



sister sister² Newstetter!



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NPMHU LOCAL 300

Let us Celebrate Women's History Month 2026 with a beautiful purpose. We want to recognize and honor the contributions of women and their leadership. Let us reflect on the achievements of women and educate future generations of women.



There are many challenges we face as women but by highlighting the importance of women's leadership we can create a strong future. The NPMHU Local 300 Women's Caucus would like to honor Women's History Month by educating, leading and honoring all women thus creating unity and solidarity. Let us "Move Forward Together Ladies" in Our Union and in our everyday lives. "Let's Get it Ladies! "

Editor in Chief,
Shirley Ramos



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Honoring: Ruth Bader Ginsburg

Written by Linda Gibbs

Ruth Bader Ginsburg devoted her life to advancing equality and justice. Before she was a Supreme Court Justice she was a lawyer who argued cases that struck down laws discriminating based on sex. Importantly she showed that gender discrimination harms everyone, men and women, which helped the courts take it seriously.



She served as a Supreme Court Justice from 1993-2020. She became famous for defending Woman's Rights, Workers Rights, and Voting Rights. She succeeded at a time when woman were routinely blocked from legal careers, denied jobs, and dismissed. She became a symbol of how steady, strategic change can reshape the law.

Honoring: Crystal Lee Sutton

Her fight for gender equality showed that protecting women's rights strengthens society as a whole. During Woman's History Month, we honor Ruth Bader Ginsburg by continuing to move forward together.

Written by Irene Delgado



Crystal Lee Sutton was an American Union Organizer and advocate who gained fame in 1979 when the film "Norma Rae" was released. Her role was played by Actress Sally Field. It was based on events related to her being fired for "insubordination" after she copied an anti-union letter which was posted on the company's bulletin board. Sutton was one of the activists during the J.P. Stevens controversy "the ugliest episodes in labor history in the United States which took place from about 1963 to 1980".

J.P. Stevens and company was a major 20th century U.S. textile manufacturer, becoming the second largest in the country. The company was known for aggressive anti-union tactics which led to a 17-year legal battle. The 1973 firing of Crystal Lee Sutton, who held up a "UNION" sign, was a pivotal moment in this struggle. In 1973 Sutton saw a poster hanging in one of the seven mills owned by J.P. Stevens and company, where (3) of her generations of her family had worked.

Honoring: Crystal Lee Sutton

She had been thinking about the measly wages, the bone-tiring work and the stingy benefits that she and her parents had suffered. She wanted something better for her children. She received threats and was fired after trying to unionize employees. But before she left, she took one final stand, portrayed in "Norma Rae". She took a piece of cardboard and wrote the word "UNION" on it in big letters; she got up on her worktable and slowly turned it around. The workers started cutting their machines off and giving her the victory sign. She was physically removed from the plant by police, but she achieved her goal. The Textile Workers Union of America sent union organizer Eli Zivkovich to unionize the company and he worked with Sutton. In the months after she was fired, she stood outside the mill talking to workers and handing out leaflets. Eli stated that in his 20 years as an organizer he had never known anyone who matched Sutton's passion. Thanks to a coalition of black and white women employees of the mill and Sutton's national speaking tour, J.P. Stevens agreed to a settlement in 1980. Sutton became a paid organizer for the ACTWU and went on a national speaking tour as "the real Norma Rae". The rights, protection and benefits that we have today were not handed to us, they were fought for by people just like Crystal Lee Sutton.

Honoring: Lois Gibbs

Written by Atika Muhammad



Lois Gibbs, a housewife, mother, activist who started a movement to bring public wide attention to an environmental crisis in her Niagara Falls community. A woman who refused to back down and relentlessly fought the Government. The town, Niagara Falls love canal was used as a toxic waste dump. Houses, schools, places of Worship were built. Children, elderly people were perishing and becoming sick at alarming rates. Lois Gibbs believed it was due to toxic waste. No one wanted to listen to the "lowly housewife" (this is what those in power called her), when she was told she didn't have a voice, her voice became louder her fight more intense. She organized the Love Canal Homeowners Association. A group of women who would go on to have an entire town of more than 800 evacuated and compensated.

Honoring: Lois Gibbs

Lois Gibbs activism played a key role in the formation of the EPA Superfund. To the present time, March 2026 the EPA Superfund Program is responsible for cleaning up some of the nations most contaminated land, they fund environmental emergencies, oil spills, landfills, lead paint, asbestos etc... Other agencies like Osha for example was created as a subsidiary of the EPA Superfund. It all started with one woman's voice, Lois Gibbs who gathered a host of women, mother's and wives to change a nation. From "lowly housewife to a landmark figure. Women Power. Women's Herstory.



Honoring: Amanda Zurawski

Written by Michelle Draganigos



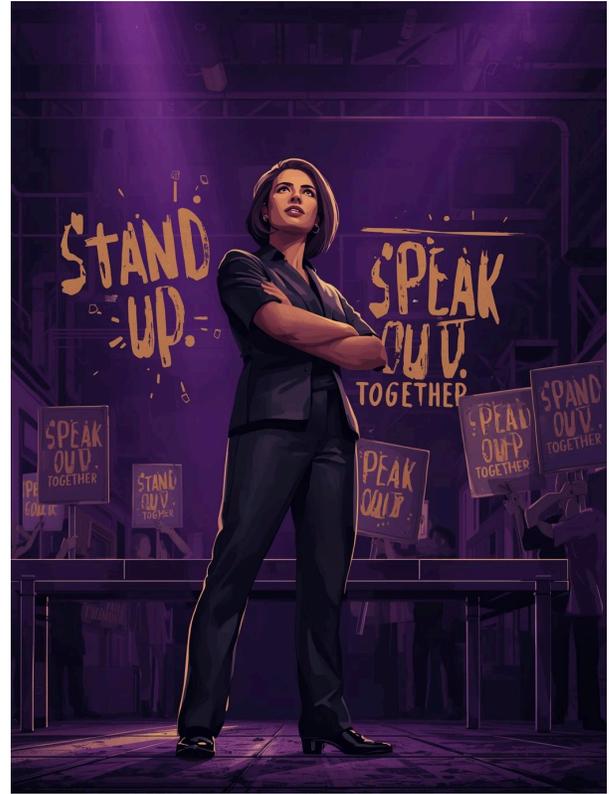
Amanda Zurawski became an activist after her pregnancy in Texas in 2022. At four months pregnant, she experienced premature dilation and her water broke at 18 weeks. Medical professionals informed her with certainty that the pregnancy would not be viable. However, due to Texas's abortion ban following the Supreme Court's Dobbs decision, doctors could not intervene despite the non-viable pregnancy. Had Zurawski resided in another state or era, standard medical procedure, in this case, an abortion would have been available, potentially allowing for recovery and future healthy pregnancies. She developed septic shock, was hospitalized, and now has permanent health complications. Zurawski later became lead plaintiff in a lawsuit challenging the state's abortion laws, drawing national attention and highlighted the health risks posed by abortion restrictions.

Honoring: Amanda Zurawski

In May 2024, the Texas Supreme Court upheld the ban, which Zurawski described as disheartening. “It felt like they were trying to take away our voices, erase us from history, and silence us,” she remarked.

Amanda remains active in her advocacy through political channels, news media, and social platforms. Named a 2024 USA Today Woman of the Year and included on the BBC’s 2024 list of 100 Women, Amanda was also recognized as a TIME Woman of the Year in 2025 and received the Planned Parenthood Champion of Change Award.

“The power of your voice and your choices are never small. To the young women here today, especially those of you in the mentorship program: you have the potential to change everything. You have the power to demand more — for your health, your education, your careers, your futures — and no one should ever take that power away from you.” – Amanda Zurawski



Poem: Still

Written by Jasmine Mills

Some days
I move slowly
Because my heart is full of memory.

I miss my mother.
I miss my grandmother.
Their love still lives in the way I care,
In the way I hold my son.

I learned how to be a mother
While learning how to let go.
Grief and love
Arriving together.

I am tired,
But I am still here.

Still loving,
Still trying,
Still moving forward
One quiet step at a time.



Poem: Moving Forward Together

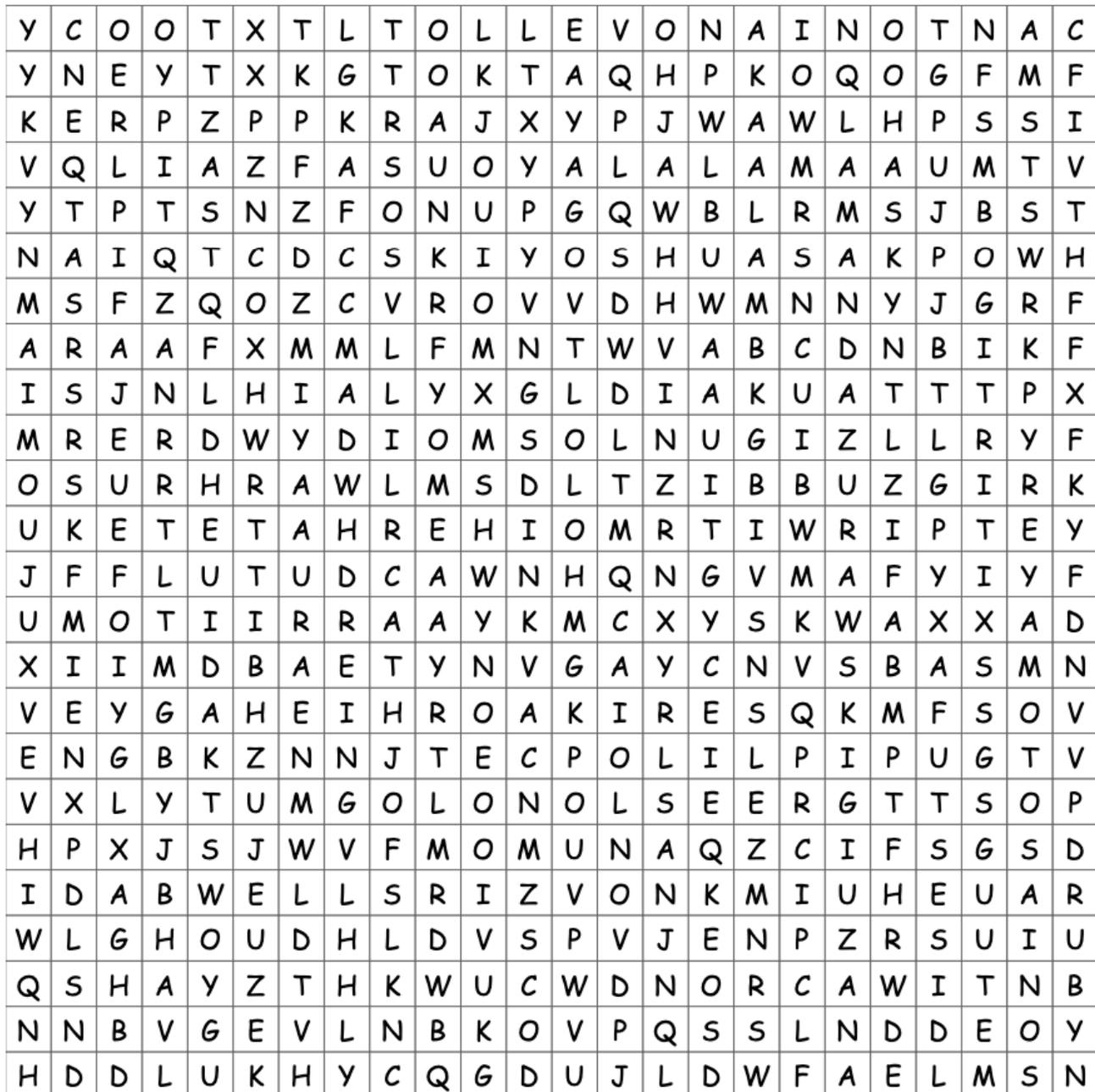
Written by Lisa Simpson

Together as women we accomplish anything
As we look to our past
We see we gained alot
Freedom, strength and a voice
Moving forward we use these tools to make a
name for our selves
Especially in the world we live in today we need
each other more than ever to still break unknown
barriers today
We as women can accomplish anything



MOVING FORWARD TOGETHER

Created by Sediqua Perry



SOJOUNER TRUTH

AMANDA ZURAWSKI

MALALA YOUSAFZAI

SIMONE BILES

SUSAN B ANTONY

SANDRA DAY O'CONNER

KALPANA CHAWLA

MOTHER TERESA

SUNITA WILLIAMS

MARIE CURIE

SONIA SOTOMAYER

SHIRLEY CHISOLM

MIA MOTTLEY

IDA B WELLS

ANTONIA NOVELLO