NEWSLETTER AAUW

ISSUE NO. 1 | SEPTEMBER 2022 | VOL. 2022-2023

Tampa (FL) Branch

Making A Difference for 100 Years

2022-2023 BOARD tampa-fl.aauw.net

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SOCIAL MEDIA MANAGER
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Members and Guests

Join the 1st 2022-2023 Membership Meeting

Saturday, September 17, 2022

11AM @Temple Terrace Golf & Country Club
200 Inverness Ave., Temple Terrace, FL

AAUW Tampa Members, Hello and Welcome to the 2022-2023 Membership Year! While we each have been faced with many unpredictable situations occurring in the world and in our nation, we have been tenacious and persistent. AAUW Tampa continues to promote quality programming aimed at facilitating the forward advancement of women and girls through research, education, and advocacy!

Mark your calendars for our first program of the year slated for September 17 (11am at Temple Terrace Golf and Country Club). Dr. Bert Dunbar and Kimberly Rostick, thanks for you diligence in programming. During this meeting, we will welcome special guest Zahara Narain, a recent scholarship recipient, who attended the Tech Trek camp at no cost due to donations from our branch. Tech Trek, a STEM Camp for rising eighth-grade females, focuses on fostering interest in the fields of Science, Technology, Engineering, and Math. Through a guided interview conducted by Dr. Gloria Hilton, Zahara will share her camp experiences, answer questions and close out with playing a song on her upright base. For more info, see page 7 of the newsletter.

Zahara is a great example of how the mind continues to grow and develop through our lifetime by taking on new opportunities and responsibilities. AAUW presents a plethora of occasions for us to remain lifelong learners. In this issue, check out the "interactive" September calendar on page 3, ways to connect more intricately with the organization and AAUW members on page 4, and explore upcoming activities which interest you on page 5. I look forward to seeing and working with each of you.

Demetrix Rostick-Owens, EdD Director of Communications



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Staying Connected: Contact Info & List of Tampa Area Activities

A Message from the President



Shella Miller, President AAUW Tampa 2022-2024

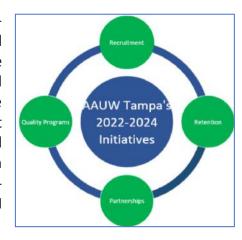
Welcome to the 2022-2023 AAUW Tampa Membership Year! I don't know about you, but I am ready for a productive year in which we achieve our incredible mission by working together and engaging in Teamwork to make the Dreamwork! While we have not met since May, I, along with the newly-elected board members, have been busy behind the scenes preparing and planning activities for the 2022-2023 year. As a reminder, newly installed members of the AAUW Tampa Board include: Shella Miller (*President*), Catherine Clark Martin (*Vice President*), Dr. Demetrix Rostick-Owens (*Communications*); Tara Perkins (*Membership*); Kimberly Rostick (*Tech Trek*); Dr. K. Lee-Smith (*Diversity, Equity, and Inclusion Chair*); Bonnie Edis (*Corresponding Secretary*); Paula Huzella (*Recording Secretary*); and Aleseya Pinkney (*Social Media Manager*).

Recently, we have had several small changes to the Board. You may recall Dr. Ebony Shoemo had been elected to the position of Co-Director of Tech Trek. Following Dr.

Cindy Hovi's recent resignation as the Director of Finance, the board voted to nominate and, subsequently, confirmed Dr. Shoemo to the Director of Finance position. She graciously accepted. Additionally, the Director of Public Policy position is vacant as Erica Hall has stepped down from her position for personal and family reasons. Please let me know if you are interested in being considered for this position. AAUW is all about leadership and leadership development. We will learn and grow together.

Our first general membership meeting for the year will be held at Temple Terrace Golf and Country Club, 200 Inverness Ave., Temple Terrace, FL, on Saturday, September 17th, from 11am-1pm. Be on the lookout for reservations and lunch options sent out by our Director of Programs, Dr. Bert Dunbar. If you have not seen them and need to RSVP, email Dr. Bert Dunbar at bertd28@aol.com. We are excited to have Reverend Martha Vaguener serve as our Inspirational Speaker for this meeting. We also look forward to hearing from Zahara Narain, this year's AAUW Tampa's Tech Trek Scholarship recipient.

In our Board of Directors Strategic Planning Meeting, we discussed our three-point thrust for this administration's priorities. With your input, we would like to finalize actionable strategies around the three thrusts: 1) the Membership Experience (both Recruitment and Retainment), 2) Continued Quality Programs, and 3) local Community Partnerships and Visibility. We look forward to sharing initial ideas and receiving feedback at our first meeting. This is *OUR branch*, and *TOGETHER* we can ensure its continued success and longevity as we strive to become the best AAUW branch in Florida. Naples is giving us a run for our money, as they recently achieved 5-STAR AAUW recognition status, the only branch in Florida to do so! But, I believe we can get there too!!!! A little friendly competition never hurts.



As I close, I want to remind everyone that AAUW has migrated its platform to the new Community Hub found at https://www.aauw.org/membership/new-systems-update/. If you have not completed your migration, or if you need to renew your membership, please visit the portal today. Mrs. Tara Perkins, our new Director of Membership (aauwtampamembership@gmail.com) is available for questions and navigation of the portal. I encourage all members to be branch Ambassadors by assisting with recruiting members. Membership is the lifeblood of our organization. Please continue to share the gift of AAUW with others by inviting guests to our first general meeting of the year on September 17th. I look forward to seeing a room full!!!!! Enjoy the first newsletter of the 2022-2023 Membership year!

September 2022: The Month for Self-Improvement

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Celebrations and Observations for the Month of September; Click the Links for More Info				1	2	3
4	5 <u>Labor Day</u>	6	7	8 International Literacy Day	9 International Sudoku Day	10
11 911 Remembrance; Grandparents Day	12	13 Positive Thinking Day	14	15 Hispanic Heritage Month begins- Oct 15	16	17 Tampa's Monthly Meeting
18 <u>National</u> <u>Women's</u> <u>Friendship Day</u>	19	20	21 <u>World</u> <u>Gratitude Day</u>	22 Business Women's Day	23 First day of Autumn	24
25	26 <u>Natio</u>	30 International Podcast Day				

HAPPYBURTHDAY

JUNE

Lucia Stevens - 2
Demetrix Rostick-Owens - 13
Sherry Foecking - 18
Kayester Lee-Smith - 28

AUGUST

Madge Soyster - 2 Jacqueline Vento - 3 Avis Chaplick - 11 Wanda Gibson - 11 Angela Birdsong - 28

JULY

Kirk Guillory - 9
Saundra Johnson Austin - 11
Mattie Parr - 11
Aleseya Pinkney - 15
John Chaplick - 23
Connie Fountain - 29

SEPTEMBER

Martha Vaguener - 11 Catherine Clark Martin - 17 Dora Smith - 17 Phoebe Penny Crenshaw - 21

Ways to Get Involved

Position Vacancy: Director of Public Policy



Resulting from a recent resignation due to personal and family reasons, the Director of Public Policy position is vacant. The Director of Public Policy shall research the AAUW website and other reliable sources to bring information to the branch that reflects public policy impacting on issues regarding women and girls. The Director of Public Policy shall participate as a member of the Program Development Committee to help facilitate programs that will enhance the branch's efforts to promote equity in schools, the workplace, and community for women and girls through philanthropy, education, research, and advocacy. (AAUW Tampa Bylaws: ARTICLE IX. OFFICERS; Section 1. Officers; h. DIRECTOR of PUBLIC POLICY). A vacancy in an office, except the President, shall be filled for the unexpired term by vote of the Board of Directors. (AAUW Tampa Bylaws: ARTICLE IX. OFFICERS; Section 4. Vacancies.). Interested parties, please be in touch with an AAUW Tampa Board Member.

Membership Community Hub: Tools & Resources



Potential and current AAUW Tampa members may activate or renew membership via the **AAUW Community Hub** (https://my.aauw.org/onlinejoin). If you have not already signed into the Community Hub (or are new to the portal), you'll first need to reset your password, to use this tool which makes it easy for members to:

- Manage personal profiles: Contact information, Education, Balances and more
- Renew memberships: As a reminder, AAUW Tampa Branch dues are <u>\$92</u> and encompass: National dues (\$67) + Florida dues (\$12) + Branch dues (\$13).
- Make donations; Note: National dues are tax-deductible.

Learn more about how to set up your account, renew your membership, and view short informational videos at (https://www.aauw.org/membership/new-systems-

<u>update/</u>). If you are uncertain how to access or navigate the site, Mrs. Tara Perkins, our new Director of Membership (<u>aauwtampamembership@gmail.com</u>), can assist you. We will have a laptop at the first couple of AAUW Tampa Meetings for anyone who may need help.

Special Interest Groups (SIGs): A Powerful Point of Connection



Are you looking to connect on a smaller scale with other AAUW Tampa Members? Special Interest Groups, or SIGs, may be your answer. Get together with like-minded individuals with whom you may share a common interest. Share your ideas over coffee, during lunch, or during an outing. The options are plentiful.

Below are the names of the two active SIGs at AAUW Tampa. For more information, contact the associated coordinators.

- Around the Town- Irene Bembry (beckybembry52@gmail.com)
- Camera Group: Catherine Clark Martin (ccmartinaauw@gmail.com)

Other SIG options might include: Book Groups, Policy Discussions, Quilting, Film Screenings and Discussions, Writers Workshops or and Game Playing Groups. Interested in hosting a SIG??? Let us know @ AAUWTampaInfo@gmail.com

Upcoming Activities

FLORIDA CONVERSATIONS • SEPT. 7

The Life of Blanche Armwood



Educator, activist, and the first African-American woman in Florida to graduate from law school. Learn about the legacy of Blanche Armwood this month during Florida Conversations. Register online to attend on Wednesday, Sept. 7 in person at the History Center or watch on Zoom.

Register by 9/7 at

https://tampabayhistorycenter.org/2022/08/01/florid a-conversations-the-life-of-blanche-armwood/



https://bit.ly/SACACLunchAndLearn

Middle School Math and Science Teachers, let us introduce ourselves...

AAUW

All About AAUW Tampa Branch

The American Association of University Women (AAUW) is a vibrant non- profit and non-partisan national organization mission is advancing equity for women and girls through advocacy, education, and research.



The first 10 teachers to RSVP to attend the 9/17 meeting at the Temple Terrace Golf and Country Club will receive a complimentary lunch courtesy of AAUW Tampa Branch. You will learn more about AAUW's Tech Trek program, hear from our 2022 camper and be inspired by a woman in STEM. aauwtampatechtrek@gmail.com by Thursday, September 8th





You are Invited

As a middle school math or science teacher, you are invited to AAUW's first meeting of the year, Sat, Sept. 17th 11am-1pm to learn about Tech Trek 2023, an week-long summer hands-on and mentoring camp at Stetson University in Deland and Florida Atlantic University in Boca Raton. to encourage girls' interest in STEM careers.



Invite a teacher to our upcoming meeting to learn about Tech Trek. The first 10 teachers to RSVP will receive a complimentary lunch. RSVP by 9/8 via aawutampatechtrek@gmail.com



Join the LEAD SUMMT by Registering at www.fcsw.net

For More Info, Call: 850-414-3531

Ideas for Self-Improvement this Month!



September is recognized as Self-Improvement Month and is set aside as a reminder for us to consider finding opportunities to continuously strengthen, improve and better manage ourselves and our interpersonal engagements with others. Self-Improvement is an individualized process and can take many forms. When one establishes personal or careers goals, picks up a book to learn something new (or something more in-depth), takes an evening stroll 'just because' or makes time for a 30-minute nap, we are engaging in the process of Self-Improvement. Sometimes the path to Self-Improvement is clear and focused. I love when this happens!

However, when life gets busy and the mind gets full, it is much more difficult. The footpath, often becomes muddy, messy or otherwise simply unclear, leaving us stuck. Making the time to get unstuck is vital to our well-being and our pathway to improvement. Below are a few suggested ways to consider incorporating Self-Improvement into your life this month. Try a few and see how they work. Also, if you have some tried and true methods for advancing your Self-Improvement, you are encouraged to share with the group to ensure our Self-Improvements options are plentiful.

Be mindful	Instead of focusing on stress, mindfulness encourages you to be more present and focus on what you're doing, where you are, and how you're feeling. Being more mindful is an excellent aim to pursue since it alters your viewpoint, ideas, and processes, as well as improving your mental health. Accept what is, let go of what was, and trust in what will come.
Challenge yourself	What we most desire is typically what we most fear, but be brave and go for it regardless. Regret is a terrible thing to have, and it's best avoided by going for it wholeheartedly.
Use positive affirmations	Affirmations are our psychological supplements, giving us the additional positive ideas we need to counteract the everyday bombardment of adverse events and thoughts. So get rid of limiting ideas, don't worry about what you can't change, focus on what you can, and repeat positive mantras and affirmations to yourself. Use words like "I am thankful," "I have a purpose," and "I can blossom."
Practice Gratitude	Gratitude is an excellent catalyst for happiness because it transforms negative feelings into a powerful stimulus for joy. Gratitude will raise your frequency, allowing you to attract even greater things. It's simple to cultivate a grateful attitude; all you have to do is deliberately seek out things you value in life.
Set goals	Setting objectives is excellent, but it's pointless if you can keep them hidden and out of sight. Instead, make yourself or your family accountable by writing out your objectives and posting them somewhere you can't ignore. Make a success of your life by recognizing your goals and relentlessly pursuing them.
Be organised to achieve your goals	Keeping track of your commitments, planning, scheduling, and organizing things in order is essential for success. Fill a calendar with your plans, goals, deadlines, and anything else you need to do to be ready. This can have a significant impact on your life and your degree of achievement.
Be patient and Embrace Imperfection-	Be gentle with yourself; It may take time and conscious effort. YOu might fail a few times, but what is essential is that you stand back up and try again because there is no better investment than this. Your Character cannot be created in peace and quiet; only through the experience of challenges will you experience growth inspired; therefore, do not be afraid of setbacks.
	ithin this chart was retrieved from: https://thriveglobal.com/stories/10-powerful-self-nat-will-change-your-life/ ; 10 Powerful Self Improvement Tips That Will Change Your Life

Spotlight: Tech Trek

AAUW Tampa granted a scholarship for Zahara N. to attend Tech Trek at no cost. Zahara's future is bright and we look forward to honoring her during Tech Trek focused AAUW Campers selected one Core Course of 10 or 12 hours and 4- 1 1/2 hour workshops to attend during camp.

Virtual college tours conducted by a student at that institution

Core courses were: Computer
Science Discoveries, Qualcomm
Wearable Tech, Climate Change,
Structural Engineering and
Neuroscience. The workshops
were Social Media, Everglades
and Climate Change, DNA, My
Place in Space, Digital
Environment, Chemistry, Fitness,
Flip Grid, Bullet Journal, and
Rube Goldberg.

Daily panel discussions and Q&A by professional women in Science, Technology, Engineering and Math.

The 2022 Tech Trek Camp; Held virtually, from the June 18th-June 24th

Scholarship Recipient-Zahara N. Narain

- Zahara Noel Narain is 13 years old...almost 14 years old on October 28.
- She is currently in 8th grade at Williams Middle Magnet School.
- She has always had a love for science. It started in PreK with a very cool teacher, Ms. Pelt who would bring a cool albino snake to class to teach the students things about the snake and to allow Zahara and her classmates to hold it. She is also excited about completing experiments.
- As a 3rd grader at McFarland Park Elementary School, for the first time, Zahara participated in the Hillsborough County STEM Fair with three of her classmates. They assessed the amount of sound decibels in the cafeteria during lunch. She and her classmates went on WIN!!!
- While she dabbled in Computer Science in elementary school, middle school is where she has gained experience and applied more skills to projects of her own choosing. Last year, using HTML, Zahara designed a website about the country of Honduras in Central America because her root's (through her paternal grandmother) extend to this beautiful country. Visiting there inspired her to pay tribute to a place she loves and finds meaningful to her family.
- Besides being math and science smart, she is body smart! Zahara has been dancing for nearly a decade, since age 3. Before taking a hiatus, Zahara sharpened her jazz, ballet, tap, contemporary, and Broadway Rockettes dance styles.
- Another body smart passion and love is playing basketball like her aunt, grandfather, dad and uncles. At least half of the family play well. Zahara mostly plays as a guard or forward at school and the YMCA.
- Zahara is also music smart, playing a total of three instruments! She has played violin since age 5 and has expanded to learn upright bass and guitar over the past 6-7 months. Zahara's goal is to audition and perform with the Tampa Youth Metropolitan Orchestra for 22-23 school year.

Kimberly Rostick Director of Tech Trek

Zahara's 5 Quick Facts

1

Zahara's Favorite Color is:
Purple

2

Zahara is the oldest of two children and is the eldest grandchild. As a result, she has a lot of responsibility.

Zahara's sister is 10.

3

Zahara LOVES to read. Her last best read was – We Were Liars by

E. Lockhart. She has read it 3 times. She loves any genre as long as it's deep and meaningful.

4

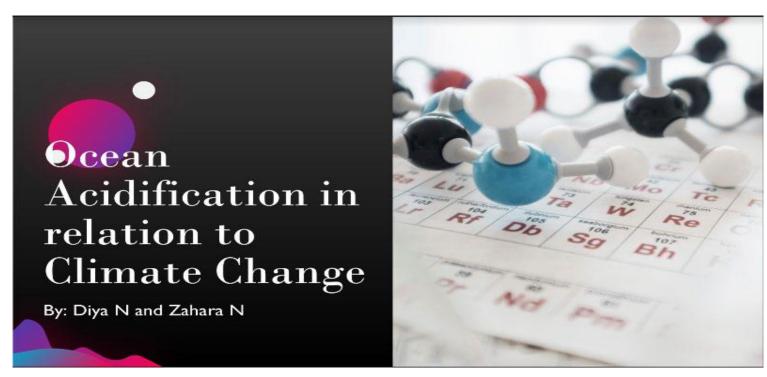
Zahara is a nature girl and loves sharks and watching shark documentaries.

5

Zahara is a future family medicine doctor and an entrepreneur.

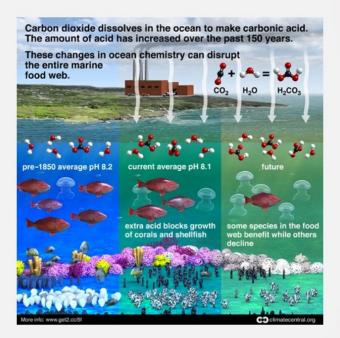
Zahara N. Naraín's Research Project

While attending Tech Trek, Zahara engaged in research, an academic area of interest to her. While she was not required to complete a PowerPoint presentation, she and her research partner went above and beyond to present a final research product entitled "Ocean Acidification in Relation to Climate Change." Over the next several pages, you may see and review the work she produced while in Tech Trek. Tech Trek is a wonderful program. If you are led to give to a great cause, please consider donating to Tech Trek and/or AAUWs Greatest Need Fund during this membership year.



What does Ocean Acidification have to do with weather and climate change?

Ocean Acidification is when CO2 (Carbon Dioxide) dissolves into water (the ocean) This causes problems because it acidifys the ocean. The ocean being more acidic than its supposed to be can be an issue because even though the ocean isn't acid it can erode the shells of shellfish. Like any other ecosystem there is a food chain and food web and even though the low organisms on the food chain/web are being affected it ends up affecting bigger organisms. Not only are mobile organism affected but imoible organisms are affected too. Like coral reefs the ocean acidification is dissolving coral reefs which is a home and hub for organisms and a thriving ecosystem.



3

• Well, when it comes to climate change, a lot of problems can surface. However, the ones we're focusing on today are Ocean acidification and severe weather. Problems for Ocean Acidification include damaged ocean ecosystems, shell problems for 'calcifying organisms-aka crustaceans,' and a probable mass extinction event on the horizon. On the other hand, severe weather issues can cause billions of dollars in damage, uproot the environment, and even kill many individuals. Both of the problems can leave our Earth unrecognizable in the future. A damaged ocean and a damaged landscape will affect both humans and other organisms. The main cause of the dilemma? CO2. It traps in more heat to fuel stronger storms, and dissolves in water to make it more acidic. One problem can even influence the other, like when strong bursts of acid rain fall into the ocean. Runoff from small storms can mix with human waste and carry that to the ocean as well. All of the climate change problems are interconnected.



Nationally

- First of all, ocean acidification has a huge impact on U.S. marine life, leaving animals in danger from a collapsing ecosystem.
- Another problem is with seafood companies who can't raise animals for consumption in the ocean because of the Ph level-around 8.1. Although that's basic, within 50 years, the new level will be more acidic.
- The weather, on the other hand, causes damage related to 306 billion dollars per year
- Extreme heat caused by greenhouse gases causes the most weather related deaths in the U.S.
- Extreme weather in general causes around 300-500 deaths per year, according to NOAA

Globally

- Many important coral reefs are being ravaged by ocean acidification.
- Along with this, the global seafood industry is in trouble, due to the ocean becoming more acidic, which is harsh on marine life that humans want to eat.
- Average natural disaster costs worldwide range from 100-200 billion dollars
- 70 percent of weather events are more likely to be severe.





Globally Devasting- Why it Matters to

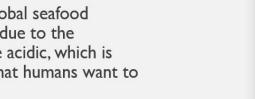
the World.

Nationally

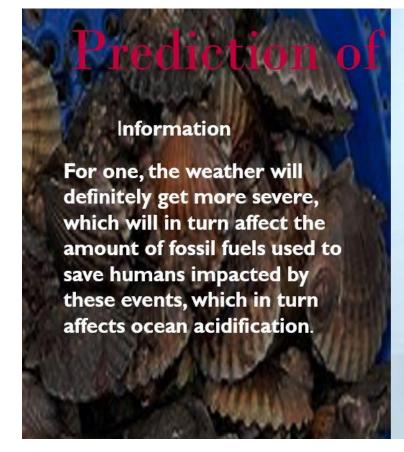
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future

If we don't work to resolve this issue at some point the ocean will become so acidic that shellfish wont have shells and the ocean will be too dangerous to get close to. This is also going to greatly affect Florida's 50 billion dollar beach tourism industry.

Solutions to reduce impact

- •The only real solutions that are being used to help ocean acidification (as of now are campaigns to stop the usage of fossil fuels. This will help reduce CO2 in the atmosphere. Also helpful are daily mandatory ocean Ph checks, which will ensure data for a future study. The more information we collect, the better it is to see the impact.
- •For severe weather, better prediction and studies into meteorology are helping save lives from devastating storms. Such tactics, while helpful, are not enough. The most important solution is to keep everyone informed and prepared of the consequences for such devastating outcomes. Who Knows? With life and luxury on the line, people can be willing to fight hard to protect it. It's all a matter of communication and science information.
- •Finally, by understanding the connection between severe weather and ocean acidification, which is the severe weather can dump acid onto our oceans, and can cause more CO2 to be produced.



Cause for alarm?



- •We have much cause for concern not only for humans but also for marine life.
- •As previously stated Ocean Acidification can cause huge problems for marine life because it'll cause
- •Shells to break down and fish to not form properly but also the carbon in the fishes bodies to travel up the food chain; eventually to us.
- •The carbon dioxide in the water can also cause respitory issues for humans.
- •Not only that but with the carbon in the water when we have extreme weather events like hurricanes it will deposit excess carbon into the water making the problem even worse.



Other information/Facts

FUN S FACTS

Interesting Facts!

Organizations that are currently involved with these issues include NOAA, EPA, IPCC, and ICUN.

Severe Weather has caused frogs to rain from the sky!

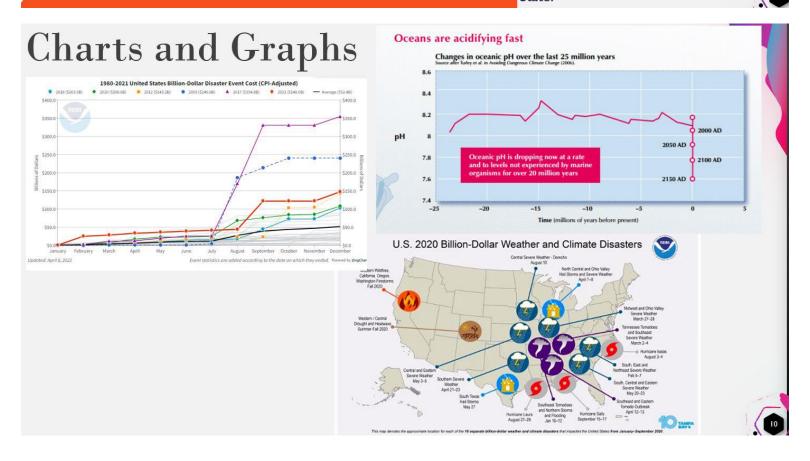
The ocean is a base, which means it takes hydrogen protons from other substances.

In a 100 years, all the shells from shellfish will slowly dissolve after 45 day!

The leading cause of death from Severe Weather is from Extreme Heat.

Acid Rain has a Ph of 4.4

Tornadoes have happened in every U.S. State.



Pertinent Information

It's very important to remember that the ocean is not being acid it is only being acidified (PH Balance)

We need to use our best efforts to not omit carbon by burning fossil fuels or greenhouse gases.

Severe Weather isn't always as bad as it seems.

There is a way to reduce storms if we are prepared.

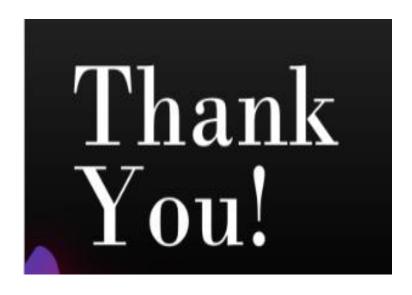
This is a reversible issue.

It's important to share information.



Sources:

- https://www.epa.gov/climate-indicators/weather-climate
- https://www.nationalgeographic.com/climate-change/how-to-live-with-it/weather.html
- https://www.climate.gov/teaching/literacy/7-c-increased-extreme-weather-events-due-climate-change
- https://www.noaa.gov/education/resource-collections/ocean-coasts/ocean-acidification
- https://www.epa.gov/ocean-acidification/understanding-science-ocean-and-coastal-acidification
- https://www.iucn.org/resources/issues-briefs/ocean-acidification



Stay Connected, Like & Share









Making A Difference for 100 Years

- AAUW Tampa: http://tampa-fl.aauw.net/
- AAUW Tampa Membership: https://tampa-fl.aauw.net/membership/
- AAUW Florida: https://aauw-fl.aauw.net/
- AAUW National: https://www.aauw.org/
- Learn more or find out how to donate to AAUW Tampa Tech Trek: aauwtampatechtrek@gmail.com
- Learn about membership benefits and renewals: <u>aauwtampamembership@gmail.com</u>
- Access the AAUW Communith Hub to update personal information: https://my.aauw.org/onlinejoin
- Share you interests related to forming a Special Interest Group: AAUWTampaInfo@gmail.con
- Access the AAUW Tampa Branch Bylaws: https://tampa-fl.aauw.net/bylaws/
- Stay Connected in the Tampa Area:

WALKING TOURS

Walk with us through Tampa's historic neighborhoods every Saturday at 10 a.m.

SEPT. 10: Ybor City

SEPT. 17: Downtown Tampa

SEPT. 24: Central Avenue

OLLI-USF: A HISTORY OF FLORIDA FROM 1821 TO 1865

Learn about the events that shaped the state's history during the 19th Century.

Register now for this OLLI-USF course happening Sept. 21 and 28. Learn more.

SMITHSONIAN MAGAZINE MUSEUM DAY

The Tampa Bay History Center–your Smithsonian Affiliate–

is proud to offer free admission on Sept. 17. Get tickets.