



2019 Guide to Contacting Your State Legislators

Respectfully ask your state senator and state representative to:

- **Pass a responsible state budget that adequately funds services, health insurance and wages,** and ensures Maine's public workers have the resources necessary to do their jobs.
- **Support An Act to Study Compensation for State Employees.** This legislation authorizes and funds a comprehensive study of the State of Maine's Executive Branch compensation system.
- **Support LD 162, An Act to Eliminate the State Income Tax on Maine Public Employees Retirement System Pensions.** This legislation treats pensions from the Maine Public Employees Retirement System the same way Social Security benefits are treated for state income tax purposes.
- **Support a prerelease center in Washington County.**

Remember to always contact legislators on your own time using your own personal devices.

129th Maine Senate Leadership



Troy Jackson
Senate President
(Democrat)



Nate Libby
Senate
Democratic Leader



Eloise Vitelli
Senate Assistant
Democratic Leader



Dana Dow
Senate
Republican Leader



Jeffrey Timberlake
Senate Assistant
Republican Leader

129th Maine House Leadership



Sara Gideon
House Speaker
(Democrat)



Matt Moonen
House
Democratic Leader



Ryan Fecteau
House Assistant
Democratic Leader



Kathleen Dillingham
House
Republican Leader



Trey Stewart
House Assistant
Republican Leader

129th Maine Legislature

In-state toll-free message lines:

Maine Senate: 1-800-423-6900 Maine House: 1-800-423-2900

**Asterisk denotes MSEA-SEIU Local 1989-endorsed in the Nov. 6, 2018, General Elections.*

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- 124 **VACANT** -- Special election in House District 124 set for March 12 following the resignation of **Aaron Frey*** (D - Bangor) and his election as Attorney General
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Senate and House districts by community

Community	Senate	House	Community	Senate	House	Community	Senate	House
Abbot	4	119	Brooks	11	99	Danforth	6	141
Acton	34	20	Brooksville	7	133	Dayton	32	10
Addison	6	138	Brownfield	19	70	Deblois	6	137
Albion	16	79	Brownville	4	120	Dedham	8	131
Alexander	6	141	Brunswick	24	49, 50, 51	Deer Isle	7	134
Alfred	32	21	Buckfield	18	73	Denmark	19	69
Allagash	1	151	Bucksport	8	130	Dennistown Plt.	3	118
Alna	13	87	Burlington	8	141	Dennysville	6	141
Alton	4	121	Burnham	11	99	Detroit	4	106
Amherst	7	137	Buxton	30, 31	16, 22	Dexter	4	104
Amity	2	144	Byron	18	117	Dixfield	18	116
Andover	18	117	Calais	6	140	Dixmont	10	100
Anson	3	112	Cambridge	4	105	Dover-Foxcroft	4	120
Appleton	12	95	Camden	12	94	Dresden	23	53
Arrowsic	23	53	Canaan	3	105	Drew Plt.	2	141
Arundel	32	10	Canton	18	116	Durham	22	46
Ashland	1	151	Cape Elizabeth	29	30, 32	Dyer Brook	2	145
Athens	4	118	Caratunk	3	118	Eagle Lake	1	151
Atkinson	4	120	Caribou	1	149	East Machias	6	139
Auburn	20	62, 63, 64	Carmel	10	103	East Millinocket	5	143
Augusta	15	80, 85, 86	Carrabassett Valley	17	112	Eastbrook	7	137
Aurora	7	137	Carroll Plt.	2	141	Easton	2	148
Avon	17	112	Carthage	17	112	Eastport	6	139
Baileyville	6	140	Cary Plt.	2	144	Eddington	8	129
Baldwin	26	68	Casco	26	66, 67	Edgecomb	13	89
Bancroft	2	144	Castine	8	133	Edinburg	5	137
Bangor	9	124, 125, 126, 127	Castle Hill	1	146	Eliot	35	2
Bar Harbor	7	135	Caswell	1	148	Ellsworth	7	132
Baring Plt.	6	140	Chapman	2	146	Embden	3	118
Bath	23	52	Charleston	4	104	Enfield	5	142
Beals	6	138	Charlotte	6	140	Etna	10	100, 103
Beaver Cove	4	119	Chebeague Island	25	47	Eustis	17	117
Beddington	6	137	Chelsea	14	88	Exeter	10	104
Belfast	11	97	Cherryfield	6	138	Fairfield	16	108
Belgrade	17	76	Chester	5	141	Falmouth	25	43, 44
Belmont	11	96	Chesterville	17	114	Farmingdale	14	83
Benton	16	78, 79	China	15	79	Farmington	17	113
Berwick	34	5	Clifton	8	129	Fayette	17	76
Bethel	18	117	Clinton	16	106	Fort Fairfield	2	148
Biddeford	32	9, 11, 12	Codyville Plt.	6	141	Fort Kent	1	151
Bingham	3	118	Columbia	6	138	Frankfort	11	98
Blaine	2	146	Columbia Falls	6	138	Franklin	7	137
Blue Hill	7	133	Cooper	6	141	Freedom	11	99
Boothbay	13	89	Coplin Plt.	17	117	Freeport	24	48
Boothbay Harbor	13	89	Corinna	10	100	Frenchboro	7	134
Bowdoin	23	55	Corinth	10	121	Frenchville	1	150
Bowdoinham	23	55	Cornish	33	68	Friendship	12	91
Bowerbank	4	119	Cornville	3	118	Frye Island	26	67
Bradford	4	137	Cranberry Isles	7	134	Fryeburg	19	70
Bradley	8	137	Crawford	6	141	Gardiner	14	83
Bremen	13	90	Crystal	2	145	Garfield Plt.	1	151
Brewer	8	128, 129	Cumberland	25	45	Garland	4	104
Bridgewater	2	145	Cushing	12	92	Georgetown	23	53
Bridgton	19	69	Cutler	6	139	Gilead	18	117
Brighton Plt.	4	118	Cyr Plt.	1	148	Glenburn	10	102
Bristol	13	90	Dallas Plt.	17	117	Glenwood Plt.	2	144
Brooklin	7	133	Damariscotta	13	90	Gorham	30	26, 27

Senate and House districts by community

Community	Senate	House	Community	Senate	House	Community	Senate	House
Gouldsboro	6	136	Lebanon	34	20	Moose River	3	118
Grand Isle	1	150	Lee	2	141	Moro Pt.	2	145
Grand Lake Stream Pt.	6	141	Leeds	22	75	Morrill	11	96
Gray	25	45, 67	Levant	10	102	Moscow	3	118
Great Pond	8	137	Lewiston	21	58, 59, 60, 61	Mount Chase	2	145
Greenbush	5	137	Liberty	11	96	Mount Desert	7	135
Greene	22	57	Limerick	33	21, 22	Mount Vernon	17	76
Greenville	4	119	Limestone	1	148	Naples	19	68
Greenwood	18	117	Limington	31	22	Nashville Pt.	1	151
Guilford	4	119	Lincoln	8	142	New Canada	1	151
Hallowell	14	84	Lincoln Pt.	18	117	New Gloucester	20	65
Hamlin	1	148	Lincolnville	11	96	New Limerick	2	145
Hammond	2	145	Linneus	2	145	New Portland	3	112
Hampden	10	101	Lisbon	22	56	New Sharon	17	113
Hancock	7	136	Litchfield	22	82	New Sweden	1	149
Hanover	18	117	Littleton	2	145	New Vineyard	17	114
Harmony	4	118	Livermore	18	74, 75	Newburgh	10	101
Harpswell	24	51	Livermore Falls	18	74	Newcastle	13	90
Harrington	6	138	Long Island	25	47	Newfield	33	21
Harrison	19	69	Lovell	18	70, 117	Newport	10	100
Hartford	18	116	Lowell	8	141	Newry	18	117
Hartland	4	105	Lubec	6	139	Nobleboro	13	88, 90
Haynesville	2	144	Ludlow	2	145	Norridgewock	3	111
Hebron	18	73	Lyman	32	10, 17	North Berwick	34	5, 6
Hermon	9	103	Machias	6	139	North Haven	12	134
Hersey	2	145	Machiasport	6	139	North Yarmouth	24	46
Highland Pt.	3	118	Macwahoc Pt.	2	144	Northfield	6	137
Hiram	19	70	Madawaska	1	150	Northport	11	97
Hodgdon	2	144	Madison	3	107, 111	Norway	19	71
Holden	8	129	Magalloway Pt.	18	117	Oakfield	2	145
Hollis	31	16	Manchester	14	84	Oakland	15	77, 110
Hope	12	95	Mapleton	1	146	Ogunquit	35	4
Houlton	2	144	Mariaville	7	136	Old Orchard Beach	31	13
Howland	5	142	Mars Hill	2	146	Old Town	5	122
Hudson	10	121	Marshfield	6	138	Orient	2	144
Indian Township	6	140	Masardis	1	151	Orland	8	131
Industry	17	114	Matinicus Isle Pt.	12	92	Orono	5	123, 124
Island Falls	2	145	Mattawamkeag	5	141	Orrington	8	130
Isle au Haut	12	134	Maxfield	5	142	Osborn	7	136
Islesboro	11	94	Mechanic Falls	20	72	Otis	7	131
Jackman	3	118	Meddybemps	6	141	Otisfield	19	72
Jackson	11	99	Medford	4	120	Owl's Head	12	93
Jay	17	74	Medway	5	122, 143	Oxbow Pt.	1	151
Jefferson	13	88	Mercer	3	108	Oxford	19	72
Jonesboro	6	138	Merrill	2	145	Palermo	11	96
Jonesport	6	138	Mexico	18	116	Palmyra	4	105
Kenduskeag	10	102	Milbridge	6	138	Paris	19	73
Kennebunk	34	8, 9	Milford	5	121	Parkman	4	119
Kennebunkport	32	9	Millinocket	5	143	Parsonsfield	33	21, 68
Kingfield	17	112	Milo	4	120	Passadumkeag	5	137
Kingsbury Pt.	4	118	Minot	20	64	Patten	2	143
Kittery	35	1, 2	Monhegan Pt.	13	90	Pembroke	6	140
Knox	11	99	Monmouth	14	81, 82	Penob. Nat. Voting Dis.	5	122
Lagrange	4	137	Monroe	11	99	Penobscot	8	131
Lake View Pt.	4	120	Monson	4	119	Perham	1	146
Lakeville	2	141	Monticello	2	145	Perry	6	140
Lamoine	7	135	Montville	11	96	Peru	18	116

Senate and House districts by community

Community	Senate	House	Community	Senate	House	Community	Senate	House
Phillips	17	112	Solon	3	111	Vienna	17	76
Phippsburg	23	53	Somerville	13	80	Vinalhaven	12	134
Pittsfield	3	106	Sorrento	7	136	Wade	1	146
Pittston	14	87	South Berwick	35	2, 6	Waite	6	141
Pleasant Pt. Voting Dis.	6	140	South Bristol	13	89, 90	Waldo	11	97
Pleasant Ridge Plt.	3	118	South Portland	29	31, 32, 33	Waldoboro	13	91
Plymouth	10	100	South Thomaston	12	92	Wales	22	82
Poland	20	65, 66	Southport	13	89	Wallagrass	1	151
Portage Lake	1	151	Southwest Harbor	7	134	Waltham	7	136
Porter	19	70	Springfield	2	141	Warren	12	95
Portland	27, 28	36, 37, 38, 39	St. Albans	4	105	Washburn	1	146
Pownal	24	46, 48	St. Francis	1	151	Washington	13	91
Presque Isle	2	147, 148	St. George	12	92	Waterboro	33	17
Princeton	6	141	St. John Plt.	1	151	Waterford	18	71
Prospect	11	131	Stacyville	2	145	Waterville	16	109, 110
Randolph	14	87	Standish	26	22, 23	Wayne	22	76
Rangeley	17	117	Starks	3	112	Webster Plt.	2	141
Rangeley Plt	17	117	Stetson	10	104	Weld	17	112
Raymond	26	66, 67	Steuben	6	136	Wellington	4	118
Readfield	14	81	Stockholm	1	148	Wells	34	4, 7
Reed Plt.	2	144	Stockton Springs	11	131	Wesley	6	137
Richmond	23	53, 55	Stoneham	18	117	West Bath	23	51
Ripley	4	105	Stonington	7	134	West Forks Plt.	3	118
Robbinston	6	140	Stow	18	117	West Gardiner	14	84
Rockland	12	93	Strong	17	114	West Paris	18	71
Rockport	12	94	Sullivan	6	136	Westbrook	25, 28	34, 35
Rome	3	76	Sumner	18	115	Westfield	2	146
Roque Bluffs	6	139	Surry	7	133	Westmanland	1	149
Roxbury	18	115	Swan's Island	7	134	Weston	2	144
Rumford	18	115	Swanville	11	98	Westport Island	13	89
Sabattus	22	57	Sweden	18	71	Whitefield	13	88
Saco	31	14, 15, 16	Talmadge	6	141	Whiting	6	139
Saint Agatha	1	150	Temple	17	114	Whitneyville	6	138
Sandy River Plt.	17	112	The Forks Plt.	3	118	Willimantic	4	119
Sanford	33	4, 18, 19	Thomaston	12	92	Wilton	17	114
Sangerville	4	119	Thorndike	11	99	Windham	26	24, 25
Scarborough	29, 30	27, 28, 29	Topsfield	6	141	Windsor	13	80
Searsmont	11	96	Topsham	23	54	Winn	2	141
Searsport	11	98	Tremont	7	134	Winslow	16	78
Sebago	19	68	Trenton	7	132	Winter Harbor	6	136
Sebec	4	119	Troy	11	99	Winterport	11	98
Seboeis Plt.	5	142	Turner	22	75	Winterville Plt.	1	151
Sedgwick	7	133	Union	12	91, 95	Winthrop	14	81
Shapleigh	33	20, 21	Unity	11	99	Wiscasset	13	87
Sherman	2	145	Upton	18	117	Woodland	1	146
Shirley	4	119	Van Buren	1	150	Woodstock	18	115
Sidney	15	77	Vanceboro	6	141	Woodville	5	142
Skowhegan	3	107	Vassalboro	15	80	Woolwich	23	53
Smithfield	3	108	Veazie	5	129	Yarmouth	25	47
Smyrna	2	145	Verona	8	131	York	35	3, 4

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