**🡪 Urge your U.S. Representative to pass HR 1004 to prevent U.S. intervention in Venezuela without Congress’s consent.**

The U.S. has a long history of bullying other nations. Sometimes this includes using military violence against them. Usually this starts in the Executive Branch, and Congress and mainstream media support it.

But ordinary Americans and some Congress members are pushing back against cruelty and militarism. We need to (1) inform the public, the media, and Congress, and (2) build a grassroots movement to stop the U.S.’s unjust interference in other countries.

The Trump regime has imposed cruel, unjust economic sanctions against Venezuela, and is threatening military violence there.

A few progressive Democrats in the House signed a letter to the Secretary of State Mike Pompeo demanding that the U.S. stay out of Venezuela, opposing any military intervention, and criticizing the economic sanctions against Venezuela.

Also, on February 6, 2019, **U.S. Representative David Cicilline from Rhode Island introduced HR 1004, a bill to prevent the U.S. from using military force in Venezuela unless Congress explicitly votes to support it.** The. The bill, **HR 1004**, has 54 cosponsors as of March 20, 2019. The only cosponsor from Washington State is Pramila Jayapal from Seattle. It is in the House Committee on Foreign Affairs.

Decent people have better values than the Trump regime has. We support peace, democracy, and fairness. We believe the U.S. should respect all nations’ sovereignty and to refuse to commit military violence against them. We believe in taking clear, principled actions to stop cruelty. **Congress needs to hear from you!**

Click this petition urging Congress to support HR 1004: [**https://act.credoaction.com/sign/venezuela-Cicilline**](https://act.credoaction.com/sign/venezuela-Cicilline)

**Contact your U.S. Representative and urge him or her to support HR 1004.** Personal visits carry the most weight, phone conversations carry less weight, and e-mails carry less. But personalizing an e-mail message is more persuasive than merely clicking on the suggested text.

People who live in the Olympia area (even if registered to vote elsewhere) can contact Denny Heck, who was elected to represent Washington State’s 10th Congressional District. Say you live here. His contact info is:

(360) 459-8514 is his office in Lacey (local call from Olympia). (202) 225-9740 is his Washington DC office.

You can e-mail him and nearly all other U.S. representatives through their websites. Denny Heck’s website is [**www.dennyheck.house.gov**](http://www.dennyheck.house.gov)

Denny Heck’s local office is at 420 College Street SE, 3rd Floor, in Lacey.

**If you are registered to vote elsewhere, contact your own representative also.** You can find their names, phone numbers, e-mail addresses and websites at **www.house.gov**

**What should you say to a U.S. Representative in order to get them to support HR 1004?** If you know the person, devise a message that will persuade them based on their political and/or personal values and interests. If you don’t know them, assume they are middle-of-the-road, and start from there.

It’s good if you can say why HR 1004 is important to you and your values (*e.g*., respecting Venezuela’s sovereignty and constitution), rather than using rhetoric such as “imperialism” or calling Trump a “fascist.”

Do not assume that the representative (or the staff person you talk with) is well informed. You will likely need to present some basic information before making your specific request to support HR 1004.

The better informed you are, the better. But resist the temptation to overwhelm them with facts, because they won’t have time to hear much information. Supporting HR 1004 is a big enough goal for this one outreach effort.

Basic information is at **www.congress.gov/bill/116th-congress/house-bill/1004**

Some non-profit organizations and progressive news sources have provided good information. I will post some – and a 1-hour TV interview with Larry Mosqueda – to the “Latin America” part of my blog, [**www.parallaxperspectives.org**](http://www.parallaxperspectives.org) by late March 2019.

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