



PULAALI'I NIKOLAO PULA
GOVERNOR

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Sunday, March 8, 2026

**Message from First Lady Dr. Lois Pula
International Women's Day March 08, 2026
"Give to Gain"**

On this International Women's Day, we join the global community in celebrating the achievements of our women under the 2026 theme of *"Give to Gain"*.

The women of American Samoa have always been, and will continue to be, the guardians of our culture, and the driving forces behind the progress of our communities. From the mothers who work in their homes nurturing children and passing along the histories and customs of our islands; to those women who teach in our schools, educating the rising generations, or who work in a local business or in the American Samoan Government. To those women who protect and serve within our communities, and to those who care for the sick, at any level, and finally, to those who serve faithfully in the Armed Forces of the United States.

Today we celebrate you, and thank you for your selfless work on behalf of the citizens of American Samoa, and the citizens of the world. It doesn't matter where you live in the world, or what language you speak or traditions you follow, today we celebrate you

This year's theme reminds us that the work toward equality and opportunity is far from complete. Today is not only about recognizing our women, but is also about ensuring that women and girls everywhere are first, heard, and second, given the opportunities necessary to pursue their dreams.

Let us continue to stand together in uplifting one another as sisters, advocating for fairness and opportunity regardless of what city, village, or country you might call home.

Happy International Women's Day!

With blessings & love,

A handwritten signature in black ink that reads "Lois Pula, PhD, RN".

Dr. Lois Pula
First Lady of American Samoa