



# COPAL NEWS



NUMBER 8

## We share the latest news for and by our community!

Dear community,

We are proud to announce that we have reached nearly 100,000 completed calls as part of our Triple the Vote, Triple the Power campaign outreach activities. We continue to do community outreach through call banks, knocking on doors, resource tables, and our social media. Our goal is to support the candidates who most represent and share the values of our Minnesota community, as well as engage Latino voters. If you haven't committed to voting yet, it's not too late! You can do it [here](#).

## Want to participate in leadership development and decision-making at COPAL?

Grow your impact by [becoming a member today!](#)



## We welcome Sasha to the team!



**Sasha Lewis-Norelle** has joined COPAL as the Frontline Communities Protection Coalition Organizer. As a youth environmental and climate justice activist and organizer, he brings a strong commitment to systemic solutions to the climate crisis and environmental racism.

Sasha grew up in Madison, WI, and moved to the Twin Cities for college. He attended Macalester College, where he studied environmental studies with an emphasis on biology. While attending Macalester, Sasha became involved in environmental activism through the school's divestment campaign. He then went on to support that campaign through several iterations and varying degrees of success. He also became involved in the Sunrise Movement, and the Movement to stop the Line 3 pipeline.

Over the last four years, Sasha has stayed active and involved in a number of local and national environmental justice fights and has worked to develop the skills and knowledge to be an effective community organizer and advocate. We are excited to welcome him to the team!

## COPAL's Political Platform

COPAL's political platform is a statement of principles, goals, and issues endorsed by members of the Latino community, including COPAL members. Together, we are building community leadership, collective power, and the possibility of a better future.

COPAL invites you to join hundreds of Latinos across Minnesota who are embracing COPAL's Political Platform to transform Minnesota into a multicultural and inclusive state.

Read more about our platform [here](#).



## Health and Wellness

Over the past month, COPAL's Health and Wellness team kicked off a series of community vaccination clinics in the warm Plaza del Sol in St. Paul, in conjunction with the [Latino Economic Development Center \(LEDC\)](#) and [M Health Fairview](#). We will be there again on November 17 with flu and COVID-19 vaccines.

The team also had the opportunity to collaborate with the City of Brooklyn Park's Health on the Go program to bring community vaccination to the City's Health Fair at Huntington Place. Likewise, the COPAL community clinic was present in Glencoe and Minneapolis.



## Do you know that now is the time to update your vaccination against COVID-19?

Although COVID-19 is not yet gone, our community is in a stronger position today because we have the tools to protect ourselves, especially with vaccines that are safe and effective.

Vaccines against COVID-19 continue to work very well in preventing severe illness, hospitalization, and death.

Now, updated COVID-19 vaccines help people ages 5 and older to be protected against the omicron variant.

It doesn't matter which vaccine you received (Pfizer BioNTech, Moderna, Novavax, or Johnson & Johnson's Janssen) in your main series or how many booster doses you've had. Receive the updated COVID-19 vaccine two months after your last dose.

If you recently had COVID-19, you should wait 3 months from the time you got sick before getting the updated vaccine.

Where can you find vaccines against COVID-19? Follow the link [here](#) or contact COPAL's navigators at (612) 249-8736.



## Civic Participation and Leadership



This month, COPAL's growing electoral team intensified its efforts to triple the vote!

The team has completed nearly 100,000 phone calls to members, supporters and other Latino voters to secure voter commitments. Telephone banks are on Tuesdays, Thursdays and Saturdays. He has also been leading biweekly door-to-door sessions in Rochester, Mankato, and Burnsville. Send a message to [ryanp@copalmn.org](mailto:ryanp@copalmn.org) to participate!

On National Voter Registration Day on September 20, the team had 75 conversations with community members on Lake Street about voter registration.

During Minnehaha Open Streets, a voter engagement campaign was so successful that we ran out of pledge cards! In Rochester, the team participated in a civic discussion on environmental justice, as well as a panel on "Health Care for All."

Visit the MN Latino Vote page [here](#).



MN Latino Vote in Action is a project of COPAL Political Fund, an affiliate of COPAL. This is an independent expenditure paid for by COPAL, 3702 E Lake St, Minneapolis, MN 55406. It is not coordinated with or approved by any candidate nor is any candidate responsible for it.

[www.mnlatinovote.org](http://www.mnlatinovote.org)

## South Central Initiative

COPAL's South Central Initiative continues to bring health and wellness resources to the Latino community in rural areas. In the past month, with the support of Christ Lutheran Church, the Minnesota Department of Health, DEED and Homeland Health Specialists, the team held a vaccination clinic in the city of Glencoe MN, with a total of 37 doses administered. Incentive cards were also given to adults and children for received doses of the COVID-19 vaccine.

The month of September was the month of independence for some Latin American countries, and the cities of St. James and Glencoe were the scene of some multicultural community events. COPAL was present for the Latino community with a resource table in Spanish, promoting vaccination events, distributing COVID-19 prevention kits and inviting the Latino community to civic participation.

The Regional Committee also held its meeting in person with an agenda of actions for the health and well-being of the Latino community in the state of Minnesota. Likewise, the organization HACER presented about the services they offer.

COPAL continues to strengthen the Regional Committee, made up of community leaders. If you are interested in joining the committee, please click [here](#).



## Environmental Justice



Last month, the environmental justice team welcomed Sasha Lewis-Norelle as the Frontline Communities Protection Coalition Organizer. We are delighted to have him supporting our organizing work. The environmental justice team has also been working on a mural that focuses on environmental injustices; the mural will be unveiled soon, so keep an eye on our social media for updates!

A few weeks ago, COPAL had the opportunity to meet with Senator Tina Smith at an event organized by the [Minnesota Environmental Partnership](#) to discuss the Inflation Reduction Act. Carolina Ortiz, Associate Executive Director of COPAL, spoke at the event about the path to passage of the bill and what it would mean for Minnesota, the people, and the planet.

Later this month, the environmental justice team will travel to Louisiana for the Equitable Grid Convention, working alongside other grassroots organizations fighting for climate justice. The team is also excited to launch the new environmental justice-themed radio show, ¿Qué onda Minnesota? / What's up Minnesota? Thursdays at 5pm on [Radio Jornalera](#).

If you are interested in joining our team, [apply for the Director of Environmental Justice position today](#).

We at COPAL are able to do this work because of your support.

[Donate today](#) to increase opportunities and foster dignified living for Latinxs in Minnesota!

## Mental Health Resources

If you or someone you know is experiencing a mental health crisis, please contact the MN Mental Health

Crisis Line: \*\*CRISIS or \*\*274747. Dial from your cell phone and you will be connected to your county crisis team.

Check out the following summary of dental, general health and mental health services that the Minnesota

Department of Health has compiled at the lowest cost or at scale. Look at the column that specifies if they have interpreters or people who speak Spanish.

[Click here for low-cost health resources](#)

## Radio Jornalera MN

Radio Jornalera has grown to now five weekly shows every weekday and our daily morning show, El Jornal de la Alegría with Mike Castillo every weekday from 7 to 10 AM. Tune in [here](#) or [download the app](#).



¡Baja la aplicación de  
Radio Jornalera hoy  
mismo!





## We're hiring!

Want to make a difference in the community? We are hiring! We are looking for committed employees for the following position:

- [Environmental Justice Director](#)
- [Field Organizer](#)

In solidarity,  
COPAL

If you liked this newsletter, share it so others can read it!

[Subscribe here](#)

Based in Minneapolis, COPAL is a grassroots organization established in 2018 with the mission of building racial, gender, social, and economic justice for the Latino community in Minnesota. Now in its fifth year of operation, COPAL has built a network of more than 38,000 supporters throughout Minnesota. Learn more about COPAL's work at <https://copalmn.org>.