

# NEWSLETTER



ISSUE NO. 4 | January 2023 | VOL. 2022-2023

Tampa (FL) Branch

Making A Difference for Over 100 Years

## 2022-2023 BOARD

**PRESIDENT**  
Shella Miller

**VICE PRESIDENT**  
Catherine Clark Martin

**DIRECTOR OF COMMUNICATIONS**  
Dr. Demetrix Rostick-Owens

**DIRECTOR OF FINANCE**  
Dr. Ebony Shoemo

**DIRECTOR OF MEMBERSHIP**  
Tara Perkins

**DIRECTOR OF PROGRAMS**  
Dr. Berthenya Dunbar

**DIRECTOR OF PUBLIC POLICY**  
Vacant

**DIRECTOR OF SCHOLARSHIPS**  
Dr. Gloria Hilton

**DIRECTOR OF TECH TREK**  
Kimberly Rostick

**DIRECTOR OF  
DIVERSITY, EQUITY, AND  
INCLUSION**  
Dr. K. Lee-Smith

**SECRETARY: CORRESPONDING**  
Bonnie Edis

**SECRETARY: RECORDING**  
Paula Huzella

**SOCIAL MEDIA MANAGER**  
Vacant

**CONTACT US:**  
tampa-fl.aauw.net  
AAUWTampalInfo@gmail.com  
PO Box 172715,  
Tampa FL, 33672

Hello AAUW Tampa Members,

Happy New Year! I hope the holiday season was and the beginning of 2023 has been filled with great care and regard amongst loved ones and friends. As January is the first month of the year, it is during this time we often feel compelled to make resolutions to improve health, increase exercise activity, make deeper connections, start something new, or to get back on track after the holiday break. Yes!!!, the latter resolution applies to me 😊.

The work of the year has already begun and I'd like to direct your attention to a few things you'll find in this newsletter issue. After the Welcome-

1. **Enjoy** the President's Message (P. 2), briefly looking back on the fun that was had in December and peeking ahead to the planning of the annual fundraiser in March. Thanks Dr. Bert and Paula H. for sharing details of the Giving Tree Donations (P. 5) and photos of the December Holiday Sweater Contest (P. 6).
2. **View** the calendar information, details of the January 21 meeting being held at 11AM and January birthdays (Pages 3-4), along with a call to serve on the Tech Trek Interview Committee (P. 5). Interested in serving on the committee? Call/text (813-545-9435) or email ([kimrostick@gmail.com](mailto:kimrostick@gmail.com)) by January 15th to support this important AAUW initiative.
3. **Read** particulars on a Mystery Theater program in Sun City, the AAUW Career Tools and National's response to the "Passage of the Pregnant Workers Fairness Act," and a portal to explore popular books of 2022... Do I hear a possible call for a Special Interest Group focused on the love of talking about books? (Pages 7-8).
4. **Take** note of the upcoming February 15<sup>th</sup> submission deadline for STEM Scholarship Applications, tips for capturing memorable moments of 2023, links to help you get *Out & About* in the local area and to stay connected (Pages 9-12).

Until we meet again, have a wonderful month.

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



P. 1

[Welcome](#)

P. 2

[President's  
Message](#)

P. 3

[Calendar](#)

P. 4

[Meeting Details &  
Birthdays](#)

P. 5

[Donors:  
Giving Tree &  
Service  
Opportunity](#)

P. 6

[Holiday  
Sweater Contest](#)

P. 7

[Mystery Theater  
& Career Tools](#)

P. 8

[Fairness Act  
Passed &  
Books of 2022](#)

P. 9

[STEM Scholarship  
Application](#)

P. 10

[Capturing  
Memories](#)

P. 11

[Out & About](#)

P. 12

[Stay Connected,  
Like, and Share](#)

# A Message from the President



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

Dear AAUW Tampa Members:

Happy New Year, Everyone! I hope you all had a fun and relaxing holiday break and are ready to return to AAUW business. I am super excited about what we have planned in the next couple of months before our membership year ends on June 30th. We have many reasons to be both proud of what has happened this membership year to date and excited about what is to come.

We had a wonderful time at our December meeting. We had great entertainment, fellowship, and a fashion show with 1st, 2nd, and 3rd place winners of our ugly sweater/outfit contest. In addition, the giving tree developed by our program committee was a huge success! We hope you enjoy the pictures from that event in this issue. Upcoming, at our January 21st meeting, we will hear from our scholarship recipients, bringing our purposeful work full circle. I hope to see many of you there supporting our scholarship awardees.

Plans are also underway for our annual fundraiser on March 11th, 2023, at the Tampa Palms Golf and Country Club. This is our biggest of the year. We need a lot of help to plan and execute a fun afternoon filled with purpose as we network, recognize community members through our ribbon of Honor award, and raise funds for tech trek and scholarships. The program will include a keynote, music, basket drawings, and a silent auction. I hope you are ready. We encourage you to consider who you will invite to sit at your tables. Please look out for more details via email and at the January meeting. You won't want to miss it! Ticket sales have begun and will continue through the end of February.

As I close my remarks for this newsletter, I also want to share my excitement about the phenomenal outpouring of nominations from Hillsborough County Public Schools for the Tech Trek Summer Program. Hats off to Kim Rostick for her efforts in increasing interest in the program! AAUW Tampa had 26 nominations from Hillsborough County. That is just simply outstanding! Last week, I sent a message from Kim asking for committee members if anyone is interested in helping with the process. Please email Kim at [kimrostick@gmail.com](mailto:kimrostick@gmail.com) if you can lend support.



I bid each of you a happy, healthy, and prosperous 2023! Please find a way to get plugged in this year and contribute the way that works best for you. There is a place for everyone in our chapter. No level of assistance is too small. We can only accomplish what we do with your support and partnership. Thank you and enjoy the issue!

Best Regards,  
Shella M. Miller, FACHE  
AAUW Tampa Branch President

January



2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 <a href="#">National Science Fiction Day</a> (see page 8)	3	4 <a href="#">Nancy Pelosi</a> : <a href="#">first female speaker of the House</a> (2007)	5	6	7
8	9	10	11	12	13	14
<ul style="list-style-type: none"> <li>• <a href="#">National Mocktail Week</a> – Second Week in January</li> <li>• <a href="#">Universal Letter Writing Week</a> – Starts second Sunday every January</li> <li>• <a href="#">Home Office Safety and Security Week</a> – Falls second week of January each year.</li> </ul>						
15	16 	17 <a href="#">National Day of Racial Healing</a>	18	19 <a href="#">National Good Memory Day</a>	20	21 MEETING: <a href="#">AAUW Tampa Meeting</a> (see page 4)
22	23 <a href="#">Madeleine Albright</a> : <a href="#">first female US secretary of state</a> (1997)	24 WORKSHOP: <a href="#">Work Smart: Know your Value; Get Paid</a>	25	26	27 RECIPE: <a href="#">National Chocolate Cake Day</a> (Recipe)	28
29 <a href="#">Violette N. Anderson</a> ; first black female to argue case in the U.S. Supreme Court (1926)	30	31 WORKSHOP: <a href="#">Work Smart: Know your Value; Get Paid</a>	<p>January is...</p> <ul style="list-style-type: none"> <li>• The coldest month overall for Tampa and the 13th to 18th are its chilliest days. (<a href="#">10-Day Weather Forecast</a>)</li> <li>• National Blood Donor Month (<a href="#">How to donate</a>)</li> <li>• Glaucoma Awareness Month (<a href="#">Glaucoma at a Glance</a>)</li> <li>• Cervical Health Awareness Month (<a href="#">Learn More</a>)</li> </ul>			

# First Meeting of 2023: January 21



"Making a Difference for Over 100 years."

**Saturday  
January 21, 2023**

**Save the Date. Please plan to make your reservation by Friday, January 13, 2023**

Reservations will be accepted until midnight on Friday, January 13th. Reservations are needed on time so the chef can shop to ensure the food items needed will be available. 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 and consideration is needed to increase the chance that all attendees receive their meal at about the same time. And to reduce kitchen staff confusion. Unless you plan to add to your order, **to minimize delays, please ask for your bill at the time your meal is served.**

**Look for a new more efficient, online way to register within the coming days. The menu is an attachment, on this mailing.**

## Fridge Copy of Lunch Menu



Regular Menu at Temple Terrace Golf & Country Club

Please place this copy on your fridge for easy reference.

Make reservations using the new electronic site:

<https://docs.google.com/forms/d/e/1FAIpQLSfDEVjgrzm3VUcR7H2w7-B5NshVpsJa7knIPv86fbbZrYEWOW/viewform>

### 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.

## Meeting Location & Time

Saturday, January 21, 2023 (11AM)

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

Program Organized By: Dr. Bert Dunbar  
DIRECTOR OF PROGRAMS

# Happy, Happy Birthday to You...





# AAUW Tampa Thanks You!



Donors, Thank You!

Because of you, donations totaling \$1095.00, were received, benefitting-

Carolyn Austin Irene Bemby Linda Blaylock Gracie Crawford Avis Chaplick Bert Dunbar Bonnie Edis Joyce Ellsworth	<b>AAUW National</b> - \$50 <b>Greatest Needs</b> - \$130 <b>Incentives</b> - \$155 <b>Membership</b> - \$25 <b>Scholarships</b> - \$325 <b>Tech Trek</b> - \$410	Connie Fountain Deborah Gano Kirk Guillory Paula Huzella Michelle Madden Mattie Parr Tara Perkins Aleseya Pinkney
	Anonymous Donor	

## AAUW Tampa Service Opportunity: Tech Trek Interview Committee

AAUW Tampa needs **3-5 members to serve** on the Tech Trek interview committee.

In preparation for interviews of the 25 nominated students from Hillsborough County who submit applications by the January 22nd deadline, I encourage you to sign up for the Tech Trek Interview Committee by January 15<sup>th</sup>.

If you have yet to plug in to AAUW, this would be a great "first serve" opportunity. Interviews will take place throughout the month of February.

Please email, call or text Kim Rostick by January 15th to support this important AAUW initiative- [kimrostick@gmail.com](mailto:kimrostick@gmail.com) or 813-545-9435.

January 15

Sign up with [Kim Rostick](#) to Serve

January 25

Student Application Deadline

February

Committee Conducts Interviews

Thank you in advance for your thoughtful consideration!

Authored By: Kim Rostick  
DIRECTOR OF TECH TREK



# Ugly Sweater Contest; The Winners Are?

*Stylin' and Profilin' during the Holiday Festivities!*

First Place Winner  
**Mattie P.**



Second Place Winner  
**Rev. Martha V.**



Third Place Winner  
**Avis C.**



**Fellowship!**



**Time Flies When...**



**Oh, the Fun We Had!**

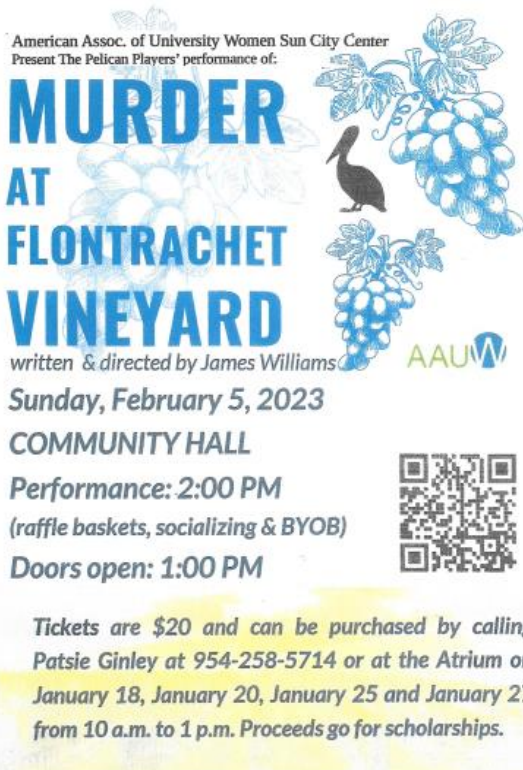


**You're Having Fun!**





# Supporting our AAUW Friends: Sun City Mystery Theater Fundraiser



Our friends at AAUW Sun City Center are having a fundraising mystery theatre presentation of the Pelican Players' Murder at Flontrachet Vineyard on Sunday February 5 at 2pm and have extended an invitation to our branch. Tickets are \$20 and the doors open at 1pm. Water and light snacks will be provided.

All proceeds will be used for scholarships offered by AAUW Sun City, including those which are granted to HCC, arts scholarships offered by the Pelican Players, and rising 8<sup>th</sup> grade girls attending the AAUW Tech Trek summer camp.

The presentation will be held at Community Hall, 1910 S. Pebble Beach Blvd in Sun City Center. If anyone is up for a road trip, this program will provide a fantastic opportunity to network and socialize with another AAUW Branch. For information on how to purchase a ticket, review the contact information on the AAUW Sun City brochure.

## AAUW Career Tools & Resources

The Women's Economic Empowerment Initiative of AAUW "gives women the skills they need to thrive and build strong financial futures." Through a series of training models, AAUW is "showing women everywhere how to negotiate their salaries, grow in their careers, and bolster their financial literacy." Take a moment to familiarize yourself with AAUW's *Career & Leadership Tools*,\* and other resources which can help you fund your graduate program and/or navigate your career.

- [Start Smart](#): These workshops teach college and university students how to negotiate salaries
- [Work Smart](#): These trainings show early and mid-career professionals how to negotiate on their own behalf – for fair salaries, better benefits and advancement opportunities.
- [Money Smart](#): This program provides women with the personal finance information they need to ensure their own financial security.
- [Empower](#): This program is designed to enhance women's leadership skills at every stage of their careers.
- [Get Your Resume Straight](#): This resource guide encourages job seekers on tailoring their resume for the job they want.
- [8 Great Job Boards for Diverse Professionals](#): This resource provides 8 diverse and inclusive job boards which can be viewed to navigate when job seeking.

(\*<https://www.aauw.org/resources/programs/womens-economic-empowerment-initiative/#programs>)

# AAUW Celebrates the Passage of the Pregnant Workers Fairness Act

*AAUW Chief Executive Officer Gloria L. Blackwell issued this statement on the passage of the Pregnant Workers Fairness Act, passed as an amendment to the omnibus spending package. President Biden signed this critical bill into law on December 29, 2022.*

“We are thrilled to end this year with a long-awaited moment: AAUW applauds the passage of the Pregnant Workers Fairness Act (PWFA), a momentous victory for pregnant and postpartum workers and their families, health, and economic security.

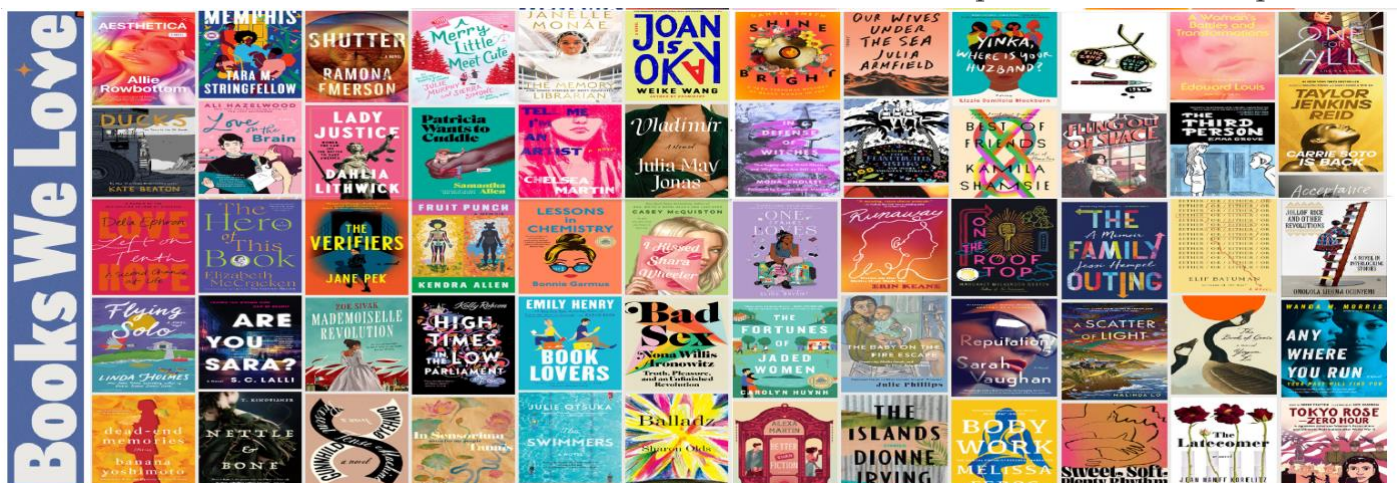
AAUW believes no worker should be forced to choose between their health and their livelihood. But many people who are pregnant have risked being forced out of the workplace simply for following their doctors' orders. The PWFA now requires employers to provide basic accommodations to protect workers' ability to provide for themselves and their families without compromising their health or pregnancies. This is the most significant protection for pregnant workers in decades, and comes at a time when women in the workforce—particularly in frontline and low-wage jobs—acutely need it most.

As we celebrate this important win for our mission fighting for workplace equity, we also extend enormous gratitude to everyone who worked so hard to make the PWFA law. Over the past 10 years, thousands of AAUW members and activists mobilized for this critical legislation, joined by our allies and partner organizations in tireless grassroots efforts across the country. We also thank each member of Congress who voted to pass the PWFA and for taking a stand to support a safer future for all pregnant and postpartum workers in the United States."

**Authored By: Gloria L. Blackwell**  
AAUW CHIEF EXECUTIVE DIRECTOR

# The Books We Loved Most: 2022 Edition

Each year, National Public Radio shares end-of-the-year book recommendations. The past year brought with it books for avid, new, and dabbling readers. Check out the “[Books we Love](#)” database to see if anything strikes your fancy! What moves, inspires, or disturbs you? I am sure within this vast database, there is a book for you. Finding the right book might be what you and a few friends need to initiate or host the next round of the Book Club Special Interest Group!





# 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)

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

# 4 Cool Ways to Capture Memories in 2023

This article has been modified from <https://ntwindow.com/4-cool-ways-to-capture-memories/>

Memorable moments come and go too quickly: weddings, birthdays, graduations, funny things our kids do. Sometimes we wish we could live in those moments just a little longer. To capture these memories, we usually rely on photos and video, but there are lots of creative ways to capture memories. Check our picks for the best ways to capture memories.

## Start a Memory Jar



A great way to capture memories and to get the family involved are memory jars, simple mason jars in which family members deposit memories for the year. A member of the family will:

- Take a small slip of paper and write down personal memories which are fun, impactful, or significant.
- Drop the memories into jar and save them up all year long.
- When the end of the year comes, the family reads the memories together.

## Create a Photo Calendar

Cell phones make it easier than ever to snap tons of photos. A cool way to put them to use is to create a photo calendar. Each month:

- Take a photo of a memorable time.
- At the end of the year, have a photo calendar made (or make your own) for next year, pairing the past photos of the month to the month of the following year.
- This way in the next year you can recall the fond memories that happened in the previous year.



## Start a Blog



Similar to keeping a journal, a blog is an excellent way to capture memories. You can create entries every day, week or as often as you'd like. As a reminder, blogs are

helpful because:

- You can upload all kinds of media (photos, audio clips, video, writings) to help capture a moment
- You don't necessarily have to be tech-savvy to get started either. Services like WordPress make it very easy to create and maintain simple blog sites.
- Blogs can be password protected so that only those who you share it with can view the blog.

## Make Memory Crafts

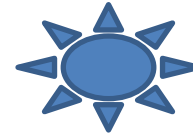
There are hundreds of ways to capture a memory in a craft and to make every moment special. The only true limitations are one's own imagination. Almost anything can be used as a memory craft including:

- Capturing the memories using personal artifacts
- Designing memory items that are capable of opening and closing for storing items inside.
- Making shadow boxes with interesting outer decorations which can be filled with special memorabilia collected during the year.

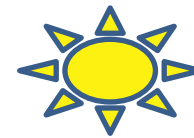
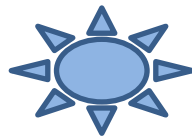
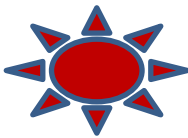




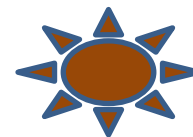
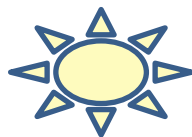
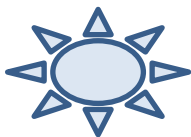
# Out & About in Town



Best things to do in Tampa  
<https://familydestinationguide.com/best-things-to-do-in-tampa/>



27 Best Things to do in  
 St. Petersburg, Florida  
<https://www.beelovedcity.com/things-to-do-st-petersburg-florida>



Things to do in Clearwater  
[https://www.tripadvisor.com/Attractions-g34141-Activities-Clearwater\\_Florida.html](https://www.tripadvisor.com/Attractions-g34141-Activities-Clearwater_Florida.html)

# 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:

[aauwkampamembership@gmail.com](mailto:aauwkampamembership@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: [aauwkampatechtrek@gmail.com](mailto:aauwkampatechtrek@gmail.com)

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