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Tampa AAUW: Making A
Difference for over 100 years

tampa-fl.aauw.net

 tampaflaauw

aauwtampa@gmail.com

October 2019, A Monthly Newsletter of the Tampa Chapter



The Tiempo





UPCOMING EVENTS >>>

October 19 th 11:00 am	Strategic Planning Temple Terrace Golf Club
<div><p>New</p><p>Click here to RSVP online for October’s meeting and for choice of meal</p><p>Roasted Chicken with herb, Salmon, or Pasta Primavera . All come with vegetables and a side salad. If you have questions contact Irene Bembery by call or texting 863-602-5232 beckybembry52@gmail.com</p></div>	
November 16	Temple Terrace Golf Club
December TBD	Ugly Sweater Christmas Murder Mystery Lunch

Looking Ahead

Our October meeting is full of exciting activities such as identifying strategic goals for next year, forming committees, and casting roles for our Holiday Party and an ugly sweater contest.

The *Ugly Christmas Sweater Murder Mystery* will be held for our December 14th, AAUW meeting. If you are interested in being part of the cast, don't miss the October meeting! Playing a role is simple, and there is no need to memorize any lines just read along to the part. As in past holiday presentations, the play was professionally written to be a game. Those that are not performing will participate in guessing the identity of the murderer! Furthermore, Betty Chester will be providing holiday music for our enjoyment. The time has come to start searching for your Ugly Sweater masterpiece. Remember, the uglier, the better, it's all in fun! See you at the October 19th meeting.



Trivia

Did you know Tampa has eight 50 year or more memberships? Can you name the members? See pg. 6 for answer.

TECH TREK CAMP TAMPA PARTICIPANTS 2019

We were blessed to have heard from our six Tech Trek students who attended a one week on campus experience at Tech Trek. The six young ladies were sponsored by our AAUW Tampa Branch and was the largest number of students sent in our Tampa Branch's history.

A panel discussion with our Tech Trek students was held during our September 21, 2019 meeting moderated by Tech Trek Co-Chair, Dree Jenkins. She asked our Tech Trekers about their summer, college experience at Tech Trek. The following three questions were posed to each student: 1. What was the one thing you enjoyed the most about Tech Trek? 2. Tell us a little bit about your core classes? 3. What were you most impressed about during Professional Women's night?

The young ladies were very engaged, prepared and delightful. Their responses were very thoughtful, honest and refreshing. It was so heart-warming to see that they were still just kids when one young lady responded that she 'really enjoyed being a **real college student!**'

We also had the opportunity to interview their parents and asked them, "What difference or change did you see in your daughter after she came back from Tech Trek camp?". Based upon the responses we received from each parent, it was quite apparent that Tech Trek summer made a big impact in the lives of the young ladies. We heard responses from the parents such as, 'My daughter came back more mature.' 'She couldn't stop talking about the experience after she came home.' 'She is now more focused and knows exactly what she wants to do.'

Read more on page 3 & 4



Jesalene, Jaden, Joshitha, Shamarriah, Abby, London



Tech Trek Students, Parents, Interview Team and President

From the President's Desk

Sustaining Healthy and Happy Memberships

As an AAUW member, I am sure you have at least a working knowledge of the AAUW mission statement:

To advance, gender equity for women and girls through research, education, and advocacy. **However, have you reminded yourself of AAUW's values lately?** The values are listed as **non-partisan, fact-based, integrity, inclusion and intersectability**. All of us have our personal values.

And sometimes our personal values may shade AAUW's values. However, as local AAUW representatives in the community we may need to take care to ensure we support and exhibit AAUW's values in our interactions not only in the community but in our meetings as well. For an instance, we just had an immense increase in our membership.

Let's ensure we reach out to include new members at our lunch table each month. It is fun to meet up with old friends every month in the meetings. However, we grow and excel with a diverse set of fact-based ideas to ponder. Our success and member sustainability depend on it!



Berthenya (Bert) Dunbar, PhD, APRN
President 2016-2020



Joshitha Grandhi



London Berry

Tech Trek is a signature AAUW event. This exciting, weeklong residential summer camp focuses on science, technology, engineering and math (STEM) for girls going into the eighth grade. During the week at camp, girls attend daily technology or science core class, perform hands-on activities throughout the day, attend a field trip to a STEM learning environment and are exposed to female STEM role models. For many girls, the one-week camp provided the spark that ignites their curiosity in STEM and places them on a path toward success. STEM) for girls going into eighth grade. During the week at camp, girls attend daily technology or science core class, perform hands-on activities throughout the day, attend a field trip to a STEM learning environment and are exposed to female STEM role models. For many girls, the one-week camp provided the spark that ignites their curiosity in STEM and places them on a path toward success.



Jesalene Abreu



Shamarriah Priester

For many girls, the one-week camp provided the spark that ignites their curiosity in STEM and places them on a path toward success. To support our FL AAUW Tech Trek program, please attend our Annual Fundraiser in February 2020 so that we can raise funds to send deserving young ladies to this important, life-changing camp. Additionally, to make donations supporting an 8th Grade girl at a 2020 Florida Tech Trek Camp, June 14th – 20th at Stetson University in DeLand, Florida and June 21st – June 27th at Florida Atlantic University in Jupiter, Florida, see below



Every Contribution Will Make a Difference!

- _____ \$50 Covers camp t-shirts and supplies for one camper
- _____ \$100 Provides for camper’s cost for half a day
- _____ \$225 Will feed a camper for a week
- _____ \$550 Finances half the camp cost for one girl
- _____ \$600 Funds a STEM workshop teacher for the week
- _____ \$1100 Sponsors a full week of camp for one girl
- _____ \$1500 will finance an afternoon workshop
- _____ \$2600 Will fund the STEM professional women’s night dinner and panel
- _____ \$5000 will sponsor a core class
- _____ \$ **Make your tax-deductible contribution check payable to**

AAUW FL Supporting Fdn, Inc. (Write ‘Tech Trek 2020 – Tampa Branch’ on the memo line). Mail this form and your check to: **Treasurer Tech Trek Florida 2020, Post Office Box 2938, Jupiter, FL 33468.**

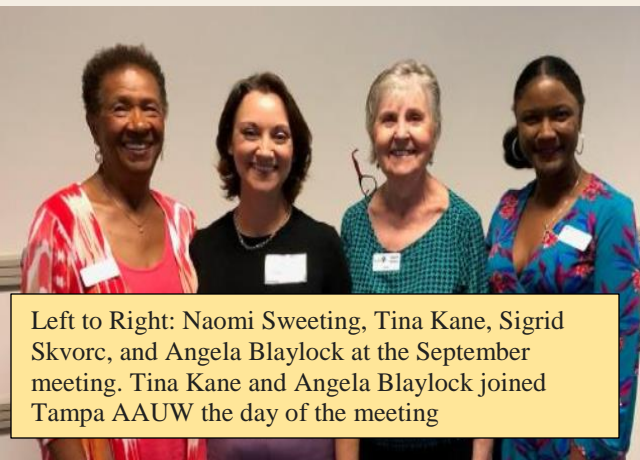


If you have questions contact **Director for Tech Trek/ STEM Activities Dr. Gloria Hilton or Dree Jenkins**

Active Membership

Inaugural New Member Social/Orientation

On September 15th, 2019, Tampa AAUW held its inaugural New Member Social/Orientation in honor of all our new members that have joined hands with us this past year. The event gathered about 15 members that joined over the course of the last 18 months to date. Our gracious host for the event was Mrs. Mattie Parr, who rolled out the red carpet at her beautiful home in Valrico for these women. These phenomenal new members bring a wealth of experience and varying expertise to our organization. The room was buzzing with positivity, energy and engagement, as new members interacted with one another and board members.



Left to Right: Naomi Sweeting, Tina Kane, Sigrid Skvorc, and Angela Blaylock at the September meeting. Tina Kane and Angela Blaylock joined Tampa AAUW the day of the meeting



Clockwise : Seated: Dr. Sandra Johnson Austin, Standing Shella Miller, Joyce Ellsworth, Marjorie Fontalvo, Catherine Martin, Dr. Kemi Ankintewe , Seated with back to camera, Yvette Williams.



New Member Orientation Social: Sigrid Skvorc and Aleseya Pinkney



During “Getting to Know You” Exercise: Top of Picture Seated: Joyce Ellsworth, Marjorie Fontalvo, standing Shella Miller. Bottom of Picture, seated Left to Right: Anevia Johnson.



Gracious Hostess: Mattie Parr

The event was an opportunity to personally welcome them, hear their ideas and share important information about AAUW’s mission, initiatives, and branch operations. We shared the various ways new members can get involved in branch activities, such as volunteering to lead or join a committee, holding an office, providing suggestions for speakers, becoming an AAUW Two-Minute Advocate, coordinating an event that helps AAUW connect with the community, Assisting with Tech Trek, joining hands with us on social media through our Facebook page, organizing membership team building activities, among many other ways. The intimate event was a great place to start to learn about making the most out of AAUW membership!

All New Members were charged with being Ambassadors for AAUW and to share the gift of AAUW membership with others in their circles. A growing and engaged membership is the lifeblood of our organization and we look forward to the great things AAUW Tampa will accomplish with all these talented hands on desk!

Happy Birthdays to our members



Adele Walter-5

Marjorie Fontalvo-9

Kemi Ankintewe – 10

Anne Spinelli-14

Dree Jenkins-21



Answer to Trivia Question:

Avis Chaplick, Jean Eberhart, Sherry Foecking, Ilaria Ippilito, Lee Schmoll, Joyce Schuetz, Madge Soyster, and Adele Walter

Save the Date

- November 20th is Hispanic Women's Equal Pay Day
- AAUW FL Lobby Days, Jan 21-22, 2020
- AAUW Florida State Convention is Coming!
Saturday, April 18th – Sunday, April 19th, 2020
Daytona Beach Resort and Conference Center

Would you like to walk for a cause? Join us for the Tampa Heart Walk on Saturday, Nov. 9 from 7am-10am . Contact Marjorie Fontalvo at aauw Tampa@gmail.com for more information or you can join [online Reach your Goals Team](#)



Working Woemn

If you would like to join our **LinkedIn** networking group click on the icon. This is a group for members to share event or tips that can help us balance our professional lives and our work. You don't have to currently be working to join but you do have to be an active Tampa Branch Member. No recruiting or soliciting please. For more information contact Marjorie Fontalvo aauw Tampa@gmail.com or Shella Miller our Director of Membership.



AAUW TAMPA Networking Group

See our previous newsletter on some LinedIn AAUW Tips or visit AAUW.com

4 second inhale
7 second hold
8 second exhale



Breathing to calm

By Catherine Clark

4-7-8 Breathing Exercise

This is a **quick and easy** way to de-stress. Sit comfortably, feet on the floor. Tongue against the roof of your mouth.

1. Inhale through your mouth for a **count of 4**
2. Hold your breath for a **count of 7**
3. Slowly exhale through your mouth for a **count of 8**
4. Repeat this sequence **3 more times**

You can do this exercise as often as you wish. Use it whenever you **feel stressed, anxious, panicked** or to **help you fall asleep**.

Meet the New Director of Finances

Yvette M. Williams, MSN, RN-BC stepped up to the challenge to become Tampa AAUW’s next Director of Finances. Showing her courage, Yvette nominated herself from the floor; her nomination was unanimously accepted.



Ms. Williams received a BSN and MSN from Georgia Southern University-Armstrong. She is currently a Registered Nurse working at the Department of Veterans Affairs as the Clinical Coordinator for James A Haley Veterans Hospital’s Chronic Headache Management Program. Yvette is a dually certified RN, holding board certifications as an Orthopedic Nurse and as a Pain Management Resource Nurse. In addition to being a military veteran, Ms. Williams is a member of the American Nurses Association, the National Nurses in Business Association, and the National Black Nurses Association. Please plan to attend the May 18th general meeting when Yvette will be installed as an officer. When you see her, please congratulate her and please don’t forget to say, “Thank You!”

Welcome Yvette: Glad to have you onboard!

Board of Directors

President	Dr. Bert Dunbar
Vice President	Vacant
Director of Programs	Irene Bembry
Director of Membership	Shella Miller
Director of Finance	Yvette Williams
Director of Public Policy	Dree Jenkins
Director of Scholarships	Jasmine White-Bynum
Director of Tech Trek/STEM Activities	Dr. Gloria Hilton
Recording Secretary	Mattie Parr
Corresponding Secretary	Avis Chaplick
Facebook and Website Manager	Aleseya Pinkney
Newsletter Editor	Marjorie Fontalvo

Don’t forget
to *RSVP online to October’s meeting using this link*

AAUW Tampa Branch Meeting Sat. Oct.19

RSVP Form

* Required

AAUW

Tampa (FL) Branch

Please contact Irene Bembry if you have questions or concerns at 863-602-5232 (call or text) or by email at beckybembry52@gmail.com.

Will you attend the meeting? *

☐ Yes, I'll be there

☐ Sorry, I can't

☐ Maybe



Enjoy your fall and please share this newsletter with at least one friend. Share your love for AAUW!



Website: tampa-fl.aauw.net

 [tampaflaaauw](https://www.facebook.com/tampaflaaauw)

aauwtampa@gmail.com

P.O. Box 172715, Tampa, Florida 33672