



CONGRESSWOMAN
KAT CAMMACK
PROUDLY SERVING FLORIDA'S 3RD DISTRICT

HOW YOUR OFFICE CAN SERVE YOU

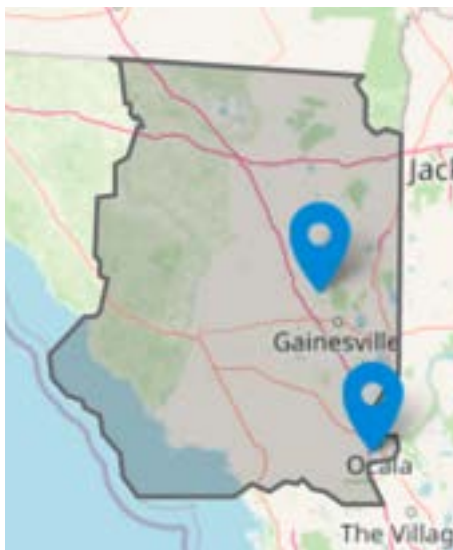


*Learn About Congressional Casework, Assistance
with Federal Agencies, Grant Programs & More*



CONNECT WITH YOUR TEAM

Office Locations



In addition to our Washington, D.C. office, our district office locations in Florida's Third Congressional District include Gainesville and Ocala.

Gainesville District Office

5550 111th NW Boulevard
Gainesville, FL 32653
Phone: (352) 505-0838

Ocala District Office

3301 SW 34th Circle Unit 402
Ocala, FL 34474
Phone: (352) 421-9052

Washington, D.C. Office

2421 Rayburn HOB
Washington, D.C. 20515
Phone: (202) 225-5744

DID YOU KNOW?

*In the last two
years, our office
has responded
to over*

102K
MESSAGES



*from constituents
of Florida's Third.*

Request A Meeting/Appearance

If you are interested in meeting with Congresswoman Cammack or having her make an appearance at a meeting, speaking function, or a non-speaking function, please send an email to cammack.scheduling@mail.house.gov with the details of your request, including your name, organization name (if applicable), date of the request, and other pertinent details.

Newsletter Sign-Up



Each week, our office distributes an e-newsletter with legislative updates, news of the week, district events, and more. To subscribe to receive this communication, scan the QR code to the left or visit our website.

Connect With Our Office

Cammack.House.Gov



@RepKatCammack

ABOUT YOUR REPRESENTATIVE

Meet Kat Cammack

Kat is a third-generation commercial sandblaster who grew up on a small cattle ranch outside Denver, Colorado. She understands the hard work and determination it takes to run a small business, including navigating labor challenges, interpreting regulations, and more. A proud alumna of the Naval War College, Kat knows the issues and constituents of Florida's Third personally, having served as the longtime former deputy chief of staff for the district prior to taking office in 2020.

After an Obama-era program forced Kat's family to lose their cattle ranch in 2011, resulting in months of homelessness, Kat was motivated to fight back against the failures of big government and dedicated her life's work to becoming part of the solution in Washington. Kat fights to ensure no other family has to endure what hers experienced.

Kat is the proud wife to her husband Matt, a Gainesville native, who serves with Gainesville Fire Rescue as a firefighter/paramedic and SWAT medic.



*Rep. Cammack With Husband Matt At The
2023 State Of The Union Address*

FUN FACT

Kat is the proud owner of several chickens, roosters, and a cockatiel named Thor!

ABOUT OUR DISTRICT

Florida's Third At-A-Glance



Florida's Third Congressional District is located in North Central Florida—the heart of the state.

Florida's Third Congressional District is made up of 12 counties:

- **Alachua**
- **Baker**
- **Bradford**
- **Columbia**
- **Dixie**
- **Gilchrist**
- **Hamilton**
- **Lafayette**
- **Levy**
- **Marion**
- **Suwannee**
- **Union**



We refer to our district as the "Gator Nation" due to the University of Florida being located in Alachua County.

In 2019, Florida's Third Congressional District had a population of 759,000 people. Between 2018 and 2019, the population of FL-03 grew from 758,275 to 758,939, a 0.0876 percent increase.

OUR PRIORITIES IN THE 118TH CONGRESS

Committees & Issues

It is my honor to serve as your representative in the United States Congress. I am focused on several priorities during the 118th Congress. Learn more below!

COMMITTEES

ENERGY & COMMERCE

AGRICULTURE

**SELECT SUBCOMMITTEE
ON THE WEAPONIZATION
OF THE FEDERAL
GOVERNMENT**



*Rep. Cammack Tours Agriculture Facilities
Throughout Florida Ahead Of Farm Bill*

OUR PRIORITIES

BUILDING STRONG COMMUNITIES

- Increasing Access To Affordable Broadband
- Supporting Our Hometown Heroes
- Economic Development

NATIONAL SECURITY

- Holding China Accountable
- Defending Our Nation's Food Supply
- Securing Our Southern Border

GOVERNMENT OVERSIGHT

- Stopping The Weaponization Of Big Tech
- Reining In Reckless Government Spending

CONSTITUTIONAL RESPONSIBILITIES

- Protecting The Sanctity Of Life And The Unborn
- Defending Second Amendment Rights
- Supporting Free Speech On College Campuses

As your voice in our nation's capital, our team works hard to provide constituents with top-notch services. We are standing by to help with issues involving the VA, IRS, Social Security Administration, USPS, SBA, and dozens of other agencies and services.

For Freedom,

A handwritten signature in blue ink that reads "Kat Cammack". The signature is fluid and cursive, with the first name "Kat" and last name "Cammack" clearly visible.

CONGRESSIONAL SERVICES

Help With Federal Agencies

If you need help and can't get an answer from a federal agency in a timely manner, or if you feel you have been treated unfairly, our office may be able to help resolve a problem or get you the information you need. While we cannot guarantee you a favorable outcome, we will do our best to help you receive a fair and timely response to your problem.

Constituents in Florida's Third can contact us for assistance in dealing with federal agencies. Our talented casework team is standing by to serve.

Below are a few of the federal agencies we are able to contact on your behalf.



Internal Revenue Service



Department of Veterans Affairs



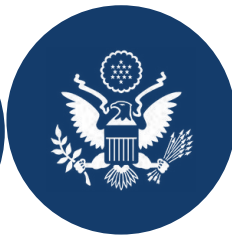
Social Security Administration



Small Business Administration



Federal Emergency Management Agency



State Department (Passports & Visas)



Department of Health & Human Services (Medicare)



And More!

DID YOU KNOW?

In the first two years of Rep. Cammack's time in Congress, we returned

\$6.65 MILLION

to FL-03 families through casework and outreach to federal agencies.

VETERANS' SERVICES

Supporting Our Heroes

Our nation's veterans have earned the very best support our country has to offer, and we're committed to improving the standard of care for our nation's heroes. Our office is standing by to serve our veterans of Florida's Third Congressional District by assisting with VA-related claims and providing important updates on veteran-related legislation, benefits, and more.

Appeals, Appointments & More

If you are dissatisfied or disagree with a VA decision, you have the right to file an appeal with the Board of Veterans' Appeals. If you have a claim or appeal with any administration within the VA, have a question about your application, or believe that the VA has not given your case proper consideration, our office may be able to help.

Survivor Benefits

As a veteran's surviving spouse, child, or parent, you may qualify for certain benefits, such as help with burial costs and compensation or pension. You may also qualify for health care, life insurance, or financial assistance to help pay for school or training.

Burial Benefits for Veterans

Veterans, service members, and some family members may be eligible for burial in a VA national cemetery. Find out if you or a loved one are eligible for this benefit on our website.

Recovering Records

Most veterans and their next of kin can obtain free copies of their DD Form 214, Official Military Personnel File (OMPF), replacement medals, and medical and health records through the National Personnel Records Center (NPRC).

PACT Act Information

The PACT Act is a new law that expands VA health care and benefits for veterans exposed to burn pits, Agent Orange, and other toxic substances. Learn more about PACT Act benefits on our website.

SENIOR SERVICES

Supporting Our Seniors

We're committed to supporting our seniors in Florida's Third Congressional District. If you require assistance with the Social Security Administration, Medicare, the VA, or other federal programs for seniors, our office may be able to help resolve a problem or get you the information you need. We're standing by to help.

Social Security Benefits

You can start receiving your Social Security retirement benefits as early as age 62. However, you are entitled to full benefits when you reach your full retirement age. If you delay taking your benefits from your full retirement age up to age 70, your benefit amount will increase.

Medicare Benefits

Medicare is health insurance for people 65 or older. You're first eligible to sign up for Medicare three months before you turn 65. You may be eligible to get Medicare earlier if you have a disability, End-Stage Renal Disease (ESRD), or ALS (also called Lou Gehrig's disease). Medicare open enrollment runs through October 15-December 7 each year.

Supplemental Security Income

The Supplemental Security Income (SSI) program provides monthly payments to adults and children with a disability or blindness who have income below specific financial limits. SSI payments are also made to people age 65 and older without disabilities who meet the financial qualifications.



*Rep. Cammack Meets With Local
FL-03 Veterans*

Elderly Veterans

As veterans age, the VA provides benefits and services that address a variety of issues, including the changing health risks and financial challenges.

Elderly veterans may be eligible for a wide variety of benefits. VA benefits include disability compensation, pension, education and training, health care, home loans, insurance, Veteran Readiness and Employment, and burial.

FEDERAL ASSISTANCE

Federal Grants & Loans

If you are seeking financial assistance for your municipality or program, there are hundreds of grants and loans available through the Federal Grant Program. If you need help finding the grant that's right for you, please contact our office for additional information or assistance.

DID YOU KNOW?

Our office has helped several local municipalities in securing grant funding through letters of support and assistance from our economic development team.

These grants include infrastructure, facilities, educational research, equipment for first responders and law enforcement, and more.

For more information on how we can help, please contact our Ocala District Office.

Economic Development

Economic development is essential to not only our community but to the entire Sunshine State. Our office is able to provide relevant information to support either existing or future major projects, such as infrastructure, transportation, utilities, and housing.

Federal Grants

Grants may be available through federal agencies for projects that are serving the community and its needs. Our office is able to provide letters of support for federal and state grant applications pending Member approval. If you need help finding the grant that's right for you, please contact our office.

Small Business Administration

The U.S. Small Business Administration helps small businesses get funding by reducing lender risk. These SBA-backed loans make it easier for small businesses to get the funding they need.

Other Inquiries

For all other inquiries related to federal grants and loans, please contact our office. Our grant coordinator can help you find the grant that's right for your situation.

FEDERAL APPROPRIATIONS

Programmatic & Language Requests

Our office accepts requests for programmatic and language requests each spring to be considered for submission to the Appropriations Committee. The deadlines for these submissions change each year and are usually announced early spring.

For more information, visit our website at Cammack.House.Gov.



Rep. Cammack Spends Time With Constituents Across Florida's Third Congressional District

VISITING OUR NATION'S CAPITOL

Tours, Tickets, And More

Visiting Washington, D.C? Let us know!

As the seat of our government, Washington is home to much of our nation's rich history and buildings that house each of the three branches of government—the U.S. Capitol, the White House, and the Supreme Court. Packed with historic monuments, museums, and more sights than one visit will accommodate, D.C. offers many opportunities for learning and exploration.

Whether on a school trip or family vacation, our office can help arrange tours for you and your group to some of our nation's most recognizable sites like the U.S. Capitol, the White House, the Pentagon, the FBI Building, the U.S. Archives, the U.S. Mint, and more!

Please check out the "Tours and Tickets" tab on our website for more information.



Rep. Cammack Greet Students From Florida's Third On U.S. Capitol Steps

DID YOU KNOW?

One of Rep. Cammack's favorite things to do as a Member of Congress is give tours to school groups!

Let us know how we can make your trip to Washington, D.C. the best yet by contacting our office.

UNITED STATES FLAG REQUESTS

Flags Flown Over The United States Capitol

It is an honor to give and receive an American flag that has flown over the U.S. Capitol. This is a great way to honor a friend or loved one.

Flags are available in different sizes and fabrics. All flag purchases include a dedication message, which may be customized for the recipient. You may choose to have your new flag flown over the U.S. Capitol for an additional charge. Flags flown over the Capitol include a certificate, which may be personalized for a particular person, event, or organization.



*Rep. Cammack Presents U.S. Capitol Flag To Florida
National Guard's Adjutant General Eifert*



*Rep. Cammack Presents U.S. Capitol Flag To Mrs.
Deborah Bowe, Mother To USA Olympian From FL-03*

At this time, our office accepts payment for flags via check, which can be sent to our office by U.S. mail. Please call our D.C. office for more information on flag orders, or order online at Cammack.House.Gov.

CONGRESSIONAL INTERNSHIPS

Opportunities For Students

We're proud to offer internship opportunities in our Washington, D.C. office and both district offices in Gainesville and Ocala. Internships are a great way for students and recent college graduates to gain firsthand experience and knowledge of the legislative process.

Intern responsibilities include, but are not limited to, logging constituent concerns, assisting with constituent services, and aiding office staff with various projects. Undergraduate and recent college graduates are preferred. Academic credit is available for qualifying students.

Interested candidates can apply on our website under the "Internships" tab.



Congresswoman Cammack With Fall 2022, Washington D.C. Interns

CONGRESSIONAL ART COMPETITION

Opportunities For Students

Each spring, a nationwide high school art competition is sponsored by the Members of the U.S. House of Representatives. The Artistic Discovery Contest is an opportunity to recognize and encourage the artistic talent of our youth in Florida's Third Congressional District.

The Artistic Discovery Contest is open to all high school students in our district. The winning artwork of our district's competition will be displayed for one year in the U.S. Capitol. The exhibit in Washington will include the winning artwork from all participating districts from around the country. The winning artwork is also featured on House.gov's Congressional Art Competition page.



"A Loyal Hunter," Our 2022 Winner

The first runner-up of the district contest will have the opportunity to have their artwork displayed in the Congresswoman's D.C. office for one year. There will also be a Fan Favorite, which will be chosen via social media, and an Office Choice, which will be chosen by office staff. These winners will win the opportunity to have their art displayed in our district offices.

Interested applicants can obtain more information regarding contest rules and deadlines on our website under the "Art Competition" tab.

READ TO LEAD BOOK PROGRAM

Promoting K-3 Literacy

"Read To Lead" is an initiative started by Congresswoman Kat Cammack to promote literacy in Florida's Third Congressional District. The effort seeks to provide books to elementary school children in kindergarten through third grade. The books are from the Library of Congress Surplus Program and are distributed by our team.

Schools and teachers in Florida's Third Congressional District interested in partnering with us on this initiative can learn more on our website under the "Read to Lead" Book Program tab.



Members Of Our Team Delivering Books From Library Of Congress To FL-03 Elementary Schools

DID YOU KNOW?

There are currently more than 43 million adults in the U.S. who cannot read or write above a third-grade level.

With the third-highest percentage of adults lacking basic prose literacy skills, Florida's population has a literacy rate of 80.3 percent.

U.S. SERVICE & MILITARY ACADEMIES

Congressional Nominations

Each year, Members of Congress are authorized by law to nominate candidates for appointment to the U.S. Service Academies. High school seniors, as well as high school graduates under the age of 23 who reside within Florida's Third Congressional District, are eligible to apply for a nomination to a service academy through our office.

The five U.S. Service Academies are as follows: the U.S. Military Academy at West Point, the U.S. Naval Academy, the U.S. Air Force Academy, the U.S. Merchant Marine Academy, and the U.S. Coast Guard Academy. In addition to requesting a nomination from a Member of Congress or another nominating official, an individual seeking appointment to a service academy must separately apply to the service academies to which he or she seeks to be appointed.

Interested candidates can learn more on our website under the "Service Academy" tab.

