

CWA celebrates Hispanic Heritage Month

September 15 - October 15

This year as the nation recognizes it's 54th Hispanic Heritage Celebration, CWA National Women's Committee and the Committee on Civil Rights and Equity, share in the celebration with our Hispanic sisters and brothers and their families.

Latinos today contribute towards the advancement of our communities across the country as public servants, veterans, teachers, small business owners, alongside many other professions. Hispanic Heritage Month allows us to recognize their achievements and contributions to our national story.

Originally, Hispanic Heritage Month previously known as Hispanic Heritage Week, started in 1968 under President Lyndon Johnson when congress passed Proclamation 3869. In 1988, President Reagan enacted a public law to celebrate for 30-days, starting on September 15th. This day is significant because it is the anniversary of independence for Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. In addition, Mexico and Chile celebrate their independence days on September 16th and September 18th, respectively.



The Hispanic community is integral to the history of accomplishments of the United States. Immigrants are a vital part of that history, as well as the Latin Americans who were also part of the land and culture in the United States, long before we became a nation.

Latin history plays a pivotal role in labor history and the growing numbers of Latin people in the workforce help strengthen labor's message as unions causes include civil rights, gender and immigration issues, voter registration and voter engagement, but most importantly equity and equality in the fight for basic Human Rights.

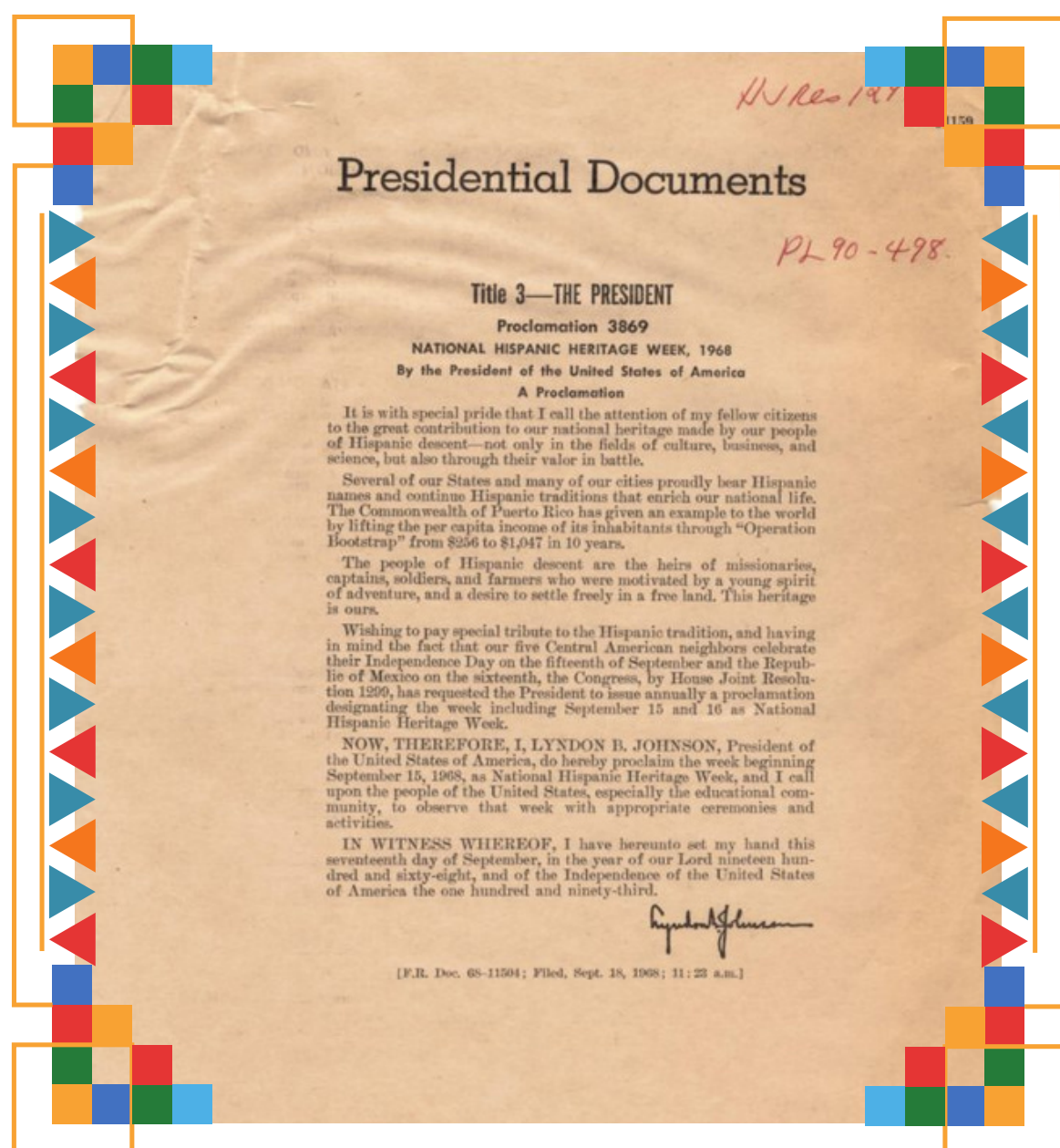
To honor and celebrate all Latino's, we will partake in a four part weekly series where we will expand on Latino contributions to the civil rights and Labor Movements, Inspiring Latin men and women, and more. This series, along with facts, activities and recipes will continue through the end of the celebration month.

Curious on the History of Hispanic Heritage Month?

Click on the video below to learn more



Click the document below to read
Proclamation 3869 signed by President
Lyndon Johnson in 1968



Bunuelos

Bunuelos are a dessert made from fried dough covered in cinnamon sugar. They're usually flattened into disks and served around the holidays in many Latin households

INGREDIENTS YOU'LL NEED

- 4 cups all-purpose flour
- 2 tsp baking powder
- 2 tsp salt
- 1.5 - 2 cups warm water
- oil for frying
- Cinnamon Sugar to garnish



1. Make the dough by adding all-purpose flour, baking powder and salt into a large bowl. Mix together until combined. Add warm water and mix together with a fork until the dough comes together.
2. Transfer the dough onto a clean working surface and knead the dough for 8 to 10 minutes, until the dough is smooth and elastic. Roll the dough into a ball, place it in a bowl, cover with a kitchen towel and let it rest for 30 minutes.
3. Roll out the dough by dividing it into 8 separate pieces and rolling each piece into a ball. On a lightly floured surface, use a floured rolling pin to roll out each ball into an 8 to 10-inch circle.
4. Fry the dough by heating frying oil to 350°F. Fry each dough circle for about 60 seconds, turning once with metal tongs, until golden brown on both sides. Transfer to prepared plate to drain any excess oil.
5. Garnish the bunuelos with cinnamon sugar and eat!

Stay tuned for next week's series.

La Union hace La Fuerza!

Unity is Strength!

