

NEWSLETTER



ISSUE NO. 2 | OCTOBER 2022 | VOL. 2022-2023

Tampa (FL) Branch

Making A Difference for 100 Years

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Hello AAUW Tampa Members,

I hope this newsletter finds each of you safe and sound following Hurricane Ian. My thoughts and prayers are with fellow Floridians who have been adversely impacted, have lost homes and/or property, and those who have sadly lost loved ones. As my family and I prepared- picking up 10 sandbags, buying lighters for our candles in the event we lost electricity, and purchasing water and toilet paper- I couldn't help but be reminded how so much about life is both uncertain and out of our control. As Hurricane Ian quickly exited Florida, I was equally reminded how fortunate we are!

After such an unpredictable week, I am delighted to present the October 2022 newsletter. As a preview, you will find the following information enclosed on:

- Page 2, our President shares the upcoming deadline for the membership grace period; availability of positions on the Board of Directors and committees; **details on our next meeting, An Intergenerational Tea in Honor of International Day of the Girl Child, being held on October 8, 11:30-1:30 in Wesley Chapel**, and on page 10 recaps AAUW Tampa's Strategic Plan, initially introduced in the September 2022 newsletter.
- Page 4, our Vice President shares a tip on how to implement dedicating 1% of your time to Self-Care.
- Pages 6-10 are filled with info on Shared Governance; Dimensions of Diversity & Identify; needs of the Summer Tech Trek program; the STEM Scholarship application cycle; and a *Step-By-Step for Conducting a Breast Self-Exam*, in honor of Breast Cancer Awareness Month.
- Pages 11-13, are set aside for members looking to engage and connect with opportunities in our community

I hope you find a few relatable nuggets within the newsletter. Special thanks are in order for this month's newsletter contributors- Mrs. Clark, Miller, Perkins, Rostick and Drs. Dunbar, Hilton, and Lee-Smith. I appreciate each of you and the info you provided which is filled with knowledge and depth. See you in our next meeting on October 8 (11:30am).

Authored By: Dr. Demetrix Rostick-Owens
DIRECTOR OF COMMUNICATIONS



| | |
|-------------------|--|
| P.1 | Welcome |
| P.2 | President's Message |
| P.3 | Calendar |
| P.4 | Birthdays Self-Care Tip |
| P.5 | Spotlight: Celebratory Tea and Fundraiser |
| P. 6 | Shared Governance |
| P. 7 | Dimensions of Diversity and Identity |
| P. 8 - 9 | In the Know |
| P. 10 | Reminder: Strategic Plan |
| P. 11 - 12 | Activities |
| P. 13 | Staying Connected |

A Message from the President



**Shella Miller,
President
AAUW Tampa
2022-2024**

Dear AAUW Tampa Members,

I hope this month's newsletter finds you in good health and spirits post-Hurricane Ian. Our thoughts and prayers go out to those impacted or displaced by the storm. Please know we are here for our AAUW family and neighbors should you need anything. In this month's, President's Corner, I'd like to highlight the community hub; opportunities to join the AAUW Tampa Board of Directors and/or to chair or participate in a committee; and the upcoming *International Day of the Girl Child Intergenerational Tea*.

Community Hub

AAUW will extend the grace period for renewing AAUW memberships through November 30th, 2022. The deadline was previously September 30th, 2022. However, AAUW national understands issues continue and want to ensure everyone can renew in the new system. If your membership expired, June 30, 2022 and you have yet to renew, you now have until

November 30, 2022 to renew. All who have not renewed by the deadline will be removed from the rolls and will be required to rejoin AAUW Tampa as a new member. Please reach out to our Director of Membership, Ms. Tara Perkins, at aauwtampamembership@gmail.com for renewal information and assistance.

Open Board Positions and Committee Opportunities

Are you interested in joining the AAUW Tampa Board or a Committee? We'd like to encourage you consider either. Currently, the Director of Public Policy position remains open. This position is critical as it helps us with our advocacy mission in AAUW and facilitates education, awareness, and collective action around the public policy issues aligned with our mission. The Director of Public Policy attends the virtual national public policy calls and researches the AAUW website and other reliable sources to bring to our attention public policy information and issues impacting women and girls. Next, the Social Media Manager position is open and is an important role that shares important information, events, and activities on our social media platforms. Finally, we have the newly created Parliamentarian role open. This position ensures the board appropriately follows our bylaws and business procedures using Roberts Rules of Order.

Committee Chair and Committee Opportunities

Do you like to work with others to meet the mission of AAUW Tampa? We are appealing to members who are interested in serving or chairing either the Nominations or Bylaws Committee. The Nominations Chair and committee enable the election process for elected positions rotating off in April. The Bylaws Committee and Bylaws Chair assist with reviewing our bylaws against national and state bylaws to help us update anything unclear or not covered in our local bylaws to ensure clarity and proper alignment. Interested parties, please reach out to Catherine Clark, Vice President AAUW Tampa, Inc. ccmartinaauw@gmail.com

Intergenerational Celebratory Tea Fundraiser Event

I am looking forward to our first big event, *the Intergenerational Tea in Honor of International Day of the Girl Child*, to be held on Saturday, October 8 (11:30am-1:30pm at Estancia Amenity Center Wiregrass, 4000 Estancia Boulevard). I hope you will attend and invite guests. The event serves three purposes, to 1) engage the community 2) focus on diversity, equity and inclusion, and 3) raise funds, where a portion of the funds will go to support Tech Trek. The donation for the event is \$25.00. Approximately 25 tickets remain. For tickets, contact Tara Perkins (Director of Membership). Thank you to everyone involved in the planning and coordinating event. With that being said, I hope you all enjoy this month's newsletter. Dr. Rostick-Owens has outdone herself yet again with another fantastic issue. Enjoy!



**Authored By: Shella Miller
PRESIDENT**



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|--|---|---|
| |  | | | | | 1 World Vegetarian Day (Video w/Recipes) |
| 2 International Day of Non-Violence | 3 Butterfly and Hummingbird Day (Video) | 4 | 5 World Teachers Day | 6 | 7 National Depression Screening Day | ★ 8 ★ International Day of the Girl Child™-Tea & Panel Discussion |
| 9 Clergy Appreciation Day | 10 World Mental Health Day | 11 International Day of the Girl Child | 12 National Savings Day | 13 National Metastatic Breast Cancer Awareness Day | 14 National Dessert Day | 15 |
| 16 | 17 International Day for the Eradication of Poverty | 18 World Menopause Day | 19 | 20 Global Dignity Day | 21 Celebration of the Mind Day | 22 |
| 23 | 24 United Nations Day | 25 International Artist's Day | 26 | 27 | 28 National Chocolate Day | 29 BEFAST: World Stroke Day |
| 30 | 31 Halloween  | Monthly and Weekly Observations for October <ul style="list-style-type: none"> • Breast Cancer Awareness Month • Mental Illness Awareness Week – First Week • Veterinary Technicians Week – Second Week • Nuclear Science Week – Third Week • National Red Ribbon Week – Last Week | | | | |





Self-Care Tip: The One Percent Concept

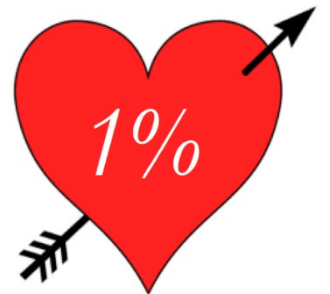
What is self-care? It is anything that supports your mental health and wellbeing. It can be as simple as going on a 10-mile hike or just sitting on the couch quietly. Thinking up ideas related to self-care... now that is the easy part. The challenge, and not so easy part, is to actually implement self-care. Personally, I sometimes struggle with the implementation process. Life gets busy and at the end of the day, I go to bed and start it all over the next morning. Before you know it, a month has passed and the self-care ideas have been shelved. Nevertheless, I push forward and persist. In my quest to actualize self-care, I have come across the concept of the “1%,” which I’d like to share with you.

Introduced to me by Dr. Livingood (drivingood.com), the 1% self-care concept focuses attentions toward working on improving activities by 1%. That is, instead of tackling a situation in its entirety, it’s suggested you dedicate 1% of time to working through a situation, completing an overwhelming task or, in this case, engaging in daily self-care.

I found the concept of 1% self-care to be not only simple, but quite doable. Let’s break this down:

- There are 24 hours in a day, or 1440 minutes.
- 1 percent gives you 14 minutes a day
- Let’s take the 8 hours of sleep away, that leaves 1080 minutes or 11 minutes of self-care a day

Is this doable for you? How might you spend 11 minutes of your day to achieve self-care? Might you go outside for a walk? Sit quietly with a cup of coffee or tea? Engage in breathing techniques? Listen to music? What will your 1% be?



Spotlight: International Day of the Girl Child



2022 INTERNATIONAL DAY OF THE GIRL CHILD



American Association of University Women Tampa
presents

An Intergenerational Celebratory Tea: Digital Generation, Our Generation Panel Discussion

The digital revolution should be equal! Addressing girl empowerment and the importance of education, diversity and inclusion in the digital age.

October 8, 2022 • 11:30am - 1:30pm

Estancia Amenity Center Wiregrass

4000 Estancia Boulevard • Wesley Chapel, Florida

Theme: Green Dresses and Blue Hats; individuality is welcome!
There will be a prize for the Cutest Hat & Daintiest Tea Cup

All ages and genders are welcome!



TampaFLAAUW

Event Organized By: Tara Perkins
DIRECTOR OF MEMBERSHIP

Knowledge Matters: Shared Governance

In today's western world, individuals in a work situation, whether volunteer or career, want more input into what their role should be and how they wish to execute their role. Each new AAUW Tampa, Inc. officer, over the past five years, has affirmed that she will perform her responsibilities in a shared governance environment. So, what is shared governance? Shared governance simply means everyone has a voice and everyone has one vote. Shared governance is not a top-down approach to setting the organization's policies and bylaws or carrying out the administrative leader's personal vision. It is more comprehensive.

In a top-down approach, the leader takes a more autocratic approach to problem solving. In shared governance, everyone works together to get the job done. So, what is involved in working together? One main task is to avoid thinking that one person's vote weighs heavier than any other's in the framework. Even with the Tampa AAUW, Inc. board structure, every member has one vote.

Shared governance is a leadership approach that embraces collaboration-bringing the board in on key decision-making; transparency-voicing underlying reasons for recommending change; trust-knowing there is more than one effective approach and that members can effectively execute their roles; accountability-being available, following through; consensus- building-increases the probability of success: respect-honoring the person and the person's role, and emotional intelligence.

What is the role of the general membership?

- Join a committee -easiest way to learn issues and meet others.
- Ask questions when you don't understand.
- Attend meetings regularly or keep up with the meeting minutes.
- Look for vacant positions-ask for a mentorship in the role.
- Avoid being a "yes person". Your ideas also count and just may be the solution needed.
- Be assertive-criticize the idea, not the person.

What are the advantages of shared governance?

- Members and officers feel empowered.
- Members on all levels feel valued.
- Workers take pride in their roles and products.
- Members' satisfaction is increased.
- Members' input may reveal more creative and effective solutions.
- Leaders are freed to ensure the building or maintenance of a strong infrastructure including adherence to bylaws, attention to administrative issues, and connecting with the membership.

It just might be that a bottom-up approach may be the best way to recruit and retain members and increase the productivity of the organization. Fully embracing shared governance will take a culture change. It is certainly worth a try.

References:

- <https://www.holaspirit.com/use-cases/shared-governance>
- <https://www.joinassembly.com/blog/top-down-vs-bottom-up-which-strategy-is-better>
- https://theonnc.ca/wp-content/uploads/2020/08/SharedGovernance_final-Sep2019_v2-002.pdf
- Dunbar, B. et al (2007) Shared governance: Making the transition in practice and perception, *Journal of Nursing Administration* 37(4), pp, 177-183.

What's the relationship dimensions of diversity and identity?

(Source: AAUW National DEI Toolkit)



As we have begun the 2022-2023 Program Year, the DEI Committee would like to share the following article, sourced from the AAUW National DEI Toolkit on the importance of the relationship between the dimensions of diversity and identify:

- Identity is a combination of characteristics, attributes, experiences or behaviors that make us each who we are. Many of these dimensions of diversity give meaning to our identity: For example, “I am a parent, I am a doctor, I am from New York.” All of these are elements of an individual’s identity.
- Identity evolves over one’s lifetime, but it always dictates how we see ourselves and how others see us. When you meet someone new or see someone for the first time, what do you notice? How does that shape your interactions?

Author Jane Elsea lists the nine most important things people tend to notice in others, in order of importance: *Skin Color, Gender, Age, Appearance, Facial expressions, Eye contact, Movement, Personal space, and Touch*. Dealing with diversity can be daunting therefore, it may help to keep in mind the *Seven Underlying Principles of Diversity*, which include:

1. Diversity is an inside job meaning, diversity is not about “them.” Rather, it’s about each person coming to terms with their attitudes, beliefs and experiences about others & gaining comfort with difference.
2. Diversity goes beyond race and gender. The diversity tent is big enough, including — young & old, homeless & affluent, immigrant & native, white & black, rural & urban, gang member & professional.
3. No one is the target of blame for current or past inequities. All human beings have been socialized to behave in certain ways, and all of us are at times both perpetrators and victims of discrimination and stereotypes. The idea is to move forward in creating more opportunities.
4. Human beings are ethnocentric, seeing the world through their own narrow view and judging the world by their familiar yardstick. This is not bad in itself, but it can be a source of conflict if we do not accommodate and value other ways of being.
5. The human species resists change. This makes the constant adaptation required by diversity difficult for people already overwhelmed by staggering transitions in today’s communities and organizations.
6. Human beings find comfort in likeness. We tend to seek the company of those most similar to us in a variety of ways... age, gender and ethnicity being just several of many.
7. It is difficult for people to share power. History shows that we rarely do it voluntarily. Understanding this past can help clarify why there is sometimes a backlash associated with diversity efforts from people who believe they will lose in this experience. All of these truisms about the human species do not make people mean-spirited or cruel. It just makes us human. Nevertheless, these realities make dealing with diversity a challenge.

The beauty of diversity — and the thing that makes it so powerful — is learning to appreciate it and creating an environment where it can grow and thrive. Diversity can be a great source of strength. Our aim is to create an environment where we can explore our differences in a safe and respectful way that helps each person understand their value and celebrates what diversity brings to AAUW.

Authored By: Dr. K. Lee-Smith
DIRECTOR OF PUBLIC POLICY

In the Know

TECH TREK



Bravo to Zahara Narain who brought maturity, insight and excitement about her Tech Trek experience during our previous meeting. What an honor it was to host her family, principal & teachers from Williams Middle Magnet School as well as invited Hillsborough School District middle school STEM teachers. We look forward to receiving teacher nominations October through December 15th.

Please read the needs for Tech Trek 2023 camps which will be hosted at Stetson University in DeLand and Florida Atlantic University in Jupiter during June 2023. AAUW FL Tech Trek 2022-23 is in need of-

- A Treasurer who will handle paying bills, balancing the books and submitting all necessary state and federal tax reports for our 501 (c)(3). You can live anywhere in the state as long as you have access to a Wells Fargo Bank. Our current treasurer is willing to work with the incoming treasurer.
- A Nurse, willing to live on each of the campuses for the week of camp and handle our medical needs.
- Teachers to provide 12 hour STEM core course instruction; taught in the mornings the week of camp.
- Teachers to facilitate 90-minute hands-on STEM workshops (materials will be provided); taught in the afternoons the week of camp.
- Women who have camp experience and an interest in working with our planning committee and spending time at camp during June. (Would love to have someone with some counseling background.)

Do any of these positions interest you? Do you have the heart and the time to contribute? If so, contact Sue Slone, Tech Trek Camp Coordinator @ techtrekfl16@gmail.com.

Authored By: Kim Rostick
DIRECTOR TECH TREK

SCHOLARSHIPS

AAUW Tampa Branch offers scholarships to Tampa area university students seeking undergraduate or graduate degrees in STEM (science, technology, engineering, and mathematics) programs. Today, we are proud to announce the **AAUW Tampa Branch 2023-2024 STEM Scholarship Application** will soon open on, November 7, 2022! The application will remain available through February 15, 2023. **Scholarship recipients will be awarded \$1000 and a one-year local membership to AAUW Tampa Chapter.** Find more scholarship info at <https://tampa-fl.aauw.net/scholarship/>.

You are someone you know may be eligible for the scholarship if you or they are:



- a STEM Major
 - Full-Time, rising Undergraduate Junior (Class of 2025)
 - Full-Time, Undergraduate Senior (Class of 2024) or
 - Graduate Student (enrolled in the 2023-2024 academic year)
- Have earned a GPA of 3.0 or higher, and
- Are a U.S. Citizen with Financial Need
- Questions? Email us at AAUWTampaScholarships@gmail.com.

Eligibility

- Undergraduate Junior, Undergraduate Senior or Graduate Student
- Full time enrollment (Undergraduate must have minimum of 12 credit hours)
- STEM Major
- Minimum GPA of 3.0
- Resident of the State of Florida
- U.S. Citizen
- Financial Need

Authored By: Dr. Gloria Hilton
DIRECTOR OF SCHOLARSHIPS

OCTOBER IS BREAST CANCER AWARENESS MONTH

| What is Breast Cancer? | STEP-BY-STEP FOR CONDUCTING A BREAST SELF-EXAM | Who most frequently gets breast cancer? |
|--|---|---|
| <p>Breast Cancer is a disease in which cells in the breast grow out of control.</p> <p>There are different kinds of breast cancer.</p> <p>The kind of breast cancer depends on which cells in the breast turn into cancer.¹</p> |  <p>Put Your Health in Your Own Hands </p> <p><i>Every woman should conduct a monthly breast self-exam. You know your body best and checking once a month will help you to discover changes in your breast.</i></p> <p>STEP 1 Visual check: Stand in front of a mirror with uncovered breasts and check for any changes such as a change in size, thickened skin, nipple changes or a growth on the areola.</p> <p>STEP 2 Hands-on exam: To check for lumps, start at the nipple and apply light pressure using the pads of your fingers. Make clockwise circles until you have examined your entire breast.</p> <p>STEP 3 Arm pit exam: Feel for lumps in each arm pit using the pads of your fingers.</p> <p>STEP 4 Check for nipple discharge: Use your right thumb and forefinger to gently squeeze your nipple and areola. Look for any discharge and pay close attention to the color.</p> <p>Contact Your Provider if You Notice Any of the Below During Your Self-Exam:</p> <p>lump • skin dimpling • bulge in contour of breast • skin thickened (like an orange peel) • prominent veins beneath the skin of one breast • nipple flattened or inverted • discharge • nipple deviated or pointing away from breast at an angle • one nipple reddened or ulcerated</p> <p>To schedule a mammogram online, visit westmedgroup.com/mammo</p> <p>2</p> | <p>Most breast cancers are found in women who are 50 years old or older.</p> <p>Some women will get breast cancer even without any other risk factors that they know of.</p> <p>Having a risk factor does not mean you will get the disease, and not all risk factors have the same effect.³</p> |

How Can I Reduce My Breast Cancer Risks?

- 1. Don't use tobacco or...** decide to stop using it as a part of cancer prevention..
- 2. Eat a healthy diet including...** Eating plenty of fruits, vegetables and foods from plant sources- grains and bean; Drinking alcohol in moderation; and Limiting consumption of processed meats
- 3. Maintain a healthy weight and be physically...** strive to get at least 150 minutes of exercise a week of moderate aerobic activity or 75 minutes a week of vigorous aerobic activity. You can also do a combination of moderate and vigorous activity. As a general goal, include at least 30 minutes of physical activity in your daily routine — and if you can do more!
- 4. Protect yourself from the sun by...** Limiting time in the midday sun; Staying in the shade; Covering exposed areas; Using sunscreen & Avoiding tanning beds and sunlamps.
- 5. Get vaccinated to increase...** protection from certain viral infections.
- 6. Avoid risky behaviors...** that can lead to infections that, in turn, might increase the risk of cancer.
- 7. Get regular medical care to...** increase your chances of discovering cancer early, when treatment is most likely to be successful. Ask your doctor about the best cancer screening schedule for you.

References:

¹https://www.cdc.gov/cancer/breast/basic_info/what-is-breast-cancer.htm

² <https://www.westmedgroup.com/breast-health-home/>

³https://www.cdc.gov/cancer/breast/basic_info/risk_factors.htm#:~:text=Most%20breast%20cancers%20are%20found,factors%20have%20the%20same%20effect

⁴https://www.cdc.gov/cancer/breast/basic_info/risk_factors.htm#:~:text=Most%20breast%20cancers%20are%20found,factors%20have%20the%20same%20effect

Submitted By: Dr. Demetrix Rostick-Owens
DIRECTOR OF COMMUNICATIONS

REMINDER: STRATEGIC PLAN

As noted in the September 2022 newsletter, AAUW Tampa Board of Directors shared this administration's Vision, Mission, Values and Three Point Thrust priorities. We continue to seek suggestions for actionable strategies which are tied to our:

Vision:

To become a 5 Star AAUW Branch that brings value to its community

- [Learn more about the Five-Star National Recognition Program](#)

Mission:

To advance gender equity for women and girls through research, education, and advocacy

Values:

Inclusive, Intergenerational, Empowering

Three-Prong Focus Areas:

1. To Enhance the **Membership Experience** (both Recruitment and Retention)
2. To Extend the **Continuation of Quality Programs**, and
3. To Engage with the Local Community via **Partnerships and Visibility**.



Activities: Around Town and On the Web

Oct 07: The Art Institute of Tampa is hosting the Pretties in Pink Charity Event at 6pm on October 7. Tickets start at \$5; click to get [more information](#)



Oct 08: AAUW Tampa presents an **Intergenerational Celebratory Tea Fundraiser Event.** Donations for the event are \$25.00. Contact [Tara Perkins](#) for tickets.



OCT 11: "The Economy Matters: Women's Access to Well Paying Jobs in the Building Trades?" is one of 4 webinars in the Fall webinar series offered by AAUW Washington.

The October 11th, webinar costs \$15 and will take place online, starting at 7pm (Pacific Daylight Time). For more information, click [here](#):



OCT 18: We're thrilled to host a live webinar on Tuesday, October 18, at 2 pm ET with alumna Dr. Keisha Blain!

We'll discuss her outstanding book, *Until I Am Free*, which challenges us to grapple with contemporary concerns of race, inequality and social justice.

Register now and join us! bit.ly/3SNDUig

**The 140th Anniversary Webinar series:
In Conversation with Dr. Keisha Blain**

Join us for a live webinar to learn about Dr. Blain's most recent book, *Until I Am Free: Fannie Lou Hamer's Enduring Message to America*.

Dr. Blain is an award winning historian and New York Times bestselling author. Attendees will have the opportunity to ask questions about her book and her broader work.

October 18, 2 pm ET

A circular portrait of Dr. Keisha Blain, a Black woman with long, dark, curly hair, wearing glasses and a yellow top.

AAUW

OCT 18: Stop by the Barbara S. Ponce Public Library in Pinellas Park on October 18 from 2pm-4pm for a FREE afternoon showing of the movie *In the Heights* (2021), a movie where the characters share their life stories and dreams. [Check here for more information.](#)



OCT 22: Tag along with the St. Petersburg Black History Bike Tour. The Bike tour is guided by local historian, Josette Green. Bikers pedal to areas of the city home to the first African Americans and reveals historic events through time.

The event, from 9am-1pm, is free, but donations are accepted. [Learn more, by clicking here.](#)



OCT 21-22: The Plant City Balloon Festival coming October 21st & 22nd 2022 to the Strawberry Festival Grounds in Plant City, FL! This spectacular Hot Air Balloon and Lighting event is to be held annually in beautiful Plant City! This family event features Vendor Markets, Food Vendors, Live Music, Kids Zone, Magicians, Jugglers, Roaming Entertainers and lots of other great festival experiences. [Get tickets!](#)



USF Fall Dance Concert Dates

Join the Fall Dance Concerts, where USF students' talent and skill are showcased. DanceUSF faculty members as well as the Holloway Endowment guest artist have set the work for this fall performance. [Get free tickets here!](#)

- Oct 26th @ 10:30AM, Theatre 1
- Oct 27th-29th @ 7:30PM, Theatre 1
- Oct 30th @ 3:00PM, Theatre 1



Curated By: Dr. Demetrix Rostick-Owens
DIRECTOR OF COMMUNICATIONS

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Tampa (FL) Branch

Making A Difference for 100 Years

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<https://tampa-fl.aauw.net/bylaws/>



AAUW Tampa

Membership:

<https://tampa-fl.aauw.net/membership/>

Share the benefits of membership with others:

aauwtampamembership@gmail.com

Access the AAUW Community Hub to renew membership: <https://my.aauw.org/onlinejoin>

Learn more or find out how to donate to AAUW Tampa Tech Trek: aauwtampatechtrek@gmail.com

Share your interests related to forming a Special Interest Group: aauwtampainfo@gmail.com

Stay in the Know with AAUW Florida: <https://aauw-fl.aauw.net/>

Stay in the Know with AAUW National: <https://www.aauw.org/>



Do you have questions?
Want to share an idea?
Email Us @
aauwtampainfo@gmail.com