about what they specifically want a lawmaker to do. This is the “ask” by which members of Congress can later be held accountable. Adding the “why” – how something affects you or your area or issue – also helps influence members. One more thing can assist citizens in influencing their members, and that is to get on the email list of groups that care about certain issues. These groups are following details long before these issues reach a floor vote. There are associations for every conceivable interest Americans might have, from education to deforestation, from elder care to day care. “Everybody has a lobbyist in Washington. You just may not have met them. Find out who is actually articulating your viewpoint, and make sure you are kept informed about how legislators are acting on issues important to you,” says Fitch.

When Calling

Notes from a former Capitol Hill staffer who was in charge of all the incoming phone calls.

1. Give your name, city, and zip code, and say "I don't need a response." That way, they can quickly confirm you are a constituent, and that they can tally you down without taking the time to input you into a response database.

2. PLEASE ONLY CALL YOUR OWN REPRESENTATIVES! Your tally will not be marked down unless you can rattle off a city and zip from the state, or are calling from an in-state area code. I know you really want to give Mitch McConnell a piece of your mind, but your call will be ignored unless you can provide a zip from Kentucky. And don't try to make this up; I could often tell who was lying before I even picked up the phone from the caller ID. Exceptions to this are things like Paul Ryan's ACA poll.

3. State the issue, state your position. "I am opposed to a ban on Muslims entering the US." That's it. That's all we write down so we can get a tally of who is in favor, who is against. It doesn't matter WHY you hold that opinion. The more people calling, the less detail they write down. Help them out by being simple and direct.

4. Please be nice! The people answering the phones on Capitol Hill already had the hardest job in DC and some of the lowest pay as well. Thank them for their hard work answering the phones, because without them our Senators could not represent us.

What does this sound like?

"Hi, my name is Mark, I'm a constituent from Seattle, zip code 98***, I don't need a response. I am opposed to any ban on Muslims entering the United States and I encourage the Senator to please oppose implementation of any such ban. Thanks for your hard work answering the phones!"

This is how I wish every caller had phrased their message. It makes it easier for the people answering the phones and takes less time and emotion than a long script. I know that you want to say why, but keeping it short and sweet helps the office answer more calls per hour, meaning more people get heard. The bigger the tally, the more powerful our voice. Also, when you're reading off the same script as 100 other callers that day... well...they can tell.

Pick one issue each day, use this format (I am in favor of _____ or I oppose _____), and call your 2 Senators and 1 Representative on their DC and State Office lines, and you'll be on your way to being heard.