

I'VE GOT A FREE EVENING EVERY 2-3 MONTHS

- Be on alert to contact your Washington legislators. Want to be a member that can be alerted and could take 2 minutes to call when an important action needs to be taken? Email Executive Director, Meredith Kennedy, at mkennedy@aapca3.org to be added to the *Advocacy Alert Contact* list.
- Join our bimonthly Chapter Advisory Committee meetings. This is a great, informal way to hear from chapter members involved in our ID and school health committees; find out about federal and state legislation that impacts children and pediatricians; hear from our child psychiatry and county health officer colleagues; find out about programs sponsored by our chapter like Reach Out and Read; and meet other San Diego pediatricians. The Chapter Advisory Committee meets every other month on the 4th Thursday at 6:30 PM, usually via Zoom.
- Join our Early Career Physicians (ECP) group (any age welcome) as they participate in a variety of community service events. Contact Maya Kumar, MD, AAP-CA3's Chapter ECP representative @ m8kumar@ucsd.edu.
- Join our Infectious Disease committee to hear the experts from AAP-CA3, the community and Rady Children's discuss ID topics of interest to general pediatricians. The ID Committee meets quarterly on the 4th Monday at 6:30 PM, usually via Zoom. Email Chapter Executive Director, Meredith Kennedy, MPH at mkennedy@aapca3.org for more information.

I'VE GOT LESS THAN 5 MINUTES

- Join Resistbot. Write Congress in under 2 minutes by texting "RESIST" to 50409 or message Resistbot on Facebook. It'll find out who represents you in Congress, & deliver your message to them in less than 2 minutes. No downloads or apps required. Visit <https://resistbot.io/> for more information.
- Share messages on Twitter and Facebook found in the [#VoteKids Toolkit](#).
- Update your social media profile picture now to show others that you #VoteKids.
- Visit the [Twibbon page](#) for profile picture frames and Facebook cover photos.
- Find Your Legislator at <https://www.usa.gov/elected-officials> and email them.
- Send us a picture of you with #DrBear for us to post on social media.

I'VE GOT A FREE DAY

- AAP-CA Annual Leadership Legislative Day (all CA AAP Chapters) in Sacramento. Tuesday, May 9, 2023 at the Sacramento Sheraton Grand Hotel.
- National AAP Advocacy Conference in Washington DC. March 26-28, 2023.
- If you're a member of the San Diego County Medical Society, join the CMA Legislative Day in Sacramento in April 2023, for more information see: <http://www.cmanet.org>.
- Have interest in visiting local representatives' offices, email Chapter Executive Director, Meredith Kennedy, MPH mkennedy@aapca3.org.

I DON'T WANT TO COMMIT YET BUT WOULD LIKE TO LEARN MORE

- Check out our programs on the chapter website at: www.aapca3.org.
- Join the chapter! First-year for new members is free; annual dues are \$160. Our biweekly newsletter, Coastal Currents, is sent electronically to all chapter members.
- Attend our chapter CME and networking events.
- If you are interested in CA state legislation, follow the AAP-CA list of bills at: <https://aap-ca.org/advocacy/>

I'M PASSIONATE ABOUT A TOPIC NOT ON THE WEBSITE

- Great! The chapter exists to serve its members – we would love to support your efforts. Email Chapter Executive Director, Meredith Kennedy, MPH, at mkennedy@aapca3.org and she can point you in the right direction.
- Consider applying for a CATCH grant. CATCH grants are local community projects supported by the national AAP. For more information, contact our chapter CATCH facilitators, Lase Ajayi, MD at laseajayi@gmail.com or Emily Fletcher, MD at emily.fletcher@gmail.com.