



December 2020

Web Address: [tampa-fl.aauw.net/](http://tampa-fl.aauw.net/)

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ZOOM Meeting ID: 863 116 6778

ZOOM Password: 725238

## The Tiempo

### TAMPA AAUW CALL TO ACTION

The election is finally over and what a record-setting election it was! We have much to celebrate; the first woman Vice President, more female representation in Congress, amazing turnout, and the passage of the \$15 minimum wage amendment in Florida.

Now that the election banners have been put away, it is time to govern. This is when the rubber meets the road. We need to make sure those election promises are met and not forgotten.

AAUW National will be watching and advocating for our Public Policy Priorities, both as this session of Congress wraps up and as the new legislative year begins.

As AAUW members, as these topics come up at the State and National levels, we also personally need to advocate. The easiest way to stay up to date on the issues is to sign up for [The Two Minute Activist](#). This service provides you with the information you need to easily voice your opinions and concerns on legislative issues. You can sign up on AAUW National's website or by texting "AAUW" to 21333.

Another way to help is to support the AAUW Action Fund by direct donation. The AAUW Action Fund "advances equity for women and girls through member activism and voter mobilization." There is a link on the AAUW National website to the AAUW Action Fund site.

Just like 2020 was a record-setting election year, let's make 2021 a record-setting legislative year for the advancement of Equity for Women and Girls!

- Dr. Cindi Hovi, Director of Public Policy, AAUW Tampa

## Opportunities to Serve

AAUW Tampa is still in search of a Vice President.

Interested?

Please email [aauwtampapresident@gmail.com](mailto:aauwtampapresident@gmail.com)



### ***From the Desk of Dr. Sandra Johnson Austin, President***

Christmas is one of my favorite holidays! This time of year brings back so many memories. I remember, when I was a little girl my three younger sisters and I would go to sleep and wake up the next morning to see lots of presents underneath the Christmas tree. Of course, we believed in Santa and Mrs. Claus like millions of other girls. What we did not realize were the sacrifices that our parents made to make our Christmas as memorable as the year before. Our Christmas traditions included reciting a Christmas poem during Sunday school at church, choosing a Christmas tree at the local tree farm, making popcorn to decorate the Christmas tree with strings of popcorn garland, and watching the Macy's parade on Thanksgiving Day. I am sure that you agree that traditions become a way of life.

As members of AAUW Tampa, we can continue to advocate traditions. By becoming a two-minute activist, together we can transcend the lives of women and girls like never before. There is no better time than the present to push the woman's agenda, especially since we have Vice President-elect Kamala Harris holding the second highest position in the White House. Let's establish new policy traditions for AAUW Tampa. Text AAUW to 21333 to get started as the [Two-Minute Activist](#). Have a wonderful and blessed holiday season. Happy Hanukkah, Merry Christmas, and Happy Kwanzaa!



**WE ARE TENACIOUS AND TRAILBLAZING**

*Advocating equity for women and girls in  
Florida since 1929.*

## OPPORTUNITIES

There are many opportunities for every member to become involved and connected. Your skills, talents, time and treasures are valued. Please let us know what areas you are willing to contribute in. We welcome your involvement for consultation, small projects, and large or small events. We are flexible and welcome you. Please partner with us. How can you help? Contact us at

[AAUWTampalInfo@gmail.com](mailto:AAUWTampalInfo@gmail.com).

**We need YOU!!!**

### Membership:

- Help us stay connected by attending our General Membership meeting on ZOOM **every THIRD SATURDAY at 11 AM**. Mark your calendar and download Zoom to your smart phone or computer.
- Invite people you know to get connected and to become members. Think of friends, family, co-workers, neighbors, social groups and organizations, etc.

### Scholarships and Tech Trek:

- These are great committees to get involved with. Pay it forward. Help the next generation of girls and women receive an amazing start to a great opportunity. Contact Jasmine (Scholarships) and Dree (Tech Trek)

### Communications:

- Are you creative and or tech savvy? There is a place for you. We welcome you to help with our Facebook and Instagram pages or our monthly newsletter. Contact Franca Washington at our branch email: [AAUWTampalInfo@gmail.com](mailto:AAUWTampalInfo@gmail.com).

**ADHOC—Just reach out to us. There is a place for you to connect .**

**Happy Holidays!!!**



## *COPING during the Holidays*

The holiday season often brings unwelcome guests — stress and depression. And it's no wonder. The holidays often present a dizzying array of demands — cooking meals, shopping, baking, cleaning and entertaining, to name just a few. And if coronavirus disease 2019 (COVID-19) is spreading in your community, you may be feeling additional stress, or you may be worrying about your and your loved ones' health. You may also feel stressed, sad or anxious because your holiday plans may look different during the COVID-19 pandemic.

Tips to prevent holiday stress and depression:

1. Acknowledge your feelings.
2. Reach out.
3. Be realistic.
4. Set aside differences.
5. Stick to a budget.
6. Plan ahead.
7. Learn to say no.
8. Don't abandon healthy habits.
9. Take a breather.
10. Seek professional help if you need it.



Source : Mayo Clinic



<https://www.aauw.org/membership/>

If you have questions, please contact  
Mrs. Shella Miller,  
Director of Membership  
at email:  
AAUWTampaInfo@gmail.com

**WE VALUE YOUR MEMBERSHIP  
AND INVOLVMENT!**



Lee Schmoll	Dec 3
Bert Dunbar	Dec 5



### 2020 Tech Trek Winners!

The following 7th grade girls will experience Tech Trek in 2021 due to the coronavirus pandemic:

Jordyn Mitchell, Orange Grove Middle School  
Kendra Smith, Randall Middle School  
Jazmyn Thames, Academy Prep Center of Tampa  
Shelby Thompson, Sgt. Paul R. Smith Middle School



# AAUW Tampa Saturday, December 19, 2020

Join us for the festivities!!



**December 19<sup>th</sup> Program**

**UGLY SWEATER CONTEST**

- 🎄 Send a photo of you in your ugly sweater by **Saturday, December 12th** to [aauwflampainfo@gmail.com](mailto:aauwflampainfo@gmail.com)
- 🎄 1st, 2nd, and 3rd place winners will be announced, and prizes awarded at the December 19th meeting.
- 🎄 Wear your ugly sweater!!!
- 🎄 2-3 volunteer judges needed. Contact Irene Bemby at [beckybembry52@gmail.com](mailto:beckybembry52@gmail.com).

Our meeting agenda is as follows:

- Welcome
- Inspirational Message
- Approval of November 21, 2020 Minutes
- Officer Reports
- Ugly Sweater Contest and Games
- Announcements
- Adjournment

### JOIN ZOOM MEETING

<https://us02web.zoom.us/j/8631166778?pwd=MkwwRlFtQWhjLy9VVVVrWTVXcWEyQT09>

Meeting ID: 863 116 6778  
Password: 725238

CASES ARE RISING.  
**ACT NOW!**



Board Meeting December 12, 2020 10:30 to 11:00 Via Zoom	General Meeting December 19, 2020 11:00 am-12:30 pm Via Zoom
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Board Meeting January 9, 2021 10:30 to 11:00 Via Zoom	General Meeting January 16, 2021 11:00 am-12:30 pm Via Zoom
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### *Board of Directors*

President	Dr. Saundra Johnson Austin
Vice President	Vacant
Director of Programs	Irene Bemby
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Director of Finance	Yvette Williams
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