

# NEWSLETTER



ISSUE NO. 3 | December 2022 | VOL. 2022-2023

**Tampa (FL) Branch**

*Making A Difference for Over 100 Years*

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Hello AAUW Tampa Members,

I hope this newsletter finds each of you well. I am amazed we are in the last month of 2022. This year has flown by and a lot has been accomplished. AAUW's Board has been meeting, various committees have begun working, new fundraising endeavors have commenced, and the Tampa Branch is growing, acquiring several new members (P. 4). Things are moving in a great direction, and I am sure the same will be true as we begin the new year. Take a look at the President's charge (P. 2) challenging us to "reflect on the mission and vision of AAUW and our Tampa Branch" as we finish the year.

Over the next 30 days, our lives potentially will be filled with multiple, time-competing activities (e.g., brunches, dinners and birthday celebrations- see P. 4), changes in routine (e.g., welcoming out-of-town guests and time-off from work), and participating in religious celebrations and observations. If we are not careful, these great blessings can also lead to burn-out and fatigue. Let us be reminded to embrace the priceless gifts of kindness, healthy celebrations (P. 7), and the endorphins-boosting benefits of giving, particularly to the AAUW Giving Tree (P. 8).

Here are a few additional reminders:

1. The 2022 Holiday Celebration meeting, is on December 10<sup>th</sup>, the second Saturday in the month. Food reservations are needed by December 4. (P. 5 -P. 6)
2. Access the calendar information (P. 3), December birthdays (P. 4), details on Teacher Nominations for Tech Trek (P. 9), the STEM Scholarship (P. 10), and a new series, Her-Story: Women in History (P. 11-P.12) sharing brief biographies of female history makers.
3. Finally, close out the newsletter with a bit of fun with the *10 Fun Activities in Tampa, FL* (see page 13), and the Newsletter Information Check game (see page 14)

Until we meet again, have a wonderful month.

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



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# A Message from the President

Dear AAUW Tampa Members, Season Greetings, Everyone! During this holiday season, I hope you and your family enjoy the opportunity to slow down in the holiday hustle and bustle to create joyous memories that last forever! I love this time of year. I enjoy the beautiful lights, trees, holiday music



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

playing everywhere, and the spirit of joy that seems to be in the air as messages of hope and inspiration surround us.

Christmas and the holiday season allow me to reflect on all the many blessings and lessons learned over the year. It allows me to reset my eyes on how I want to evolve and grow within my roles as wife, mother, friend, mentor, leader, and citizen of my community. We are all put here on earth to serve others in some form or fashion with the gifts and abilities we have been afforded. The best way to do this is to go back to my personal vision and mission statement to align action and impact. The same action can be done in the context of AAUW. So, as we approach the end of the year to enter a new one, I encourage each of you to reflect on the mission and vision of AAUW and our Tampa Branch. Think about

how we want to serve and continue aligning action and impact to the community in the various AAUW focus areas of research, education, and advocacy.

## **AAUW Mission**

To advance gender equity for women and girls through research, education, and advocacy. Priorities for AAUW include:

- Removing bias from education
- Fighting for fair pay and economic equity
- Advancing women in leadership

## **AAUW Tampa Vision**

To become a 5-star branch that brings value to its community.

- I challenge us all to think about how we contribute or can contribute to the mission and vision

We still have a vital board position open, the Director of Public Policy

- 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 and shall enhance the branch's efforts to promote equity in schools, the workplace, and community for women and girls

## **Committee Chair and Committee Opportunities**

- Nominations Committee and Nominations Chair for officer slate for April elections











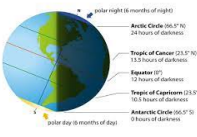









If anyone is interested in one of these roles or wants to learn about more opportunities to get involved, please reach out to Catherine Clark, AAUW Tampa's Vice President at [ccmartinaauw@gmail.com](mailto:ccmartinaauw@gmail.com).

I look forward to seeing you all at our December 10th general meeting, where the program committee has planned a fun and festive holiday program. Please remember to look for a message from Dr. Dunbar to RSVP your attendance and meal choice.

Best Regards,  
Shella Miller  
AAUW Tampa Branch President

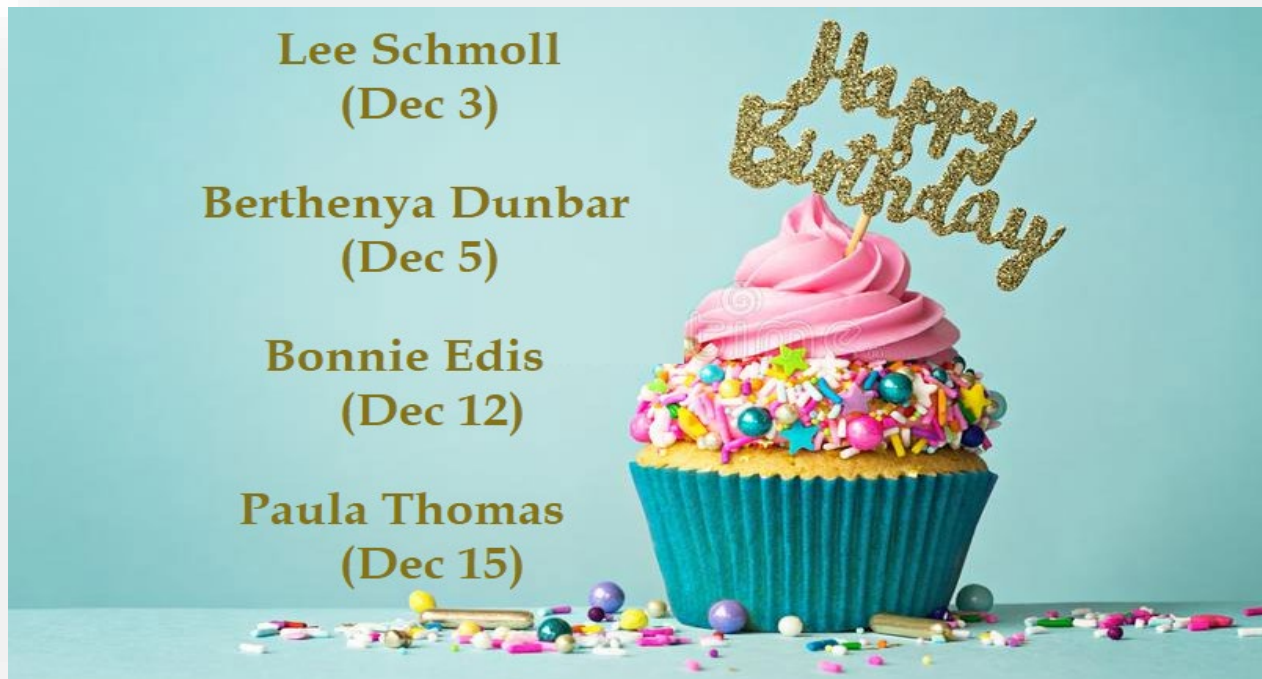


# December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Check out what's happened or is happening in December... <ul style="list-style-type: none"> <li>• Her-stories are listed with the date and an *</li> <li>• Learn about key historical events/activities by clicking the link</li> <li>• Plan to partake in Gingerbread, Fruit cake, Egg Nog and Bacon</li> <li>• Enjoy the Caroling of the Peanuts</li> </ul>				<b>Dec. 1, 1955*</b> <a href="#">Rosa Parks refused to give up her seat on a bus to a white person in Montgomery, AL.</a>	<b>2</b> <a href="#">International Day for the Abolition of Slavery</a>	<b>3</b> 
<b>4</b> <a href="#">National Influenza Vaccination Week</a>	<b>Dec. 5, 1935*</b> <a href="#">Dr. Mary McLeod-Bethune created the National Council of Negro Women.</a>	<b>6</b> 	<b>Dec. 7, 1941*</b> <a href="#">Capt. Annie Fox rallied nurses and organized the hospital's response to the Attack on Pearl Harbor, HI.</a>	<b>8</b> <a href="#">National Brownie Day</a> 	<b>Dec. 9, 2002*</b> <a href="#">Journalist Michele Norris becomes the first regular co-host on NPR's, All Things Considered.</a>	<b>10</b> <b>AAUW Tampa 2022 Holiday Celebration (Info on p. 5)</b>
<b>11</b> 	<b>12</b> <a href="#">Gingerbread House Day</a> 	<b>Dec. 13, 1941*</b> <a href="#">Susan A. Maxman became the first woman president of the American Institute of Architects.</a>	<b>Dec. 14, 1985*</b> <a href="#">Wilma Mankiller was sworn in as principal chief of the Cherokee Nation of Oklahoma.</a>	<b>15</b> <a href="#">Bill of Rights Day</a> 	<b>16</b> <a href="#">Boston Tea Party Day</a> 	<b>Dec. 17, 1993*</b> <a href="#">Judith Rodin is named president of Univ. of Penn; the first woman to head an Ivy League institution</a>
<b>18</b> <a href="#">Beginning of Hanukkah</a> 	<b>19</b> <a href="#">Look for an Evergreen Day</a> 	<b>20</b> <a href="#">Go Caroling Day</a> 	<b>21</b> <a href="#">Winter Solstice</a> 	<b>22</b> 	<b>23</b> 	<b>24</b> Christmas Eve and <a href="#">National Egg Nog Day</a> 
<b>25</b> <a href="#">Christmas Day</a> 	<b>26</b> <a href="#">First day of Kwanzaa</a> 	<b>27</b> <b>National Fruitcake Day</b> 	<b>Dec. 28, 1967</b> <a href="#">Muriel Siebert becomes the first woman to own a seat on the N.Y. Stock Exchange</a>	<b>29</b> 	<b>30</b> <b>National Bacon Day</b> Bacon Lover's Day 	<b>31</b> <a href="#">New Year's Eve</a> 



# Happy, Happy Birthday to You...



## Newest Members, Welcome!



New members, we welcome you to AAUW Tampa, the branch that has been making a difference for over 100 years in the state of Florida.

Are you looking for a way to get involved? You can do so, by:

- Attending monthly meetings
- Joining a committee
- Considering joining the board of directors

We look forward to working with and getting to know you!

# 2022 Holiday Celebration: December 10th



## AAUW Tampa, Inc.

### 2022 Holiday Celebration

Temple Terrace Golf and Country Club

200 Inverness Blvd, Temple Terrace, FL 33617

Saturday, December 10, 2022; 11:00a – 1:00p

- **Live Entertainment:**

*Simon Lasky' s Jazz Trio*

*(Center Stage)*

*Betty Chester, Pianist*

- **Lunch, music, and sing-along**

- **Ugly Sweater, T-Shirt, Outfit**

**Contest:**

*Do it for camara-derie! Do it for bragging rights. Do it for fun! Prizes will be given.*



**The Giving Tree:** Choose an angel from the tree. Complete the back, turn-in the completed form to the identified elf. You will be given the opportunity to gift your time and talent to a vacant officer or committee member position, donate to the fund of your choice in the amount of your choice or make the step to become a Legacy Circle member. Please choose AAUW Tampa or/and AAUW National as the recipient.

**Save the date. Line up your guests now! Reservations are required:**

Reservations will be accepted by Dr. Dunbar via email (bertd28@aol.com) or text (813-245-2820) until midnight on Sunday, December 4th . Timely reservations are requested to ensure food items needing to be purchased by the chef are available, to reduce kitchen staff confusion, and to increase the likelihood attendees will receive meals about the same time. The meal is treated as a meal at an event -meaning the number of attendees and their meal choices are known in advance. Your cooperation is appreciated. Unless you plan to add to your order, *to minimize delays, please ask for your check at the time your meal is served.*



Program Organized By: Dr. Bert Dunbar  
DIRECTOR OF PROGRAMS

# Fridge Copy of Lunch Menu



## Regular Menu at Temple Terrace Golf & Country Club

Please place this copy on your fridge for easy reference.

Text Bert Dunbar @ 813.245.2820 or email bertd28@aol.com for reservations.

### The Menu

1. *Catch of the Day- blackened, grilled, fried- fish sandwich- \$15*
2. *BYO (build your own) chicken sandwich-fried or grilled, your choice of cheese- \$13*
3. *Pecan Crusted Chicken Salad- \$13*
4. *Par 3 Salad-chicken Salad, Tuna Salad, and Egg Salad- \$12*
5. *Cobb Salad- \$13*
6. *Bendelow Burger-Temple Terrace's famous burger on a Brioche roll, lettuce, tomato, pickle, and your choice of cheese- \$13; Child's portion- \$10.*
7. *Chicken Nuggets and Fries; Child's portion- \$10*

**Note:** Listed prices do not include 18% gratuity and 7.5% sales tax. Payment is due at the end of the meal and is acceptable by debit or credit card. **Zelle and checks will not be accepted for payment. You are required to make reservations even if you do not plan to eat. Please make reservations by the deadline date to ensure the chef will have enough staff and food items on hand for your order and to lessen staff confusion and delays.**

**To minimize delays in receiving your check, if you do not plan to add to your order, please ask to receive your check at the time you are served.**





# 'Tis the Season

Christmas, Hanukkah, Kwanzaa

The holidays are here. They bring joy, happiness, family, food, gifts and yes, stress. For many of us, the holiday season brings warmth and happy feelings. But it doesn't for everyone. Be kind to others, as you don't know what it has taken for them to get where they are. Be kind to yourself. You don't have to do it all. Enjoy the Season!  
**YOU DESERVE IT!**

Authored By: Catherine Clark Martin  
VICE PRESIDENT



# Knowledge Matters: Giving Increases One's Endorphins Level

It is probably well-known that endorphins are the “feel good” chemicals of the body. It is probably also known that endorphins are released during many types of pleasurable activities such as exercise, sex, a massage, or even eating. However, it may not be as well-known that *giving* can boost the endorphin level of the giver.

According to Ritvo (2014), giving benefits the giver and the receiver. Ritvo affirms giving is a “powerful pathway to creating more personal joy and improving overall health”. Endorphins also help in the management of pain, stress, self-image, depression, state of mind, and overall well-being. Giving can be in many forms, offering a smile, helping a stranger, giving needed advice, as well as giving donations of time, talent, and or money.



At this year's Tampa AAUW Holiday Celebration, being held Saturday, December 10<sup>th</sup>, a “Giving Tree” will be available for anyone to take an angel, complete the information on the back, and submit it to the identified elf.

Choose an angel with a...

- **BLUE** strip to give your time and or talent by volunteering for a vacant office or committee member position.
- **RED** strip to make a pledge to yourself that this will be the year you sign up for the Legacy Circle-see information on tables to guide you in making this your gift. Or
- **GREEN** strip to make a monetary donation to the fund of your choice-Scholarships, Tech Trek, Staff Incentives, or Greatest Need. Make the angels come to life as you increase your endorphins level with your gift.

## References:

- Ritvo, Eva. “The Neuroscience of Giving.” *Psychology Today*, Sussex Publishers, 24 Apr.2014,<https://www.psychologytoday.com/us/blog/vitality/201404/the-neuroscience-giving>. (Retrieved November 25, 2022)
- <https://my.clevelandclinic.org/health/body/23040-endorphins>, Retrieved November 25, 2022



# Teacher Nominations for Florida Tech Trek (Due December 15)



This week-long overnight summer camp is open to 7th grade girls. The goal is to have at least 10 teacher nominations. *We are requesting your help* with sharing this opportunity with middle school educators and students. Middle school science & math teachers, please plan to submit student nominations at <https://forms.gle/sZhrH4FE4Vf9utPw6> Each school can nominate a maximum of 5 seventh grade girls for Tech Trek. **Teacher nominations are due by Thurs., Dec. 15, 2022**

Authored By: Kim Rostick & Dr. Gloria Hilton  
DIRECTOR OF TECH TREK & SCHOLARSHIPS

# The AAUW STEM Scholarship is Open

Applications will be accepted from rising undergraduate juniors and seniors as well as graduate students at the University of South Florida, University of Tampa, and South University. The AAUW Tampa Branch has been updated. We would appreciate all AAUW Tampa Branch members spreading the word about this \$1,000 scholarship. **Applications close February 15, 2023.**


**Application due Wednesday, February 15, 2023**

## The American Association of University Women Tampa Branch 2023 STEM Scholarship






**Eligibility**

- Undergraduate Junior, Undergraduate Senior or Graduate Student in 2023-2024
- 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

**Apply TODAY**  
<https://tampa-fl.aauw.net/scholarship/>





## Award \$1,000

&

## One year local membership to AAUW Tampa Branch

Questions? Email us at [AAUWTampaScholarships@gmail.com](mailto:AAUWTampaScholarships@gmail.com)



# The Rest of Her-Story... Women in History

December 1, 1955



Rosa Parks refuses to give up her seat on a bus to a white person; her arrest sparks the modern civil rights movement in the US. the Montgomery bus boycott was a 13-month mass protest that ended with the U.S. Supreme Court ruling that segregation on public buses is unconstitutional.

December 5, 1935



Dr. Mary McLeod-Bethune, was the founder of the National Council of Negro Women (NCNW), an organization that aims to improve the conditions of Black women and their families nationally and internationally. Dr. McLeod-Bethune famously started Bethune-Cookman University (BCU) in 1904 with \$1.50, five little girls and a rented house that cost \$11 a month. She possessed the resilience, commitment and faith to bring her vision to reality.

December 7, 1941



Captain Annie Fox received the first Purple Heart awarded to a woman (on October 26, 1942) for her service while under attack at Pearl Harbor on December 7, 1941. Fox was the Station Hospital's Head Nurse at Hickam Field. During the surprise attack, Fox rallied the nurses and organized the hospital's response to the assault.



December 7, 1941

Award-winning ABC News journalist, Michele Norris, becomes the first African American female regular co-host of National Public Radio's news magazine, *All Things Considered*. In 2010, Michele started *The Race Card Project* where she asked people around the world to share their experiences, questions, hopes, and dreams, laments, and observations about identity –in just six words–as the starting point for conversations about race. Norris is also the author of *The Grace of Silence: A Family Memoir*.



### December 13, 1993

Susan A. Maxman became the first woman elected president of the American Institute of Architects (AIA). Her practice, for many years based in Philadelphia, has received acclaim for its user-centered, ecologically-conscious work. Maxman was thirty years old and the mother of six when she enrolled in architecture school. Maxman's age and experience gave her a different and more independent outlook on her education than that of her classmates. As a student, she challenged her professors' ethos of "high design" in favor of a collaborative and socially engaged design process that gave priority to the needs of the community over the artistic expression of the architect. For her thesis project, Maxman designed a low-income housing complex, which she developed in conjunction with the Philadelphia Housing Authority.



### December 14, 1985



Wilma Mankiller was sworn in as principal chief of the Cherokee Nation of Oklahoma – the first woman in modern history to lead a major Native American tribe. Mankiller's first taste of federal policy toward Natives came when her family was relocated by the government during a housing project. Earning a reputation for facing conflict head-on, Mankiller took Native issues to the White House, meeting with three presidents.

### December 17, 1993



Dr. Judith Rodin was named president of Univ. of Pennsylvania, the first woman to head an Ivy League institution. Following 10 years in the role, Rodin joined the Rockefeller Foundation to facilitate philanthropic endeavors. Rodin authored more than 200 academic articles and has written or co-written 12 books while serving as a board member or several corporations and non-profits.

### December 28, 1967



Muriel "Mickie" Siebert was a fearless Wall Street broker that was known as The First Woman of Finance. She was also the first woman to become a member of the New York Stock Exchange, and the first woman to become the superintendent of banking for New York State. Although she did not have a college degree, Siebert successfully became one of Wall Street's most popular names.

### Learn More...

- Rosa Parks: <https://www.rosaparks.org/>
- Dr. Mary McLeod-Bethune: <https://www.britannica.com/biography/Mary-McLeod-Bethune>
- Captain Annie Fox: <https://theglindafactor.com/annie-fox/>
- Michele Norris: <https://michele-norris.com/about-michele/>
- Susan A. Maxman: <https://pioneeringwomen.bwaf.org/susan-abel-maxman/>
- Wilma Mankiller: <https://www.britannica.com/biography/Wilma-Pearl-Mankiller>
- Dr. Judith Rodin: <https://www.drjudithrodin.com/about/>
- Muriel Siebert: <https://www.britannica.com/biography/Muriel-Siebert>

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

# 10 FUN ACTIVITIES IN TAMPA, FL

Cavalier Estates LLC

## 1 TAMPA RIVERWALK

A stretch of promenade that cuts through downtown. It's one of the liveliest spots in Tampa!



## 2 FLORIDA AQUARIUM

A great place for a family day trip! The aquarium focuses on the state's wetland habits and features shark dives.

## 3 YBOR CITY

Home to many old cigar mills that are now microbreweries, restaurants, and bars.



## 4 ZOOTAMPA AT LOWRY PARK

The best family attraction in Tampa! Come see the Asian Gardens and Primate World here.

## 5 BAYSHORE BOULEVARD

Great for cycling, jogging, walking, and more outdoor activities.



## 6 HYDE PARK VILLAGE

Check out this commercial shopping area to get your fix of retail therapy.

## 7 BIG CAT RESCUE

A sanctuary for large cats, including lions, tigers, and cougars.



## 8 TAMPA FOOD HALLS

Featuring an extensive variety of dining options with communal hall seating.

## 9 BUSCH GARDENS

The legendary American theme park.



## 10 HILLSBOROUGH RIVER STATE PARK HALLS

With 7 miles of nature trails for exploring with friends or family.

*Things to  
Do Around  
Town*

*Fun in  
the Sun*

*Spending  
Time in  
the Bay*

# In the Know: Newsletter Information Check

<p>1. AAUW Tampa is still looking to fill a vital board position, the person in this position researches the AAUW website and other reliable sources to bring information to the branch that impacts issues regarding women and girls.</p>	<p><b>What is the title of the vacant position described?</b></p> <p>The _____</p>									
<p>2. AAUW Tampa is proud to welcome several new members this month. What is the number of new members this month and what are their first names (so we can all say hello in our next meeting on December 10 at 11 am)?</p>	<p><b>How many new members were welcomed in the newsletter?</b></p> <p style="text-align: center;">1            or            3            or            5</p> <p><b>&amp; What are the first names of our newest members?</b></p> <p>_____, _____, _____, _____, _____</p>									
<p>3. When speaking to teachers, what deadline date should you give them so they can submit their Teacher Nominations for Florida Tech Trek on-time?</p>	<p><b>When are Teacher Nominations for Florida Tech Trek due?</b></p> <p style="text-align: right;">December _____</p>									
<p>4. The AAUW STEM Scholarship, due February 15, provides this scholarship amount for college and graduate students?</p>	<p><b>Recipients of the AAUW STEM Scholarship are awarded this much in funding?</b></p> <p style="text-align: right;">\$ _____</p>									
<p>5. Her-Story speaks about the impact women have had on creating and making change in our world. What historical areas did the women in this newsletter influence?</p>	<p><b>Her-Story designees impacted which of the following historical areas?</b></p> <table border="1" style="width: 100%; text-align: center;"> <tr> <td>Civil Rights</td> <td>Finance</td> <td>Higher Education</td> </tr> <tr> <td>Journalism</td> <td>Military Nursing</td> <td>Politics</td> </tr> <tr> <td colspan="3">All of the Above</td> </tr> </table>	Civil Rights	Finance	Higher Education	Journalism	Military Nursing	Politics	All of the Above		
Civil Rights	Finance	Higher Education								
Journalism	Military Nursing	Politics								
All of the Above										
<p>6. The holiday season can be filled with competing emotions and feelings. What might you do to keep yourself joyful and healthy during the holiday season?</p>	<p><b>What suggested strategies will you use to maintain your joy and health this season?</b></p> <p>_____</p> <p>_____</p> <p>_____</p>									

## Newsletter Information Check Answers

1. Director of Public Policy

2. 5 &amp; Gail, Roshina, Michelle, Sue, and Nina

3. December 15

6. See pages 7 and 12 for options

5. All of the Above

4. \$1000.00



# Stay Connected, Like and Share



## Tampa (FL) Branch

*Making A Difference for Over 100 Years*

Learn More AAUW

Tampa:

<http://tampa-fl.aauw.net/>

Access the AAUW

Tampa Branch

Bylaws:

<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](mailto: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](mailto:aauwtampatechtrek@gmail.com)

Share your interests related to forming a Special Interest Group: [aauwtampainfo@gmail.com](mailto: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](mailto:aauwtampainfo@gmail.com)