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News and Updates from the Cville Dems (2/04/26)

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Fifth District Candidates

There are currently four candidates running in the Democratic primary for Virginia's 5th Congressional District. Following last month's newsletter, we're reintroducing them and providing you with some information about each of them from their websites. The primary is currently set for **June 16, 2026**. *Please note that these candidates are listed in last name alphabetical order.*

Suzanne Krzyzanowski



Suzanne Krzyzanowski is a family physician in Lynchburg concerned about health care costs and services. Her website says that her job "has been not only to keep people healthy, but to be a practical problem solver." She believes we can achieve an effective universal health care system.

Her site also outlines her plans and concerns on issues including economy, environment, abortion, gun control, foreign policy, and

other issues of concern; please visit
<https://drkforcongress.com/#/issues>.



Tom Perriello

Tom Perriello is the most recent Democrat to represent the 5th Congressional District, having served a term from 2009-2011. More recently, he served as United States Special Envoy for Sudan under former President Joe Biden. Perriello says that he's running because it's an "all hands on deck" moment for taking action; please visit <https://www.tomperriellova.com/about>.

As he did previously for the Fifth District, he is planning to work to improve health care. He is also targeting economic reforms that give hard-working people a fair shot at the American dream and will work to protect voting rights, civil liberties, and reproductive freedom.



Mike Pruitt

Mike Pruitt is on the Albemarle County Board of Supervisors after being elected in 2023, and was a civil rights lawyer for a nonprofit in the Commonwealth. He formerly served in the Navy and was deployed twice to the Middle East. He is running for Congress "because he believes we deserve better. Working families are struggling to make ends meet, and Washington politicians are making

things worse." He pledges to "work to ensure Virginians can afford a safe place to live, quality health care, and a secure retirement."

If you'd like to read more about his positions or background, please visit <https://mikepruitt.com/> for more information.



Rob Tracinski

Rob Tracinski is running because of the chaos that has been sown by the Trump administration, and his disappointment that Congress will not stand up for citizens. He is targeting changing tariffs, trade wars, and policies that make life less affordable. Today's conditions keep farmers unable to effectively sell food to the world.

He is also tracking and planning to combat "rampant corruption in Washington, DC, where billionaires get special favors and

white-collar criminals get pardons—while ordinary people get a breakdown in basic services and masked goons asking them for their papers."

For more information, please visit

<https://tracinskiforcongress.substack.com/>. His campaign reaffirms the idea that all people are created equal, and will work to reclaim freedom, dignity, and prosperity for constituents in Virginia and elsewhere.

REMINDER: Policy on Cville Dems Publicity for Candidates

This is the policy for publicizing candidate news and events in our publications, website, or social media, to provide fairness among the campaigns:

- The candidate must have officially announced their candidacy, not just be exploring the possibility.
- Events must be in Charlottesville or Albemarle. The only way we will promote an event outside those areas is if the event is targeting the entire 5th District (ie, someone is having an event in Lynchburg but it is specifically targeting the entire District).
- Notice of the candidate's desire for CvilleDems to include information in our communications must be submitted to cvilledemschair@gmail.com by the Wednesday before the week the event is taking place. For example, if there's an event on Sun., Dec. 7, we need notice of that event by Wed., Nov. 26. We

require lead time because we typically send our communications on Monday, so we need information in advance.

- Any scenarios that fall outside the conditions above will be decided by the Cville Dems chair.



Success of the Biennial Reorganization Meeting!

Cville Dems held our Biennial Reorganization Meeting on January 10. As outlined in last month's newsletter, this meeting was important to invite new

members as well as fill leadership roles. Given these goals, this meeting was a great success, and Cville Dems has never been in better shape. As we gear up for the upcoming redistricting referendum and midterm elections, we look forward to working with new members to elect Democrats up and down the ballot!

Our new officers for the two-year term are:

- Chair: Josh Throneburg
- Vice Chair: Bellamy Brown
- Secretary: Ruth Goldeen
- Treasurer: Jason Vandever

Soon, we'll have information on the new precinct and appointed leaders on our website.



Full Committee Meeting (March 23, 2026)

While we just had our biennial meeting, it's time to set our sights on the next Full Committee meeting! On March 23, 2026, the party officers and members will gather to discuss the current state of the party and what the vision for the next few months is.

This is a great opportunity for anyone to come and meet the faces of Cville Dems, get more involved with organizing, and contribute to electing Democrats up and down the ballot! More information will be released closer to the date, but mark your calendars for now!

Upcoming Events

- **February 8, 2026** - Deborah Baker Guest Lecture
- **February 25, 2026** - Nancy Pelosi Talk ([link](#))
- **February 26, 2026** - Evening with Lorissa Rinehart ([link](#))
- **March 23, 2026** - Full Committee Meeting (see above)

Partner Organizations

Our friends the [UVA Dems](#), [Albemarle Dems](#), [Greene County Dems](#), [Nelson County Dems](#), and the [Charlottesville Area Young Democrats](#) are doing good things too, check them out!

Charlottesville Democratic Party ("Cville Dems")

<https://cvilledems.org>

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Contact us: cvilledemschair@gmail.com

Add me to the [mailing list](#)

Thank you for your support!

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Paid for and authorized by the Charlottesville Democratic Committee

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