

FEBRUARY

Black History Month:

For many years the 2nd week of February (chosen so as to coincide with the birthdays of Frederick Douglass and Abraham Lincoln) was celebrated by Black people in the United States. In 1976, as part of the nation's Bicentennial, it was expanded and became established as Black History Month, and is now celebrated all over North America.

What can we do?

- Create displays to educate workers about Black History. Utilize the workplace, schools, libraries, shopping centers, churches, etc. for these displays.
- Plan a storytelling afternoon for children in your local public library -- it can be oral history, songs or films. Post anti-racism information on your workplace bulletin board.
- Offer to do a presentation, skit, informational in your community schools, libraries, or other public forums around famous African American Women especially those who have a connection with organized labor.
- Join with religious and other community groups to sponsor a Stop-the-Hate march in your city; perhaps followed by a potluck picnic to expand better racial understandings between people in your community.
- Invite a speaker to your women's committee meeting or council meeting to talk about the history of Black activism in the labor movement.

American Heart Month:

February is the month for valentines, flowers, and paper hearts, but it's also a good time to reflect on the health of your real heart. You see, February is American Heart Month.

February 7th: National Girls and Women in Sports Day

National Girls and Women in Sports Day (NGWSD) is a special day for girls and women to celebrate their participation in sports and athletics.

When Title IX was enacted in 1971, 1 in 27 girls in high school participated in athletics. One in every three girls participate in athletics in high school now! There has been an explosion in the number of athletic opportunities open to women and girls of all ages and levels of ability. r struggle.