

REBECCA PERKINS **KWOKA** **STATE SENATE**

Good afternoon,

We're under a month out from our election! Knocking doors, enjoying the foliage, and pushing to earn the election results that reflect our values and needs. We need a Democratic majority to codify abortion rights, take real steps for a modern energy grid, and continue the support to families and Granite Staters. So come on outside, lace up your shoes, and join us!

Ways to get involved:

- ***Volunteer sign-up:*** Sign up [here](#) to let us know that you're interested in volunteering between now and Election Day!
- ***Need lawn signs?:*** Let us know [here](#) and we'll try to have a volunteer drop them off at your house!
- ***Letters to the Editor:*** We need residents to write letters to the editor to support our local candidates. Please let us know if you submit a letter to the editor by emailing it to us at voterebeccanh@gmail.com so we can let the local Democratic Committee know and they can share it on social media! You can also email us if you are willing to write a letter to the editor but need help with ideas.

I'd like to invite you to these **local events** to support Democrats around us:

- In Portsmouth, the NHDP office opens today, October 12th, at 6:00pm! Come join us at [2800 Lafayette Road](#) to meet our

local staff and sign up for a canvassing shift! There will be food to share - stay for a minute, or more!

October 12th

6:00-7:30PM

OrganizeNH Knocktober Kickoff with Senator Rebecca Perkins Kwoka!

Click [here](#) for more information



- Come canvas with me and State Senate candidate Hon. Melanie Levesque on October 22nd at 9:30am! We will meet at her house in Brookline, have a donut and cider and go over our activity for the day. Carpools can be arranged and shorter shifts available. Sign up here:

<https://www.mobilize.us/organizeNH/event/524416/>

**Come and Canvass with Me,
Sen. Kwoka & Sen. Whitley**



**Saturday, Oct. 22nd
10am-2pm**

**6 Truell Rd
Hollis, NH 03049**



- In Newcastle, join Senator Hassan on October 22nd at 3:30pm, sign up here to join:
<https://secure.actblue.com/donate/nh20221022newcastle?refcode=sullivan>
- In Portsmouth, Canvass in Ward 3: Joan Hamblet is looking for help with door hangers as she campaigns against an independent opponent! Please email me or jhamblet4@gmail.com if you're able to help!
- In Durham, join Congressman Pappas on October 22nd at 3:00 pm at Mandy Merrill's house (please reach out for address). The candidates for state representative will also be there!
- In Portsmouth, join us on October 29th for the Portsmouth Democrats' Call to Action Luncheon from 11:30 to 1:30. We will be setting up a canvass before or after the luncheon, so you can have fun with fellow Democrats and also make a difference in the election! Sign up here:
<https://secure.actblue.com/donate/portsnhdems2022lunch>
- **Please plan ahead for Election Day!** We will be sharing sign-ups to volunteer to hold signs and knock on doors reminding out neighbors to vote, but don't forget to make sure you're available on November 8th!

Myself and my team are giving our all to this election and every

Myself and my team are giving our all to this election and every ounce of support gets us further. Thanks, as always, for being with us through this important work

Looking for information for who you're voting for?


Check out this great article from the Portsmouth Herald this morning.

<https://www.seacoastonline.com/story/news/politics/2022/09/14/nh-primary-election-results-governor-executive-council-state-races/8021584001/>

Door-knocking! Canvassing! Meeting Neighbors!

Happy Knock-tober! I've been out [canvassing with Debra Altschiller](#), who is running in District 24 to our south. Her win is necessary for a Democratic majority, and Colby even got her first lawn sign!





Canvassing in neighborhoods is incredibly effective at turning out votes, because organizing educates us on the best leadership and solutions. Don't agonize, organize!



Picture while Shelby has been out knocking for State Senate candidate Shannon Chandley.

We've also been knocking doors for Hon. Shannon Chandley, a previous State Senator running in District 11 (Amherst, Merrimack, Milford, and Wilton). She's also in a very competitive district, and needs our help to reach every door she can!

You can donate to support [Debra](#) or [Shannon](#), or email me at voterebeccanh@gmail.com to door knock or phone bank with us!

Connecting with Newmarket and Newfields

While Monday started with supporting my colleagues in Newmarket and Newfields. To get Democrats elected, all of our candidates need to get elected down-ballot. We are producing a joint card to use for canvassing and mailing to share our values

with our neighbors.



Farm Dinners Around District 21

My family was invited to enjoy two dinners, one at the Vernon Family Farm in Newfields and another Tuckaway Farm in Lee! We enjoyed fresh fried chicken from Vernon and corn from the farm at Tuckaway, what incredible meals. Our community is an incredible example of a local food economy, and our farmers work hard daily to make that a reality.

We have 47 farms in District 21, including our incredible new Oyster River Foodshed! At Tuckaway Farm, they are working hard to create a locally sustainable grain source - we have almost every other major product available here locally. They have been restoring our ancient grain crop, including an Abenaki corn crop. It is truly incredible work and we are so grateful to have them here.

Support your local farmers by joining them at events like [Friday Night Dinners](#), [Pizza Night](#), or [Pumpkin Picking](#)!





Legislative Happenings

Campaign season is busy for countless reasons, and building your legislative package is one of them! I began working on future legislative ideas and identifying opportunities for solutions and partners as early as August, and the work continues. For me this has meant meeting with professionals across many backgrounds, including renewable energy, child care providers, our cities and towns, housing advocates, UNH, Pease Development Authority, and others!

I am also Chairing the Committee To Study And Make Recommendations Relative To Licensure of Mental Health Professions Under The Board Of Licensing For Alcohol And Other Drug Use Professionals, Board Of Medicine, Board Of Mental Health Practice, Board Of Nursing, And Board Of Psychology, with the intention of expanding mental health access for Granite Staters. Ultimately, our scope is to remove barriers to licensing, but we are also discovering just how many other issues - workforce shortages, housing, insurance practices, to name a few - are involved in this complex issue.

Equality Ballot Event in Manchester

Last Thursday, I [attended the Battle for Ballot Equality event](#) with Congressman Chris Pappas and some of our candidates for State Representative! It was great to be with such a supportive community this close to the election - we know that we are fighting for our freedom, our families - and for leadership that has empathy and compassion.





SEA-SEIU Visit in Portsmouth

SEA-SEIU is a New Hampshire organization that supports unions across the state; I was invited to tour a Portsmouth liquor store to hear from workers and unionizers about their experiences.



It was a reminder that we need to raise wages for Granite Staters, because many folks are not making what they deserve. These workers are just one example of workers around the state that are working morning to night, doing hard physical work, with about one-third of the needed workforce. They deserve a living wage, and need a competitive wage to attract the workforce they need!

Black Excellence Gala with Black Lives Matter Seacoast

Black Lives Matter Seacoast does such great work for diversity and community. Although they were officially established in 2020, their work (supporting black families in need, providing scholarship and educational support, activating legislators and political protest) has already made an incredible impact. The leaders at BLM Seacoast bring a force our state truly deserves and needs! The dinner was brought to us by Chris Viaud, the renowned chef and owner of Greenleaf & Ansanm, with various desserts provided by [Southern Girls Bakery](#)!





Childcare Tour with our next Governor – Tom Sherman!

Myself and State Senator Tom Sherman visited a daycare in Durham, A Place to Grow! This small business provides community and support for the workers at Harmony Homes. It's an innovative model where the children are in care downstairs from their homes. What a beautiful location!



Tom asked several questions about how his policies would work

Tom asked several questions about how his policies would work for this daycare and the staff to get real feedback on their attractiveness. In particular, the ability to receive education at a reduced cost to stay in New Hampshire was a policy proposal that really connected with folks there.

Halloween is coming!

The Portsmouth Halloween Parade is coming! Myself and the family will be there, marching from Pierce Island by Prescott Park at 7pm on October 31st. Don't forget the Pumpkin Smash on October 22nd at the Farmer's Market.

We have entered the month of wearing our Halloween costumes! Logan and Colby say hello, and cannot wait for trick-or-treating. Logan hiked all the way up Blue Job mountain herself this weekend; I am proud of my little nature-lover. And Colby is walking now! So hard to believe. 😊





From our family to yours - less than a month out, let's make it count.

Rebecca

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If you believe in the work I'm doing, please support my campaign with a donation.

\$25

\$50

\$100

\$250

\$500

Other

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PAID FOR BY REBECCA PERKINS KWOKA FOR STATE SENATE

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