

**Less than a Month
Left to Join Our
Phone Banks for Rep.
Antonio Delgado:
Help Keep his
Upstate Swing
District Democratic!**

With less than a month left before the election, you can volunteer to help re-elect Rep. Antonio Delgado, who represents the 19th Congressional district south of Albany. Delgado won the district in the 2018 “blue wave,” defeating the Republican incumbent. Many Three Parks members and friends volunteered for Delgado in 2018, and we encourage people to volunteer now to help keep this swing district Democratic. Let’s maintain and even expand the Democratic majority in the House.

Three Parks hosts weekly phone banking for Congressman Delgado on Tuesdays. There may also be an option to do texting if enough people express interest.

Next Phone Bank

Tuesday, Oct. 6,

6:00-8:00 PM

**and following Tuesdays
through October**

Training by a Delgado staff person is available.

To sign up to volunteer for Rep. Delgado, please e-mail our Coordinator, Miriam Rabban, by clicking [here](#). Let her know if you are interested in phone banking or texting – or both. She will respond to you with details.

Each phone banking session provides a script and training in the user-friendly system for phone banking. Then we'll

make phone calls. At the end of the session, you will have an opportunity to discuss your experience and provide feedback. You will need a phone and a computer, ipad or tablet, although a computer is recommended. This is a great opportunity for first-time phone bankers who want to use an easy system for phone banking.

For more information about the Delgado campaign, visit Delgado's Facebook page by clicking [here](#).