

# Elvia Valdovinos-Cruz | HEPCAMP DC Intern

**Program:** *Heritage University*

**Placement:** *The United Farmworkers of America (UFW)*

## Journal Entry – Week 5

### Monday-----

I started my day by meeting with my supervisor, Areli Arteaga, to go over all the work that she wanted me to help her with for this week. In the meeting, I had the opportunity to meet the new intern, Cristal, that recently joined the UFW organization and who I will be working with side by side for the rest of our internship. Later, I joined my Monday programming class with Dr. Agustine. In today's class, I had the opportunity to participate in a simulation in which I was assigned to be a Union representative for the American Federation of Musicians which represents over 1,400 musicians in the Washington Metropolitan Area. As a union representative, I had to prepare an argument in favor of a grant program that would help artists who were severely affected by the pandemic get back on their feet.

### Tuesday-----

Today I supported the United Farm Workers Foundation by participating in the Farm Workers Heat Protection Caravan. For this event, we distributed illness awareness materials along with hydrating drinks including waters and Gatorades. For the caravan, we all met at Sunnyside, WA at 7:30: AM, then we separated into smaller groups so that we could reach as many farm workers as possible. I had the opportunity to meet very hard-working agricultural workers who, despite the rising temperatures, continue to work hard to pick the vegetables and fruits that we all consume.



## Wednesday-----

Type to enter textMy day started with a meeting with UFW staff Areli, Lionor, and Cristal. We all shared about the work we are doing for this week and tried to see if there were any ways in which we could help each other.

Later I joined programing with CHCI. In today's programing we had the opportunity to hear from guest speakers who shared their experiences in working across lines of difference.



## Thursday-----

Today I had the opportunity to conduct research about the Asuncion de Valdivia Heat Illness Act. The bill seeks to address safety and health concerns in relation to excessive heat exposure. Excessive heat exposure results in heat-related illnesses that can range from symptoms such as heat cramps to more dire consequences, including organ damage, stroke, and even death. Once I had gathered information about the bill, I transferred the data to a system so that we could use for later. Later that day, I worked in finding supporters and cosponsors for this bill.

## Friday-----

I started my day by updating a research document regarding the Farm Workers Modernization Act. After I had finished, I moved on to organize data for the H2A Program (Temporary Agricultural Employment of Foreign Workers.) Lastly, I worked on my weekly assignments for the programing with Dr. Agustine.