

Help Ukraine! Use these templates to send e-mails and letters. Be the voice of change!

Contact Information for your Member of Parliament

Mail may be sent **postage-free** to any Member of Parliament to: Name of Member of Parliament, House of Commons, Ottawa, Ontario K1A 0A6.

If you experience problems using the telephone number for your MP, phone the Information Centre at 613-943-3838 and your message will be forwarded

Manitoba Members of Parliament are listed alphabetically by federal riding

Brandon-Souris - Larry Maguire, (Cons)

Constituency Office 658 10th St, Unit B, Brandon, MB, R7A 4G5 Ph. 204-726-7600, Fax: 204-726-7699

Ottawa Office Ph: 613-995-9372, Fax: 613-992-1265, Email: Larry.Maguire@parl.gc.ca Website: www.larrymaguire.ca

Charleswood-St.James-Assiniboia-Headingley - Marty Morantz (Lib)

Constituency Office: 3092 Portage Ave, Unit D, Winnipeg, MB, R3K 0Y2, Ph: 204-984-6432, Fax: 204-984-6451

Ottawa Office Room 501, Justice Building, Ph: 613-995-5609, Fax: 613-992-3199, Email: Marty.Morantz@parl.gc.ca

Churchill-Keewatinook Aski - Niki Ashton (NDP)

Constituency Offices

83 Churchill Dr, Ste 305 (Main Office), Thompson, MB, R8N 0L4, Ph: 204-677-1333, Fax: 204-677-1339

1416 Gordon Ave, The Pas, MB, R9A 1M6, Ph: 204-627-8716, Fax: 204-627-8717

Ottawa Office Ph: 613-992-3018, Fax: 613-996-5817, Email: Niki.Ashton@parl.gc.ca

Dauphin-Swan River-Neepawa - Dan Mazier (Cons)

Constituency Offices:

1450 Main St S (Main Office), Dauphin, MB, R7N 3H4, Ph: 204-622-4659

65 Main St S, Minnedosa, MB, R0J 1E0, Ph: 204-622-4659

Ottawa Office Ph: 613-992-3176, Fax: 613-992-0930, Email: Dan.Mazier@parl.gc.ca

Elmwood-Transcona - Daniel Blaikie (NDP)

Constituency Office 207 - 1111 Munroe Ave, Winnipeg, MB, R2K 3Z5, Ph: 204-984-2499, Fax: 204-984-2502

Ottawa Office Ph: 613-995-6339, Fax: 613-995-6688, Email: Daniel.Blaikie@parl.gc.ca

Kildonan-St. Paul - Raquel Dancho (Cons)

Constituency Office Unit B - 27 Red River Blvd West, Winnipeg, MB, R2V 4E2,, Ph: 204-984-6322, Fax: 204-984-6415

Ottawa Office Ph: 613-992-7148, Fax: 613-996-9125, Email: Raquel.Dancho@parl.gc.ca

Portage Lisgar Hon. Candice Bergen (Cons)

Constituency Office 886 Thornhill St, Unit E, Morden, MB, R6M 2E1, Ph: 204-822-7440, Toll Free Ph: 1-866-856-2090, Fax: 204-822-7445, Email: info@candicebergen.ca

Ottawa Office Ph: 613-995-9511, Fax: 613-947-0313, Email: Candice.bergen@parl.gc.ca

Provencher - Ted Falk (Cons)

Constituency Office 76 PT Hwy 12 N (Main Office), Steinbach, R5G 1T4, Ph: 204-326-9889, Fax: 204-346-9874

Ottawa Office Ph: 613-992-3128, Fax: 613-995-1049, Email: Ted.Falk@parl.gc.ca

Saint Boniface-Saint Vital - Hon. Dan Vandal (Lib)

Constituency Office 213 St. Mary's Road, Ste 4, Winnipeg, MB, R2H 1J2, Ph: 204-983-3183, Fax: 204-983-4274

Ottawa Office Ph: 613-995-0579, Fax: 613-996-7571, Email: Dan.Vandal@parl.gc.ca

Selkirk-Interlake-Eastman - James Bezan (Cons)

Constituency Office 228 Manitoba Ave (Main Office), Selkirk, R1A 0Y5, Ph: 204-785-6151, Fax: 204-785-6153

Ottawa Office Ph: 613-992-2032, Fax: 613-992-6224

Email: james.Bezan@parl.gc.ca, Web: www.jamesbezan.com/

Winnipeg Centre - Leah Gazan (NDP)

Constituency Office 892 Sargent Ave, Winnipeg, MB, R3E 0C7, Ph: 204-984-1675, Fax: 204-984-1676

Ottawa Office Ph: 613-992-5308, Fax: 613-992-2890, Email: Leah.Gazan@parl.gc.ca

Winnipeg North - Kevin Lamoureux (Lib)

Constituency Office 98 Mandalay Drive, Winnipeg, MB, R2P 1V8, Ph: 204-984-1767, Fax: 204-984-1766

Ottawa Office Ph: 613-996-6417, Fax: 613-996-9713, Email: kevin.Lamoureux@parl.gc.ca

Winnipeg South - Terry Duguid (Lib)

Constituency Office 2800 Pembina Hwy, Unit 103, Winnipeg, MB, R3T 5P3, Ph: 204-984-6787, Fax: 204-984-6792

Ottawa Office Ph: 613-995-7517, Fax: 613-943-1466, Email: Terry.Duguid@parl.gc.ca

Winnipeg South Centre Hon. James Carr (Lib), Minister of Natural Resources

Constituency Office 611 Corydon Ave (Main Office), Suite 102, Winnipeg, MB, R3L 0P3, Ph: 204-983-1355, Fax: 204-984-3979

Ottawa Office Ph: 613-992-9475, Fax: 613-992-9586, Email: Jim.Carr@parl.gc.ca

MPs emails are Firstname.Lastname@parl.gc.ca

[INSERT DATE]

[INSERT MP NAME]

House of Commons

Ottawa, Ontario

K1A 0A6

Dear [Your MP's name], MP:

Re: Ukraine needs Canada's help NOW!

As your constituent, **I am writing to you to express my support for Canada helping Ukraine defend itself against brutal Russian aggression. Canada must help now!**

Russia has declared war on Ukraine and is indiscriminately bombing civilians and hitting Ukrainian cities with rocket strikes. Putin and his regime are war criminals who must be stopped. The Free World must rally to Ukraine's defence and stop the genocide that Putin has planned.

It is very important than in this time of existential threat for Ukraine that we all speak out publicly against Russian atrocities.

I ask for your public support for:

- A no-fly zone over Ukraine to secure Ukrainian airspace and protect civilians from Russian air attacks;
- Providing anti-aircraft, anti-rocket and naval weapons systems to Ukraine immediately;
- A full trade embargo on Russia
- Removing Russia from the SWIFT International Payments System

The Ukrainian Armed Forces and the Ukrainian people are courageously defending their homeland from Russia's brutal and unprovoked attack. But they need our help now. I ask you to Stand With Ukraine.

Yours sincerely,\

[SIGNATURE]

[INSERT YOUR NAME]

[OPTIONAL – INSERT YOUR ADDRESS]

**WRITE A LETTER TO the CEO OF NETFLIX ASKING THEM TO REMOVE RUSSIAN
PROPAGANDA FROM THEIR PLATFORM**

Netflix streaming platform will begin broadcasting 20 Russian state media services on it's Russian service. This starts at the beginning of March, and Netflix will carry Putin's propaganda to all of Russia.

E-MAIL: reed.hastings@netflix.com

Dear Mr. Hastings,

As a long time customer of Netflix, I call on you to reconsider your Russian services. As Putin and his dictatorship is showing the world, he has no respect for freedom or human rights.

Forcing Netflix to broadcast state created propaganda and hatred is anathema to the art and entertainment your company has always championed. I beg of you to refuse the threat from Putin, because if he can dictate what you can air in the Russian Federation, will he also force you to censor award winning documentaries like "Winter on Fire."

I am now seriously reconsidering my loyalty to the Netflix streaming service, and hope that you will stand for free speech and democracy in your corporate decisions.

If you feel differently, I will take my business elsewhere.

Sincerely,

[Your name]

[Your address, OPTIONAL)

WRITE A LETTER TO NATO

NATO Administrative Tribunal

E-mail: mailbox.tribunal@hq.nato.int

Subject: Please help Ukraine

Dear NATO,

As Russia continues its barbarous and vicious attack against Ukraine and the Ukrainian people, the Ukrainian Canadian Congress (UCC) calls on the Free World to Stand With Ukraine.

The UCC calls on Canada and our allies to:

- ! Immediately declare and enforce a no-fly zone over Ukrainian territory to protect civilians from Russian airstrikes and bombardment;
- ! Deliver anti-air, anti-rocket and naval defence systems to Ukraine;
- ! Implement a full trade embargo on Russia and seize all assets held in the west of Russian oligarchs and government officials;
- ! Remove Russia from the SWIFT International Payments System;

The Ukrainian Canadian community expresses its profound admiration for the courageous men and women of Ukraine's Armed Forces who today defend Ukraine from a cowardly and criminal Russian enemy that purposefully targets civilians, commits war crimes and seeks to destroy the Ukrainian people.

Sincerely,

[Your name]

**WRITE A LETTER TO YOUR MEMBER OF PARLIAMENT ASKING THEM TO BLOCK
RUSSIAN BROADCASTER RT**

Members of Parliament Representing **Manitoba**:

<u>Title</u>	<u>First Name</u>	<u>Last Name</u>	<u>Constituency</u>	<u>Political Affiliation</u>
	Niki	Ashton	Churchill—Keewatinook Aski	NDP
Hon.	Candice	Bergen	Portage—Lisgar	Conservative
	James	Bezan	Selkirk—Interlake—Eastman	Conservative
	Daniel	Blaikie	Elmwood—Transcona	NDP
Hon.	Jim	Carr	Winnipeg South Centre	Liberal
	Raquel	Dancho	Kildonan—St. Paul	Conservative
	Terry	Duguid	Winnipeg South	Liberal
	Ted	Falk	Provencher	Conservative
	Leah	Gazan	Winnipeg Centre	NDP
	Kevin	Lamoureu x	Winnipeg North	Liberal
	Larry	Maguire	Brandon—Souris	Conservative
	Dan	Mazier	Dauphin—Swan River—Neepawa	Conservative
	Marty	Morantz	Charleswood—St. James—Assiniboia—Headingley	Conservative
Hon.	Dan	Vandal	Saint Boniface—Saint Vital	Liberal

**The Hon. Pablo Rodriguez
Minister of Canadian Heritage
Via email to: hon.pablo.rodriguez@pch.gc.ca**

MPs emails are Firstname.Lastname@parl.gc.ca

[DATE]

Re: "Russia Today" Propaganda Network

Dear Minister:

I am writing to express my disappointment at the lack of government action so far on the issue of cable licensing for RT (or "Russia Today"), a Russian information warfare organization.

Before the unprovoked invasion of Ukraine, Germany had already rejected RT for licensing or broadcast. British regulators had already fined RT for deliberate misrepresentations of the truth. American authorities had already forced RT reporters and staff to register as foreign agents. In contrast, the CRTC and your predecessors not only did nothing; they actually helped RT to access our airwaves, subverting Canada and the West in the process.

In the last few months alone, RT has been used by President Putin's regime to attack confidence in western Covid-19 vaccinations, to exaggerate facts to support the "trucker convoy" that occupied Ottawa, and to justify and glorify the premeditated invasion of Ukraine. The channel's website is even selling 'Z' t-shirts to help itself and Putin's allies profit off of the deaths of hundreds of Ukrainians.

Now, according to a recent social media post, you suggested that your department is studying the issue. It is unclear why this needs further study. Since the invasion began, several close Canadian allies (like the European Union) have already acted to either restrict or ban Russian propaganda channels. Individual companies have also restricted RT access or monetization.

Your government has at least two fast options it can deploy to rapidly take RT off of Canadian cable: a regulation under the Broadcast Act, or including restrictions to take RT off of Canadian cable through punitive sanctions. Please convince your cabinet colleagues to take either action immediately, and limit the injection of this propaganda into our country.

Yours sincerely,

[NAME, CITY, ADDRESS/POSTAL CODE]