

## LEGISLATIVE DELEGATION

### VIRGINIA GENERAL ASSEMBLY – CHESAPEAKE DELEGATION

#### Senate of Virginia

##### Local

The Honorable Lionell Spruill, Sr.  
(5<sup>th</sup> District)  
Senate of Virginia  
P.O. Box 5403  
Chesapeake, VA 23324  
(757) 424-2178  
(757) 321-6646 FAX  
[district05@senate.virginia.gov](mailto:district05@senate.virginia.gov)

The Honorable John A. Cosgrove  
(14<sup>th</sup> District)  
Senate of Virginia  
P. O. Box 15483  
Chesapeake, VA 23328  
(757) 547-3422  
(804) 698-7651 FAX  
[district14@senate.virginia.gov](mailto:district14@senate.virginia.gov)

The Honorable L. Louise Lucas  
(18<sup>th</sup> District)  
Senate of Virginia  
P. O. Box 700  
Portsmouth, VA 23705  
(757) 397-8209  
(757) 966-9671 FAX  
[district18@senate.virginia.gov](mailto:district18@senate.virginia.gov)

##### During Session (Jan-Mar)

The Honorable Lionell Spruill, Sr.  
Senate of Virginia  
P.O. Box 396  
General Assembly Building, Room E524  
Richmond, VA 23218  
(804) 698-7505  
Legislative Aide: Susan Rowland  
Legislative Asst during session: Elizabeth Francis

The Honorable John A. Cosgrove  
Senate of Virginia  
P. O. Box 396  
General Assembly Building, Room E607  
Richmond, VA 23218  
(804) 698-7514  
(804) 698-7651 FAX

Chief of Staff: Christie Craig  
Legislative Aid: Aaron Bull  
Richmond Leg Asst: Diana Seamon, Dana Brewer

The Honorable L. Louise Lucas  
Senate of Virginia  
P. O. Box 396  
General Assembly Building, Room E604  
Richmond, VA 23218  
(804) 698-7518  
(804) 698-7651 FAX

Chief of Staff: Jonathan Freeman  
Legislative Assistants: John Brimm &  
Eunice McMillian  
Legislative Office Manager: Temisha Brimm

## Virginia House of Delegates

### Local

The Honorable Kelly Convirs-Fowler  
(21<sup>st</sup> District)  
Virginia House of Delegates  
4588 S. Plaza Trail Suite 105  
Virginia Beach, VA 23462  
(757) 364-8428  
[DelKConvirs-Fowler@house.virginia.gov](mailto:DelKConvirs-Fowler@house.virginia.gov)

The Honorable Clinton Jenkins  
(76<sup>th</sup> District)  
Virginia House of Delegates  
P.O. Box 4305  
Suffolk, VA 23439  
(757) 809-0214  
[delCJenkins@house.virginia.gov](mailto:delCJenkins@house.virginia.gov)

The Honorable Cliff Hayes  
(77<sup>th</sup> District)  
Virginia House of Delegates  
732 Eden Way North Ste. E #183  
Chesapeake, VA 23320  
(757) 364-0272  
[Delchayes@house.virginia.gov](mailto:Delchayes@house.virginia.gov)

### During Session (Jan – Mar)

The Honorable Kelly Convirs-Fowler  
Virginia House of Delegates  
900 E. Main Street  
General Assembly Building, Room E323  
Richmond, VA 23219  
(804) 698-1021

Legislative Aide: Rhena Hicks  
Admin Asst during session: Dale Monroe

The Honorable Clinton Jenkins  
Virginia House of Delegates  
900 E. Main Street Room  
General Assembly Building, Room W428  
Richmond, VA 23218  
(804) 698-1076

Legislative Assistant: Darren Hays  
Admin. Assistant during session: Susan Bain

The Honorable Cliff Hayes  
Virginia House of Delegates  
900 E. Main Street  
General Assembly Building, Room E417  
Richmond, VA 23219  
(804) 698-1077

Legislative Aide: Sheryl Moody Reddington  
Admin Assistant during session: Courtland  
Finch

The Honorable J. A. "Jay" Leftwich, Jr.  
(78<sup>th</sup> District)  
Virginia House of Delegates  
308 Cedar Lakes Drive, 2<sup>nd</sup> FL  
Chesapeake, VA 23322  
(757) 382-4156  
(757) 382-5624 FAX  
[DelJLeftwich@house.virginia.gov](mailto:DelJLeftwich@house.virginia.gov)

The Honorable J. A. "Jay" Leftwich, Jr.  
Virginia House of Delegates  
900 E. Main Street  
General Assembly Building, Room E404  
Richmond, Virginia 23219  
(804) 698-1078

Legislative Assistant: Angela Chellew  
Admin Asst during session: Kathy Wyatt

The Honorable Barry Knight  
(81<sup>st</sup> District)  
Virginia House of Delegates  
1852 Mill Landing Road  
Virginia Beach, VA 23457  
(757) 426-6387  
(757) 426-9091 FAX  
[DelBKnight@house.virginia.gov](mailto:DelBKnight@house.virginia.gov)

The Honorable Barry Knight  
Virginia House of Delegates  
900 E. Main Street  
General Assembly Building, Room E434  
Richmond, VA 23219  
(804) 698-1081  
(804) 698-6781 FAX

Legislative Assistant: Andrew Damon  
Admin. Assistant during session: Connie Mason

The Honorable Nadarius Clark  
(79<sup>th</sup> District)  
Virginia House of Delegates  
P.O. 6412  
Portsmouth, VA 23703  
(757)834-4758  
[DelNClark@house.virginia.gov](mailto:DelNClark@house.virginia.gov)

The Honorable Nadarius Clark  
Virginia House of Delegates  
900 E. Main Street  
General Assembly Building, Room E322  
Richmond, VA 23219  
(804) 698-1079

Chief of Staff: Sullivan Peterson-Quinn