

# RESOURCES

*Feel free to explore these resources & follow on social media to stay up-to-date!*

## **Piedmont Persisters**

- [Piedmont.Peristers@gmail.com](mailto:Piedmont.Peristers@gmail.com)

## **American Civil Liberties Union of Virginia**

- [www.acluva.org](http://www.acluva.org)

## **Indivisible**

- [www.indivisible.org](http://www.indivisible.org)

## **Move On**

- [www.moveon.org](http://www.moveon.org)

## **5 Calls**

- [5calls.org](http://5calls.org)

## **Goods Unite Us**

- [www.goodsuniteus.com](http://www.goodsuniteus.com)

## **Give Local Piedmont**

- [www.givelocalpiedmont.org](http://www.givelocalpiedmont.org)

# ELECTED OFFICIALS

## **Senator Mark Warner**

- 703 Hart Senate Office Building,  
Washington, DC 20510
- 202-224-2023
- [www.warner.senate.gov](http://www.warner.senate.gov)

## **Senator Tim Kaine**

- 231 Russell Senate Office Building,  
Washington, DC 20510
- 202-224-2024
- [www.kaine.senate.gov](http://www.kaine.senate.gov)

## **Congressman Eugene Vindman**

- 1005 Longworth House Office Building,  
Washington, DC 20515
- 202-225-2815
- [vindman.house.gov](http://vindman.house.gov)

# WHAT IS TAKE 5?

Take 5 is a request to commit to five actions a month that take 5 minutes or less. Take a look at the list provided and get moving.

Now, more than ever, it is important for each and every American to find their voice and speak out against the actions the Trump administration have taken which violate the Constitution, harms our most vulnerable, and fails to protect basic human rights.

Let's keep the pressure on.



Election Day is Tuesday, November 4<sup>th</sup>.



Check voter registration status



*The smallest of actions  
carried out by the masses  
can make an enormous  
difference.*

# DEMOCRATIC PARTY

## Candidates

- Join your local Democratic Committee.
- Attend meetings of your local Democratic Committee.
- Sign up for the local Dem newsletter.
- Attend Board of Supervisors, School Board or local Town Council meetings.
- Put up campaign signs in your yard.
- Help put up campaign signs around your community.
- Bring a friend to a Democratic-sponsored event.
- Volunteer for a campaign.
- Donate to a candidate.
- Volunteer for your local Democratic Committee.
- Help register others to vote.
- Help canvas for candidates.
- Make phone calls or text on behalf of candidates.
- Mail postcards encouraging others to vote.
- Wear clothing or buttons supporting your candidate out in public.

# GRASSROOTS RESISTANCE

## Causes

- Share information on social media to debunk false narratives.
- Contact your representatives urging them to support your causes.
- Lend your expertise to help educate others.
- Write a letter to the editor.
- Participate in demonstrations or rallies.
- Follow other activist organizations (Indivisible, Move On, NAACP, ACLU, etc).
- Shop local businesses.
- Boycott businesses or companies that do not line up with your values.
- Read a banned book.
- Host a book club focused on specific issues.
- Wear clothing with messages of support for your cause.
- Volunteer for or donate to a community organization focused on your issue.
- Read & follow journalists that support your cause.
- Host a postcard writing event.
- Participate in 5 Calls.

# DEMOCRATIC COMMITTEES

## Culpeper County Democratic Committee

- 411 S Main St, Culpeper
- PO Box 131, Culpeper, VA 22701
- 540-227-0558
- ccdc.fyi@gmail.com
- culpeperdemocrats.org

## Orange County Democratic Committee

- 111 Chapman St, Orange
- PO Box 463, Orange, VA 22960
- 540-360-1663
- ocvadems@gmail.com
- orangecountydems.org

## Madison County Democratic Committee

- PO Box 81, Madison, VA 22727
- madisonvadems@gmail.com
- madisondems.org

## Greene County Democratic Committee

- PO Box 826, Standardsville, VA 22973
- greenedemschair@gmail.com
- greenedemocrats.org

# DEMOCRATIC CANDIDATES

## Abigail Spanberger (Governor)

- abigailspanberger.com

## Ghazala Hashmi (Lt. Gov)

- ghazalaforvirginia.com

## Jay Jones (Attorney General)

- jayjones.com

## Jac Bennington (HD61)

- benningtonforvirginia.com

## Sara Ratcliffe (HD62)

- saraforva.com

## Forrest Miller (HD63)

- forrestmiller4va.com