



October 2021



AAUW Tampa: Making A Difference for over

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Mailing Address: PO Box 172715, Tampa FL, 33672  
ZOOM Meeting ID: 863 116 6778  
ZOOM Password: 725238

## The Tiempo

We need YOU!!!

AAUW-Tampa has been impacted by the health edits issued as a result of the COVID-19 pandemic. We embraced the 'new normal' - social distancing, remote shopping, wearing masks, and finding new ways to connect. Today, all of us are trying to make sense of life in the aftermath of the shut down, the re-opening, and the impact of the variants. There are vaccines and there is still vaccine hesitance. There are questions and many answers and yet more questions.

AAUW Tampa continues to take steps to find ways to satisfy our mission, to keep our members and guests connected safely, and to make programming fun. The Board works tirelessly behind the scenes to move the business of AAUW-Tampa forward. While we continue to meet on ZOOM, there are many opportunities for every member to become involved and to remain connected. Your skills, talents, time, and treasures are valued. Did you know that Florida #46 in educational attainment gap, and #25 in education and health? These are our WHY. Please let us know where you can help. 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 with us at [AAUWTampaInfo@gmail.com](mailto:AAUWTampaInfo@gmail.com).

Where can you contribute?

- ♥ **Membership:** Help us stay connected by attending our General Membership meetings on ZOOM every THIRD SATURDAY at 11 AM. Mark your calendar and download Zoom to your smart phone or computer. Reach out to April Cobb with your ideas to increase membership.
- ♥ Invite people you know to get connected and to become members. Think of friends, family, coworkers, 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 Dr. Gloria Hilton (Scholarships) and Dree Jenkins (Tech Trek).
- ♥ **Communications:** Are you creative and or tech savvy? There is a place for you. We welcome your help with our Facebook and Instagram pages or our monthly newsletter. Contact Franca Washington (Communications) and Erica Lewis (Facebook).
- ♥ ADHOC—Just reach out to us. There is a place for you to connect .  
- - Franca Washington, Director of Communications





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

When was the last time that you sat still with your eyes closed and thought about absolutely nothing? I have not done this in a while but I gave it try right before writing this message to you. I sat with my back against a wall, crossed my legs, and closed my eyes. In my head, I thought about a lot of things that I had to do and wanted to do but soon those thoughts faded away. My eyes stopped blinking and moving around while closed, and my breathing slowed down. It only took about a minute or so for me to get to that place and it felt good. I became very relaxed. I stayed in that space for a few minutes. My goal is to continue this practice daily. I believe I can do it. Will you give it a try?

As women we often do not take time out for ourselves. To be who we are to others, we have to take care of ourselves. When we are revived and energized, we can think clearly, be creative, contribute to conversations, and continue to take action. Education, workplace and economic equity, and leadership are areas that we must continue to advocate for women and girls. That is why I joined AAUW Tampa. As members of AAUW we have a common agenda. There is no doubt that we are stronger together!

My appeal to you is to help us grow our branch. Undoubtedly, there are women who you talk with everyday who are not members of our branch. Share with them why you joined AAUW. Tell them your story and how important it is for us to bring clarity and justice to the minds of decision-makers keeping us from our rights. I welcome your ideas on how to promote AAUW throughout the community. Is there something that we can do together to raise awareness? If so, email us at [AAUWTampaInfo@gmail.com](mailto:AAUWTampaInfo@gmail.com). We would love to hear from you!

We have all heard stories of former members who have fallen on hard times due to the coronavirus pandemic and are unable to pay their membership this fiscal year. You can **adopt a member**. Send a message to [AAUWTampaMembership@gmail.com](mailto:AAUWTampaMembership@gmail.com) to donate a membership. This is a perfect way to bring our friends back into the AAUW Tampa family. Simply, visit our website at <https://tampa-fl.aauw.net/membership/> to download the membership form, complete it, and mail a check for \$87 made payable to AAUW Tampa, Inc., PO Box 172715, Tampa, FL 33672. Or on the form check the box indicating you are using mobile banking to pay via Zelle and send \$87 to [AAUWTampaFinance@gmail.com](mailto:AAUWTampaFinance@gmail.com). Mail the form to our PO Box.

Lastly, I am eager to see you in person! The board continues to discuss ways to remain safe while in person. We will be reaching out to you again to confirm your desire to meet in person, etc. Or you can share your thoughts with us at anytime via email at [AAUWTampaInfo@gmail.com](mailto:AAUWTampaInfo@gmail.com). Until then, be well, take care, and stay safe!

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**WE'RE TENACIOUS AND TRAILBLAZING.**



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



to our newest  
members.  
We look forward  
to getting to know  
you.

**Are you wondering *HOW to get involved????***  
***We are still looking for***  
**nominees for Vice President**  
**Contact Bert Dunbar: [bert28@aol.com](mailto:bert28@aol.com)**



Adele Ida Walter (5)

Dree Jenkins (21)

Rachel Brink (29)

Marjorie Fontalvo (9)

Tanja Vidovic (26)

## OCTOBER SELF CARE TIPS...

### What is self care?

It's quite simply looking after yourself and making time for you. Put time and effort into doing past times and activities that promote happiness and wellbeing and make you feel good. It feels good to feel good!

### Self care ideas

We LOVE our feel good monthly challenges – it just takes a little focus and effort each day to make sure to always squeeze in something that's nice, makes you happy or is just good for your wellbeing.

**So here are some feel good activities and plans for October. Try them out.**

- 1 – Organize your time. Be purposeful with your time...
- 2 – Coffee with a friend – self care ideas...
- 3 – Buy yourself some flowers...
- 4 – Declutter...
- 5 – DANCE like nobody's watching even if they are...
- 6 – Visit a farmer's market...
- 7 – Homemade Face Mask Treatment- self care ideas...
- 8 – Snuggle up with a good book...
- 9 – Date Night...
- 10–Treat yourself to a bubble bath...
- 11–Take a relaxing stroll through your neighborhood or park...
- 12–Meditate–Be mindful. Take slow deep breaths. RELAX.

<https://daisiesandpie.co.uk/self-care-activities-october/>



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

*If you have questions, please contact*  
Ms. April Cobb  
Director of Membership

**WE VALUE YOUR MEMBERSHIP  
AND INVOLVMENT!**



**AAUW Tampa Speaker  
Saturday, October 16, 2021**

**Hiba Rahim**



Hiba Rahim is an American Muslim activist and community organizer. She is a graduate of Florida State University's International Affairs Master's program. She currently works for the Florida chapter of CAIR, which is the Council on American-Islamic Relations. She serves as their Tampa Bay Regional Coordinator and focuses on Muslim Inmates Advocacy.

Previously, Hiba worked as a radio talk show host in Chicago and a TV news anchor for a Muslim-run television network in London. At other points in her career she was a college instructor, and a researcher for numerous human rights organizations. She is a long-time advocate for social, political, and racial justice.

Join us on Saturday, October 16, 2021 at 11AM to welcome Hiba Rahim to AAUW – Tampa.

**Click on the link below to join the meeting.**

<https://us02web.zoom.us/j/8631166778?pwd=MkwwRlFtQWhjLy9VTVVrWTVXcWEyQT09>

**Meeting ID: 863 116 6778    Password: 725238**  
Connect with your AAUW Tampa team.



**Board Meeting**  
October 9, 2021  
10:30 to 11:15 am  
Via Zoom

**General Meeting**  
October 16, 2021  
11:00 am-12:30 pm  
Via Zoom

**Board Meeting**  
November 13, 2021  
10:30 to 11:15 am  
Via Zoom

**General Meeting**  
November 20, 2021  
11:00 am-12:30 pm  
Via Zoom

***Board of Directors***

President	Dr. Sandra Johnson Austin
Vice President	Vacant
Director of Programs	Dr. Bert Dunbar
Director of Membership	April Cobb
Director of Finance	Dr. Lucinda Hovi
Director of Public Policy	Erica Hall
Director of Scholarships	Dr. Gloria Hilton
Director of Tech Trek/STEM Activities	Dree Jenkins
Director of Communications	Franca Washington
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Recording Secretary	Wanda Gibson
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