

We Be People



**RIDGEFIELD
DEMOCRATS**
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[About Us](#)[Elected Officials](#)[Action Center](#)

This Week's Lineup

July 26, 2026

- Meet Our Field Director, Ready to Campaign
- Vote in the August 11th Primary
- Save August 29th for Our HQ Grand Opening!
- Rep. Berger-Girvalo's Coffee Talk Topics
- Now Is a Great Time to Join the DTC
- Stake Your Claim to Democracy
- Get Social!



Welcome Our Field Director, Lauren Narro!

Ready to campaign? So is Lauren Narro, our field director for the 2026 election season! She is organizing volunteers for phone banking and door knocking on behalf of our candidates for the state legislature (see below). Please reach out to her at: field-coordinator@ridgefelddems.org

Away in August? No problem. **Email Lauren now**, and she'll put you on her list for roles that fit YOUR schedule and interests through Election Day. Needs range from staffing HQ and supplying refreshments for campaign events to pairing up with a buddy to talk to voters at their doors or on the phone.

[Office | District](#)[Candidate & Info](#)[Quick Facts](#)

State Senate | District 24

Julie Kushner

Representing northern
Ridgefield, seeking 5th
term

State Senate | District 26

Sam Nestor

Running for 1st time to
represent southern
Ridgefield

State House | District 111

Aimee Berger-Girvalo

Representing all but
southwest corner of town,
seeking 4th term

State House | District 42

Savet Constantine
(@SavetConstantineCT)

Representing the
southwest corner of town,
seeking 2nd term

About Lauren Narro

Lauren has her master's in social work and worked for eight years in hospital settings while also maintaining a private practice. She recently decided to rejoin the workforce in the political realm, after spending the last two years as a stay-at-home mom. She and her husband, son and dog live in Ridgefield and are expecting another child in January.

Vote: August 11th Primary

Make your voice heard! Plan now to participate in the **Democratic primary on Tuesday, August 11, 2026**, to determine the party's gubernatorial nominee.

Two Democratic candidates are running for the nomination. **Gov. Ned Lamont** received the Connecticut Democratic Party endorsement for reelection. Five-term **State Rep. Josh Elliott** will also appear on the Democratic primary ballot. Watch the two candidates' recent debate [here](#).



If you are a registered Democrat, you can vote in the primary and, thanks to new laws in CT, you can do so when it's convenient for you!

You have **three** options for casting your vote:

- In person on Primary Day, Tuesday, August 11, at Ridgefield's regular voting locations (Scotts Ridge Middle School, Yanity Gym and East Ridge Middle School; find your polling place [here](#))
- Early in-person at Town Hall from August 3rd through August 9th
 - 10AM-6PM Monday, Wednesday, Friday, Saturday and Sunday,
 - 8AM-8PM Tuesday and Thursday
- By absentee ballot (NEW!--no excuse needed!)

Find primary voting details for Ridgefield's registered Democratic voters, including deadlines for party registration, [here](#).

Save the Date: August 29th Is DTC Headquarters Grand Opening Day

Join us in kicking off the campaign season with a fun Grand Opening at our headquarters! After introductions and refreshments, you can join candidates and other volunteers for door knocking and phone banking. More details to come!



Rep. Berger-Girvalo's remarks included information about major legislation passed in the 2026 session. The Office of Legislative Research's comprehensive summary is [here](#).

Rep. Aimee Berger Girvalo Addressed Route 7 Safety and More at Casual Coffee

Meeting with Ridgefielders over morning coffee recently, Rep. Aimee Berger-Girvalo (111th House Dist.) and First Selectperson Rudy Marconi answered questions about Route 7 safety, election security, climate action, and more. Food insecurity for the most vulnerable in our communities, exacerbated by Federal budget cuts, received a lot of attention. Berger-Girvalo pointed to both the state's effective response and the extraordinary work of Ridgefield's own Social Services team in helping those in need locally.

This Is a Great Time to Join YOUR Committee!

The Ridgefield Democratic Town Committee is *your* local arm of the Democratic Party. The 2026 campaign season gives you a unique opportunity to take a deep dive into essential party operations. What we do, together and with voters, ultimately shapes policy within the party and, when our candidates win elections, in local, state and national government.

Learn more about what we do and who we are [here](#). Then start a no-obligation conversation with our recruitment committee by emailing a statement of interest to recruitment@ridgefelddems.org.



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Delivered to You!

This sturdy, ready-to display lawn sign is yours, a token of our gratitude when you **donate \$50 or more** to the Ridgefield DTC. Best of all, we'll bring it directly to you!

[Donate Now!](#)

Let's Get Social-ly Progressive

Join the digital movement! Follow Ridgefield Dems for updates, events, action alerts, and a steady stream of facts worth sharing. Democracy looks good on your feed.



Building community, strengthening democracy.

We the People



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Ridgefield Democratic Town Committee | PO Box 1212 75 Danbury Road, B5 | Ridgefield, CT 06877-1212 US

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