



## Online Resources for Lake Advocates

### Legislative Alerts:

**Maine Lakes** (focused on lake bills, 3-6 emails per year regarding action for specific bills): [www.lakes.me/contact](http://www.lakes.me/contact) (check “Legislative Alerts”)

**Maine Audubon** (focused on bills affecting wildlife habitat):  
<https://maineaudubon.org/advocacy/action-alert/>

**Natural Resources Council of Maine** (focus on general environmental issues, including waste, energy, and the outdoors): <https://www.nrcm.org/get-involved/take-action/>

Sign up as an “interested party” to receive emails with schedules and notices from

**Committees:** <https://lists.legislature.maine.gov/sympa/lists/committees>

Lake bills are usually heard in the Environment and Natural Resources Committee and the Inland Fisheries and Wildlife. Sometimes they are heard in the Agriculture, Conservation and Forestry Committee.

**Maine Lakes Advocacy Page:** [www.lakes.me/advocacy](http://www.lakes.me/advocacy)

Current list of bills as they are printed, status and needs for each and links to legislative page with bill details.

**Maine Lakes Take Action Page:** [www.lakes.me/ake-action](http://www.lakes.me/ake-action)

Directions for uploading testimony to the Maine State website and tips for attending hearings in person or via Zoom

### Links to finding your legislator:

#### **Find Your State Senator:**

<https://legislature.maine.gov/senate/senators/9536>

#### **Find Your State Representative:**

<https://legislature.maine.gov/house/house/MemberProfiles/ListAlphaTown>

#### **Find Your Representative with Your Address (NRCM link):**

<https://nrcm.salsalabs.org/mainelegislatorlookup/index.html>

#### **Map of Senate Districts:**

[https://www.maine.gov/sos/cec/elec/apport/redistricting22/senate%20maps/SenateDistricts2021\\_Final.pdf](https://www.maine.gov/sos/cec/elec/apport/redistricting22/senate%20maps/SenateDistricts2021_Final.pdf)

**Map of House Districts:** <https://legislature.maine.gov/doc/7518>

#### **Find Your Representative Using Your Address (NRCM site):**

<https://nrcm.salsalabs.org/mainelegislatorlookup/index.html>

## Writing and Delivering Testimony:

**Tips for Writing and Delivering Testimony:** <https://www.lakes.me/take-action/testify-tips>

**Tips for Effective Letters:** <https://www.lakes.me/take-action/letter-tips>

**Tips on Speaking to your Legislator:** <https://www.lakes.me/take-action/speaking-tips>

**Maine State Legislature:** <https://legislature.maine.gov/>

**Legislative Committees:** <https://legislature.maine.gov/committee/#Committees>.

From there, choose from the drop down box the committee of interest.

**Submitting online testimony:** <https://www.mainelegislature.org/testimony/>.

Click “public hearing”, choose committee, date and LD (legislative document, also referred to as the bill number). You can type in testimony or attach a document. If appearing in person, no need to use this form. Bring 20 copies of your testimony to the hearing.

**Bill Tracking:** <https://legislature.maine.gov/billtracker/#Paper>

Type in bill number or search term to get to landing page with all bill documents, all submitted testimony, committee actions, bills sponsors and much more.

## Other Maine Lakes Newsletters

Want to hear more from Maine Lakes? Please consider signing up for our other newsletters, **Maine Lakes E-News**, **LakeSmart E-News**, **Look Out for Loons E-News** and **Freshwater Education E-News**. [Click here to subscribe.](#)

## Contact Maine Lakes

Maine Lakes, P.O. Box 91, Yarmouth, ME 04096, (207) 495-2301, [www.lakes.me](http://www.lakes.me)

## **Effective Testimony Tips:**

The most effective testimonies from advocates like you are personal stories of your experiences and how they relate to the bill at hand. Organizations will focus on sharing facts with legislators and answering technical questions. Advocates have the advantage of connecting with legislators on a more personal level, sharing heartfelt, relatable stories that are effective and impactful.



### **Testifying Before a Committee:**

1. Bring 20 copies of your testimony\*
2. Wait until the bill sponsors and legislators have spoken, then take your turn at the podium.
3. Sign in, name and town
4. Address the entire committee.
5. Return to audience seating when there are no further questions.



### **Writing to Legislators/Submitting Online Testimony:**

1. Introduce yourself.
2. Mention where you live or visit.
3. Ask them to support/oppose a specific bill.
4. Share a short personal story.
5. Be concise and rational.
6. Include your contact information and say thank you!



### **Calling Legislators:**

1. Introduce yourself.
2. Explain the reason you are calling and be ready to answer questions.
3. If questions need further research, tell them you'll get back to them.
4. Ask for their support/opposition for a specific bill if applicable.
5. Always be courteous and professional. Say thank you!