

46th District Delegate Candidate – 2022 Voter’s Guide

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Candidates are in groups by gender, due to the requirement of gender balancing, which is a part of the DSAAP rules. Otherwise, folks are represented in the order in which they filed for delegate.

Female-identifying Candidates

Paula J. King

As a current member of the state Democratic Party Environment and Climate Caucus and grandmother of two wonderful teens, I find the issue of climate change really inspires me to be active. I am also very concerned about fighting for and preserving democracy through the Democratic Party. As Democrats we have many important issues but those are the two I focus on. I would love to be a delegate and help shape the future of our party in Washington.

Debby Nissen

As a member of your E-Board, I have used my planning skills, my nose for BS, my pragmatic and optimistic mindset, and my union and educator experience to help build our very active and effective 46th LD. I would welcome the opportunity to use those skills as your delegate to the State Convention. I am committed to the Washington Democrats because I believe we can increase justice for all, improve economic opportunities, provide for the next generation, and save this planet by electing citizens at every level- school board to U.S. Senator- who are committed to these goals. I don't want to waste time placing blame or squabbling over minor differences of policy. I want WA Dems to identify, promote and work for candidates who live our values and who can win. I will support activities that are strategic because that will make the best use of our resources. I will support policies that improve our diversity because that makes us stronger. I will support efforts that protect everyone's right to vote because that strengthens democracy. By support I mean grass roots work- strategy meetings, campaigning, raising funds, connecting to community groups, donating, door-belling, recruiting volunteers- whatever it takes. You would honor me with your vote. Be assured I am dedicated to our work for the long haul. I am inspired to emulate the 91-year-old who organized her LTC group to write 100's of postcards in 2020! I have the time and commitment to learn from setbacks and build on our victories. FORWARD TOGETHER.



Julie Conklin

I am a lifelong Democrat and have been active in serving my community for decades, volunteering in healthcare, environmental issues, voting and immigrant rights, among other areas. I stepped up my activism in 2016 when I joined the 46 LD, in part to help elect Bernie Sanders. I've been a PCO for most of my time with the 46 LD. My family and I are active members of the state Democratic Party Progressive Caucus and the Environment and Climate Caucus as well as our LD's ECC. We attend the state conventions, participating in as many of the caucus and work group meetings as we can. I've also canvassed, phone banked, written GOTV postcards, registered voters, volunteered at candidate, LD, and WA-Dems events and participated in various organizations' lobby days in Olympia. I was honored to be seated as a delegate to the 2018 state convention and in 2020 was elected as a delegate for Bernie Sanders. At these conventions, I learned of the critical importance of working with my fellow delegates to create and adopt the meeting rules and party platform that will shape how we will work together as a party and define our party values and priorities for the next two years. Much preparatory work is required prior to the state convention. As a delegate, I pledge to put in the time to prepare myself and work with my fellow delegates to fulfill our duties at the convention. It would be my honor and privilege to represent the 46 LD in helping promote strong, progressive Democratic values at the 2022 state convention.



Pat Tressel

I would very much like the opportunity to continue refining the environment and climate change aspects of our platform. I'd also like to offer assistance in wordsmithing, if anyone would find that useful. I also have one specific platform amendment in mind: In 2020, a line I proposed was added, about dealing with waste materials -- plastics, toxics, radioactives, and heavy metals -- but realized later that I'd omitted mention of recycling and reclamation! I'd like to remedy that.



Pam Dalan

My name is Pam Dalan. I am first and foremost a believer in Jesus and his mission to seek and save. This is why I became a nurse involved in caring for the sick, caring for communities, and caring about electing leadership in government to care for our precious country’s population. Greed, oligarchy and power sharing through monetary means is the evil that keeps our jails and hospitals huge money makers, and every bandage and medication an enricher of big business. The open door between big money and cooperating politicians has become a stifling flood since huge corporate entities once again have no limits to their influence Using our countries ability to vote easily, afford further education, assure medical care money is used to give health care, earn enough to work one job and live inside of a home—— this is what works! Allowing each person the freedom to be treated fairly was getting further out of reach in our state until the democratic majority legislature began to move in 2017. We must not lose these gains! Politics matters so much! Those who want to keep this unequal system tell us the big lie. The lie is: “No use voting or knowing what the solutions might be. Take care of your comforts, don’t bother to wake up and be informed. Vote for your own interests.” The truth will set us free! The truth is that loving our neighbor works for the good of all. Funding programs to equalize our society will save all.



Katie Murray

Candidate will introduce herself at the caucus

Jordan DeMaria

I am a Running Start Senior affiliated with Seattle Public Schools’ The Center School, but I take my classes at Shoreline Community College. I have been interested in government and politics since my pre-pandemic involvement in Model UN at school. I am very interested in participating in the platform process and providing the perspective of one of the youngest generation of voters currently. I'm 17 now, but will be 18 this summer, and I plan to run for PCO on the ballot this year. I will not be able to attend the morning of the caucus, as I am taking a final exam, but I hope you will consider electing a young voice to the convention delegation.



Lisa Rivera Smith

Candidate will introduce herself at the caucus



Lori Mahieu

Candidate will introduce herself at the caucus



Lori Sheldon

Hello! I am unable to be with you today, as I am assisting family members out of town, but I would like to represent the 46th District at the State Convention to take part in shaping the platform for the upcoming term. I currently serve on the district executive board, and would take a special interest in assisting with delegation logistics during lead up to the state convention to ensure that we are able to have a robust discussion and represent all of our district viewpoints in determining which resolutions and platform amendments we bring forward as a delegation.

Sarajane Siegfriedt

As the former 46th and King County Platform Committee Chair, I have consistently brought our perspectives to the State Platform. If elected, I will attend in person and use my experience as a party elder to shape this document with progressive values. I'm sorry I can't attend the caucus, as I'm traveling.



Holly Blue

I see injustice in my community constantly and I want to make things better! I'm deeply ingrained in the trans community in Seattle, especially lower-income trans folks, and have a deep and personal connection to the issues we face - discrimination, houselessness, lack of adequate medical care, to name a few. My presence will give a voice to a large group of people who are often denied one.

Male-identifying Candidates

Brian D. King

I would like to be a delegate to this year's convention to help the Democratic Party shape our future in Washington state. My main areas of interest are climate change (I am a member of the state Environment and Climate Caucus) and fighting to keep our democracy. Voting rights are a critical part of protecting democracy and everyone's rights.

Gerry Pollet

I'm running to represent the views and principles of the 46th District. I've participated in development of many progressive Party Platforms, and will work to ensure our Platform is an effective tool to communicate our values.



Brian Berry

I am a committed, lifelong Democrat. I first became involved in politics in High School as a leader in the Model Democratic Nominating Convention in Portland, Oregon in 1984. That experience sparked a life-long passion for the political process. I have supported and voted for every Democratic Presidential candidate since Walter Mondale. Since then I have worked on many campaigns over the years, and have always fought hard for those I support. I'm also a strong financial supporter of candidates at all levels. I have been passionate about bringing Universal Health Care to reality ever since Senator Bob Kerrey (D - Nebraska) brought the topic to the forefront during his Presidential campaign in 1992. I have advocated and fought for this important basic human right ever since. In 2022 we are unwinding from the global pandemic. During the pandemic there has been a startling increase in the number of people experiencing homelessness. As such, we need to address the root causes. We need to provide proper mental health outreach and support, addiction and recovery services, and career training. We need to ensure safe and comfortable housing for those who are working towards a more stable and productive future. I currently serve on the 46th District Democrats Executive Board (and serve as the Membership Chair and Sergeant at Arms). I am a Veteran of the US Air Force, a small business owner, and in my day job I work in Information Technology for Costco as a Scrum Master. I live in Maple Leaf with my partner Sharon London, two kids (ages 20 and 16), two cats, and 7 chickens. We are avid environmentalists (Sharon has spent her career working for environmental causes). Our garden is a National Wildlife Federation certified wildlife habitat, and we practice sustainable and organic gardening practices.



Scott Alspach

Hello 46th District Democrats! My name is Scott Alspach and I was recently redistricted from the 43rd District to the 46th. I served on the board of the 43rd District Democrats for 4.5 years. For one and a half years I served as membership chair and I served as Chair of the 43rd District Democrats for three years from 2019 to 2021. I'm passionate about building a fair, transparent, and progressive Democratic party which advances the goals of working people and protects our Democracy from rising authoritarianism. I would be honored to serve as delegate for the 46th District Democrats.

Aidan Carroll

Candidate will introduce himself at the caucus.



Marc Auerbach

As a longtime union member, I understand the vital importance of uniting liberals, progressives, and independents to defeat the Right. That’s why I’ve knocked thousands of doors over many elections, most notably chasing ballots to help give Christine Gregoire a 129-vote victory over Dino Rossi in 2004 and canvassing in Arizona for Joe Biden in 2020, at the height of COVID. I had not supported either of those candidates in their respective primaries, but I am proud of the role I played in their elections. Defeating the Republicans in 2024 is going to take maximum unity and a killer ground game. But it will also require us to look critically at our own Party. Having knocked on the doors of many union households I know how cynical working people have become about the idea that voting can make their lives better. Unfortunately, that cynicism has only grown over the last two years. I want to work for a platform and a Party organization that will offer an effective response to that cynicism by standing unapologetically with working families, the labor movement, and the ongoing struggles to overcome racism.



Hunter Brown

I’m a current member of the Executive Board and serving on your behalf as the male identifying representative to the King County Democrats. I have chaired the 46th’s Platform and Resolutions Committee for the past three years and two years ago I represented the 46th on the Washington State Democrat’s Platform Committee. In 2020 I organized our members and worked with our delegates to submit a slate of amendments to the state platform, many of which were approved and included in the majority report. Additionally, I organized speakers and talking points for four amendments that were included in the minority report, all of which passed with the vote of the body. I’m a native of the Pacific Northwest, civil engineer, proud parent, and a member of the Keniatize tribe. In my career, I have worked on a variety of remediation and transportation design projects and I’m currently working to shape the future of transportation sustainability by revamping the Federal Highway Administration’s Infrastructure Voluntary Evaluation Sustainability Tool (INVEST). Prior to becoming a civil engineer, I worked as a guide in the outdoor industry, which fueled my passion for the environment, and was a small business owner which gave me a greater sense of responsibility and service to others. Thank you for your consideration. I truly hope to be granted the privilege of continuing to serve and represent you.



Henry Pollet

Hi folk! My name is Henry, I grew up in the 46th and have volunteered with the party for most of my life. I have been lucky to be able to work for democratic causes on both the official side, as an intern for Rep. Pramila Jayapal in DC, a lobbyist for students in Higher Education, and as Director of WWU’s voter registration program, and on the campaign side, as a community organizer for Elizabeth Warren, an organizer for the coordinated campaign, and working for progressive candidates in local races. I am running to be a delegate to keep a focus on education in the platform.

Jeff Berner

I would be honored to represent the 46th LD as a delegate at the state convention. I have lived in the Ravenna/University Park neighborhood for 35 years. I am a recently retired Boeing engineer where I was represented by the engineering union SPEEA. In 2007, I helped organize the Step It Up climate march on Alaska Way and have been involved in climate advocacy since then. I have been active in the 43rd LD Environment Caucus and currently serve on the Executive Committee of the Environment and Climate Caucus, where I am running the candidate endorsement process. In 2020, I was a state delegate from the 43rd LD to the Democratic State Convention, and helped draft the Environment, Climate and Sustainability portion of the State Democratic Platform where I contributed platform planks on the Green New Deal. I know of the details in the Washington State Department of Commerce plans to move our state from fossil fuels by 2050, as listed in Washington State Energy Strategies report. I would like to serve as delegate to not only represent the 46th LD’s values but also to engage in conversation with delegates from around the state and other caucuses to advance efforts on climate, clean energy, and protections for waters and forests. We are late taking action on climate and need to do so much more to make sure that everyone has access to the new clean energy economy.

