Latino Staff Association
University of California, Office of the President

LaSA 2021 Cesar Chavez
Commemorative Virtual Activity Challenge
We cannot seek achievement for ourselves and forget about progress and prosperity for our community...

Our ambitions must be broad enough to include the aspirations and needs of others, for their sakes and for our own.

Cesar Chavez

(Photo by Lena Zentall, Leonard Flynn Elementary School Cesar Chavez & Michigan Streets, San Francisco)
The **Huelga bird** is a symbol of the working campesinos y canpesinas that **are** the backbone of the nation.

The **symbolism** of the flag: The black eagle signifies the dark situation of the farm worker. The image on that flag is still a banner for worker rights, but it’s also grown into a symbol of cultural pluralism.

**It’s a national flag within a nation.**
As we celebrate Cesar Chavez’s peaceful march from Delano to Sacramento,

Let us celebrate your achievements…

Map of three-hundred mile pilgrimage from Delano, California to the state’s capital of Sacramento.
Individual participant **George Zamora** is all smiles while hiking the Bay Area’s natural habitats …
Team Amanecer

Team Amanecer hiked, ran, walked to put in over 1276 miles.
Team Amanecer members Patricia Osorio-O’Dea, Raymond O’Dea and Liz Nguyen run the great outdoors…
Liz Nguyen and Patricia Osorio-O’Dea know sunrises don’t get any better…

Wildcat Canyon

John Muir Land Trust in Martinez
Carlos Arias from Team Amanecer

Carlos on an **overnight** hike near Clearlake.

He got in over 200 miles over the challenge period!

Carlos you’re **Amazing**!!!
Running in Chicago…

Neither snow nor rain nor heat nor gloom of night stays Team Amanecer member Ann Kauth from her swift completion of her Cesar Chavez activity. Ann ran “3 miles a day (rain, snow or sun) to help keep myself mentally healthy!”
Team BLOBFISH

Congrats to UC Office of General Counsel’s Team BLOBFISH for completing 300 miles!!!
Teammates Komal Chokshi and Rita Hao (other teammates include Stella Ngai and Katina Ancar)
UCOP President’s Advisory Council on the Status of Women - Team PACSW

Las mujeres de Team PACSW cumplieron 1,922 millas!
PACSW teammates visit San Francisco State…

Gail Sheean-Remotto
Clare Sheridan
Gema Fonseca
at
Cesar Chavez Student Center, CSU San Francisco
Gema and Clare at
Cesar E. Chavez Park, Berkeley Marina

Note Gema’s “Huelga” shirt!
One of Gema’s inspirational messages to Team PACSW’s 15-member team!

You are the sky.

Everything else is just the weather.
Team PACSW member Trish Dolan and daughters Salina (25) and Vanessa (22 & UCD Aggie) on a 3-mile hike Briones Regional Park.

“It wasn’t until the pandemic that we all decided that we wanted to discover more of our local hiking trails in/around Pleasant Hill. My girls grew up in Tilden and Oakland Redwood parks so those have always been the default. Once we discovered Mt. Diablo and all of the beautiful ridges we are surrounded by here on the other side of the Caldecott Tunnel, we have become more adventurous! …

We all agree that being out in nature is good for our souls and mental health, and make it a point to get out daily to grab a walk, catch some rays/vitamin D and breathe! Namaste.”
Sometimes words say it all…

Steppin’ Up team member Laura Hardy, Associate Director of Admissions, GUEA - Graduate, Undergraduate and Equity Affairs, actively participated in the challenge from Chicago:

“I’m participating in the LaSA Virtual Activity Challenge not only because I support the cause, but also because it’s a fun way to connect with my colleagues outside of work and from a distance.

I live out of state so even prior to the pandemic, my in-person interactions with my colleagues were limited. But now we get to connect outside of work, motivating each other to be active in a variety ways. Because I live in a cold weather state, activity outside of my home is limited, but I’ve found creative ways to participate in the challenge like walking up and down the stairs in my house. My kids like to join in too!

One week we had over a foot of snow in 48 hours, so that week I got most of my activity from snow shoveling! I’m appreciative that LaSA organized this event to support social justice and UCOP staff fitness.”
Our UCDC colleagues...

Taking time outdoors around our nation’s capital!

TEAM UCDC
Chantal Quintero
Crystal Martinez
Jennifer Diascro
Mac Hamlett
Marc Sandalow
Shea Bartlett
Yeona Choi
Young Chan Lim

Helen Shapiro
Sabrin Said

Carl Welliver
Nicole Carlotto

Over 700 miles together!
UCDC racks up almost 760 miles between the twelve of them! WOW!!

<table>
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<tr>
<th>Participant</th>
<th>Set Weekly Goal</th>
<th>Week 1 March 1-7</th>
<th>Week 2 March 8-14</th>
<th>Week 3 March 15-21</th>
<th>Week 4 March 22-24</th>
<th>Total Miles</th>
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Individual participant Lena Zentall took pictures of Cesar Chavez artwork (including a street sign) located on the outside wall of Leonard Flynn Elementary School at the corner of Cesar Chavez & Michigan Streets and Harrison, San Francisco.
“It’s ironic that those who till the soil, cultivate and harvest the fruits, vegetables, and other foods that fill your tables with abundance have nothing left for themselves.”

Cesar Chavez

(Photo by Lena Zentall, Cesar Chavez & Michigan Streets, San Francisco)
“Viva La Huelga”

(Photograph by Lena Zentall, Cesar Chavez & Michigan Streets, San Francisco)
“¡Si, se puede! Yes you can... And you did!!!

¡Muchísimas gracias a todos!
LaSA Cesar Chavez Virtual Activity Challenge Team

Alina Tejera

Beth Kellman

Juliann Martinez

Patricia Osorio-O’Dea

Belinda Vea