

# NEWSLETTER



ISSUE NO. 3 | November 2022 | 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**

**AAUWTampainfo@gmail.com**

**PO Box 172715,  
Tampa FL, 33672**

Hello AAUW Tampa Members,

I hope this newsletter finds each of you well. This time of year is both beautiful, as a result of the moderate Florida temperatures and low humidity, and extremely busy as we prepare ourselves for upcoming holidays, travel, and time with family. In your preparations, I hope you will also:

1. Take time to vote on November 8. As you will read in President Miller's message (page 2), you are encouraged to get yourself and your network of family and friends **#VoteReady**. Your vote matters and can make a difference.
2. Access the calendar information (page 3) and learn more about key celebrations held in the month of November. Also, on the same page, you'll find the names of our newest members. Be one of the first to give a **BIG WELCOME** to **Linda Blaylock-Huggins, Tenika Coleman, Princella Evans, and Ivana Tribble**.
3. Give birthday wishes to Tara Perkins and Ivan Tribble and take part in the self-care activity (page 4).
4. Attend the monthly meeting on November 19 (11am-1pm), where **Attorney Jenay Iurato**, pronounced *Urato*, will speak on Human Trafficking (page 5). Find an overview of the program topic, lunch selections/cost, and the lunch reservations deadline.
5. The remainder of the newsletter is filled with details on Teacher Nominations for Tech Trek (page 6), putting Shared Governance into Practice (page 7), the 2022-2023 Yearbook and instructions for updating or adding information (page 8), and special observation days which are speckled throughout the month (pages 9-11). Thank you to board members and Dr. Cindy Hovi for your contributions to this month's newsletter.
6. Finally, you'll find a list of activities (page 12) which may spark your interests and desire to participate in individually or in small groups.

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  
New Members

### P.4

Birthdays  
Self-Care Tip

### P.5

Spotlight:  
Human  
Trafficking  
Program

### P. 6

Florida Tech  
Trek: Teacher  
Nominations

### P. 7

Shared  
Governance

### P. 8

Yearbook Info

### P. 9 - 11

In the Know

### P. 10

Reminder:  
Strategic Plan

### P. 12

Activities

### P. 13

Staying  
Connected

# A Message from the President



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

## Dear AAUW Tampa Members,

Wow! It is hard to believe it is November already. On November 11<sup>th</sup>, we will be celebrating Veterans' Day, so I wish all our Veterans and Active-Duty Service Members a very Happy Veteran's Day. THANK YOU for your service and sacrifices! We are truly grateful for you and Honor you on your special day and every day. Our appreciation extends to the Active Duty and Veteran Families who selflessly share their loved ones with us to protect the nation. Protecting our country is their charge and also ours for elections. As we approach election day on November 8<sup>th</sup>, I encourage you to encourage your family, friends, and network to get out and vote if you haven't done so already. #VoteReady.

Following, find recognition comment and info highlighting good news and endeavors.

## Congratulations to the Intergenerational Tea Planning Team!

The event was a huge success. The survey results from attendees were outstanding, with many positive comments and encouragement to do it again. It was a great event that was fun and engaging, and it allowed our members and their guest to fellowship in a positive environment with lots of laughter, afternoon tea and delicacies, and perspective sharing. In addition, that event generated a little over \$1700 towards scholarships and programs that attracted about 6 new members.

## Bylaws Committee

As we continue strengthening our branch governance processes and education around our operating bylaws, our Board of Directors has chartered a Bylaws Committee that will look at our chapter bylaws to review for alignment and AAUW, create clarity, and recommend changes to the membership. A special thanks to Dr. Bert Dunbar for leading this charge with her expertise in organization-shared governance, as well as the volunteers on the committee: Ms. Carolyn Austin, Ms. Paula Huzella, Ms. Dianne Tuttle, Dr. Demetrix Rostick-Owens, Ms. Dianne Tuttle. Thank you in advance for your work on this.

## We still have several Open Board Positions and Committee Opportunities.

I encourage anyone interested in getting involved to consider a board position or committee membership. Positions available include: **Director of Public Policy** and **Social Media Manager**

## Committee Chair and Committee Opportunities

Nominations Committee and Nominations Chair for officer sate for April elections

Special Interest Committee Groups if you are interested in starting one (book club, arts, performances, etc.) If anyone is interested in one of these roles or wants to learn more opportunities to get involved, please reach out to Catherine Clark, Vice President AAUW Tampa, at ccmartinaauw@gmail.com.

## Committee Hub

Reminder: If you are in a grace period, your renewal deadline is November 30<sup>th</sup>. Please also use the committee hub to update your demographic information and track your renewal anniversary date, so your membership stays current and active.

The program committee has some exciting programs coming up for November and December. Please remember to make your reservations and invite guests. Until we meet again, enjoy the November Newsletter! I look forward to seeing you at the November 19<sup>th</sup> meeting!!!!!!

Best Regards,

Shella Miller

AAUW Tampa Branch President

# November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <a href="#">National Authors Day</a>	2	3	4 <a href="#">Check Blood Pressure</a>	5
6 <a href="#">Daylight Savings Time Ends</a>	7 <a href="#">AAUW STEM Scholarship Opens</a>	8  <a href="#">#VoteReady</a>	9	10 <a href="#">AAUW Tampa Board Meeting</a>	11 <a href="#">Veterans Day</a>	12
13 <a href="#">World Kindness Day</a>	14	15 <a href="#">National Philanthropy Day</a>	16 <a href="#">International Day of Tolerance</a>	17	18	19 <a href="#">AAUW Monthly Meeting</a>
20	21	22 <a href="#">National Cranberry Relish Day</a>	23	24 	25	26 <a href="#">Small Business Saturday</a>
27	28 <a href="#">Cyber Monday</a>	29	30	<ul style="list-style-type: none"> <li>• Tuesday, Nov. 8; Mid-Term Election Day</li> <li>• <a href="#">Check Your Registration and Voting Status</a></li> <li>• <a href="#">Register to Vote Florida.gov</a></li> <li>• <a href="#">Find your polling place, sample ballot, &amp; vote-by-mail ballot status</a></li> </ul>		

Linda Blaylock-Huggins

Tenika Coleman

**WELCOME  
NEW MEMBERS!**

Princella Evans

Ivana Tribble

# Happy, Happy Birthday Tara & Ivana!



## Self-Care Tip: Getting Ready for the Season

November is upon us. To me, this means that the holiday season is lurking around the corner. How does that make you feel? Giddy? Anxious? Stressed? All of the above? I for one am not ready to think about the holidays, but instead choose to enjoy the beautiful weather we are blessed to have this time of year in Florida.

**Here are 5 tips to help you get ready for the upcoming season.**

1. Imagine your perfect day:
  - Get comfortable, maybe with a cup of coffee or tea, and write down what your perfect day would look like.
  - How close can you get to living that perfect day?
2. Update your playlist to a mood-boosting playlist.
3. Wear something that makes you feel amazing!
4. Evaluate a thought that you have is it helping or hurting you?
5. November 13<sup>th</sup>: Kindness day remember to be kind to yourself first.



Authored By: Catherine Clark Martin  
VICE PRESIDENT

# Spotlight- Human Trafficking: A Human Tragedy

In our upcoming meeting on Saturday, November 19 from 11AM-1PM, Attorney Jenay Iurato, pronounced *Urato*, brings her dynamic and informative presentation back to AAUW Tampa, Inc. She has dedicated herself to assisting human trafficking survivors and is an enthusiastic human rights advocate. She has provided pro bono assistance to human trafficking survivors in over 200 cases. Additionally, she has received numerous awards and appointments recognizing her commitment and dedication to her work.

Attorney Iurato will grab your attention immediately with her down-to-earth presentation style, subject knowledge, and reports of work she and her colleagues have done in the field. She will share human trafficking background information, prevalence, public policy, ways to recognize a possible human trafficking situation, and practical ways in which organizations and or individuals can help attack this disgraceful problem. Attorney Iurato will present a powerful presentation that you, your neighbors, teenagers, college students teachers, social workers, counselors, and parents would benefit from hearing.

**Location:** Temple Terrace Golf and Country Club at 200 Inverness Ave, Temple Terrace, Florida, from 11:00 am to 1:00 pm.

## Lunch Reservations:

- Lunch will be available from a prefixed menu costing \$10- \$15, plus tax and gratuity, according to the menu item you choose
- **You must make reservations even if you choose not to eat lunch.**
- You may reserve your seat by emailing Dr. Bert Dunbar @ [bertd28@aol.com](mailto:bertd28@aol.com) or texting 813.245.2820.
- **List your and your guest s name and menu choice.**
- **Reservation will close at noon, Monday, November 14, 2022.**

1. Catch of the Day-blackened, grilled, or fried fish sandwich- **\$15**



2. BYO (build your own) Chicken sandwich-fried or grilled, your choice of cheese- **\$13**

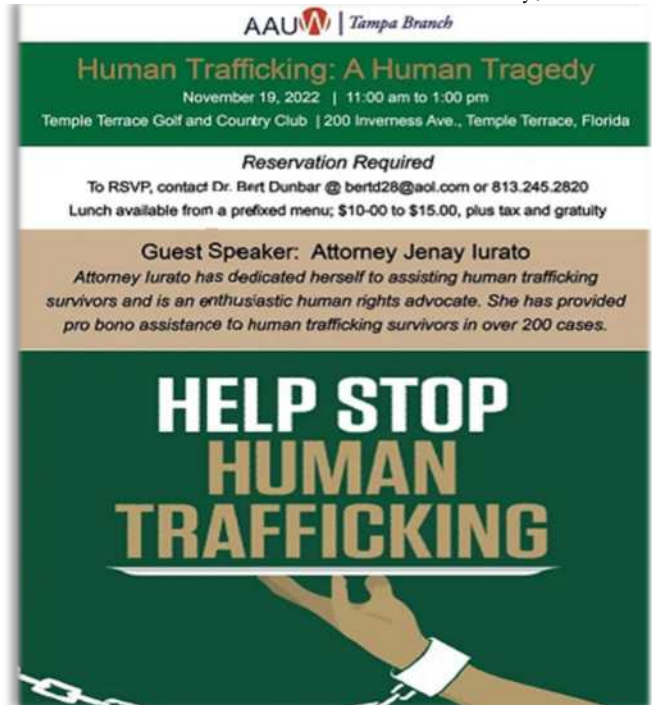
3. Pecan Crusted Chicken Salad- **\$13**

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, tomatoes, pickle, onion, and your choice of cheese- **\$13; Child s portion- \$10**

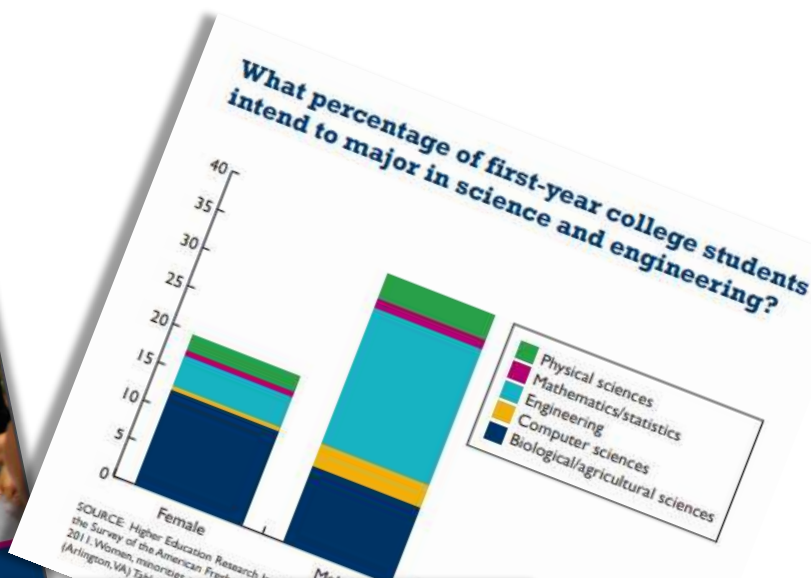
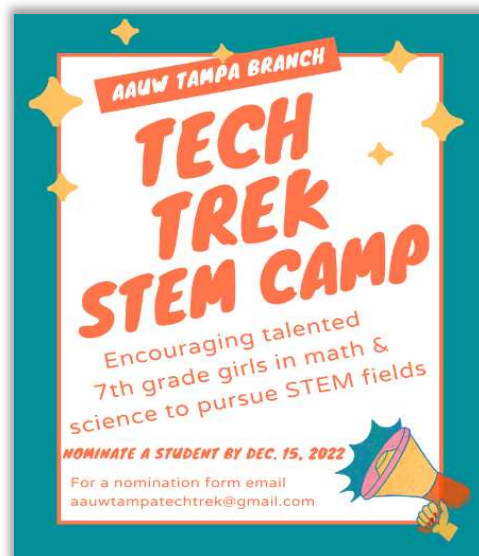
7. Chicken nuggets and fries- *Child s portion-* **\$10**



Program Organized By: Dr. Bert Dunbar  
DIRECTOR OF PROGRAMS

# Teacher Nominations for Florida Tech Trek (Now - December 15)

- **Teacher nominations are OPEN** for Florida Tech Trek. This week long overnight summer camp is open to 7th grade girls.
- Information has been distributed to 14 Hillsborough County middle schools with the plan to reach all 42 middle schools throughout the month.
- The goal is to have at least 10 teacher nominations.
- We d appreciate all AAUW Tampa Branch members 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**



## Why is Tech Trek so successful?

Each camp shares certain elements that recruit and engage the best volunteers, teachers, and attendees.

- Tech Treks are overnight camps held at highly esteemed colleges or universities.
- Middle school science and math teachers identify and nominate campers.
- Applications are required, and candidates are carefully selected.
- The campers attend daily math or science core classes.
- Attendees perform hands-on activities throughout every day.
- One-day field trips enhance practical STEM learning.
- Tech Trek offers daily interaction with women STEM role models.

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

# Knowledge Matters

## Shared Governance: Putting it into Practice

In the October newsletter, an overview of shared governance was discussed, including a definition of shared governance and a description of leadership and membership responsibilities. Just to recap, shared governance exists when everyone has a voice and a vote. Most members probably did not join AAUW because of its governance structure. However, the governance structure of an organization may contribute to derailing or enhancing the organization's goals. Governance structure dictates how financial and operational decisions are made. Rigid top-down governance, can effectively inhibit creativity and innovation, and leave large numbers of people disengaged, thereby perpetuating systems of inequality. Two critical components of shared governance are emotional intelligence and assertiveness.

Oftentimes, more focus is placed on intelligence gained from earning a degree or some other form of education, while little to no focus is lent to emotional intelligence. However, of the two, it is emotional intelligence that is the most important. Emotional intelligence is effectively managing the many emotions that one may have throughout a given day. Some may think holding their emotions under a cover like withdrawing is the best way to handle emotions and that is the lady or gentleman way to manage emotions, especially anger. Others may think sarcasm, putdowns, or spewing their emotions all over everyone in the form of such behaviors as threats, yelling, or controlling the conversation are effective emotional management tools. However, such approaches are deal breakers when searching for consensus- getting everyone to a conclusion they can live with.



Effective emotional self-management and responding effectively to others means an individual is able to embrace the basic tools of shared governance. Effectively expressing one's ideas, while listening and considering the ideas of others, whether leaders or members, is the crux of emotional intelligence. When emotional self-management is at

stake, giving one-self the message, slow down, breath, think, listen, and analyze will go a long way in getting through the moment.

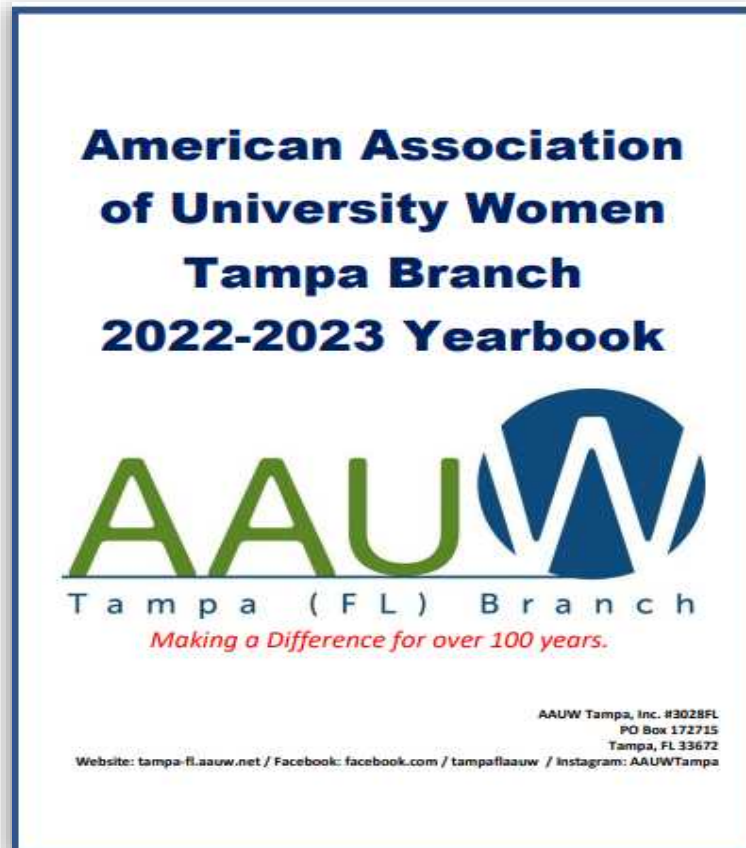
So, how does assertiveness play a role in shared governance? Assertiveness and emotional intelligence go hand in hand. If one is assertive, he or she is engaging in the skill of saying what she or he thinks and feels while respecting self and others. The process is a two-way street. Exhibiting emotional intelligence and assertive behavior is buying into the understanding that the best ideas may be enhanced when the voice of others is not only heard but is also respected, appreciated, and used to enhance the final project.

### References:

1. <https://theonnc.ca/wp-content/uploads/2020/08/SharedGovernance> (Retrieved 10/22/2022)
2. <https://www.helpguide.org/articles/mental-health/emotional-intelligence-eq.htm#:~:text=Emotional%20intelligence%20>
3. Dunbar, B, et. (2007) Shared governance. *Making the transition in practice and perception. Journal of Nursing Administration*, 3794, p177-183.
4. Dunbar, B. (2004) Anger Management: *A Holistic Approach, Journal of the American Psychiatric Nurses Association* 0(1), 16-23.

Authored By: Dr. Bert Dunbar  
DIRECTOR OF PROGRAMS

# The AAUW Tampa Branch 2022-2023 Yearbook is Now Available! Check your email to view entries!



Is Your  
Yearbook Info  
Incomplete or  
Incorrect? Use  
the New  
[Member Form](#)  
to make  
Updates!

## AAUW Tampa New Member Form

Welcome to AAUW Tampa! We are so excited you made the decision to join hands in moving forward AAUW's Mission of advancing gender equity for women and girls through research, education, and advocacy. Together, I know we can make a difference in the lives of women and girls our community. Please complete this form to help us get to know more about you and the gifts, talents, and experience you bring to the TEAM.

Email \*

Valid email

<https://docs.google.com/forms/d/1iifypwLvKPxHbcgvWLLal80nGooF88QtOgVD1LAuaU/prefill>

# In the Know

## AAUW STEM Scholarships Open (November 7)

The AAUW STEM Scholarship opens **November 7, 2022**. 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)

## Veterans Day (November 11)



Veterans Day is recognized on **November 11, 2022**. As author David Vergun of DOD News explains:

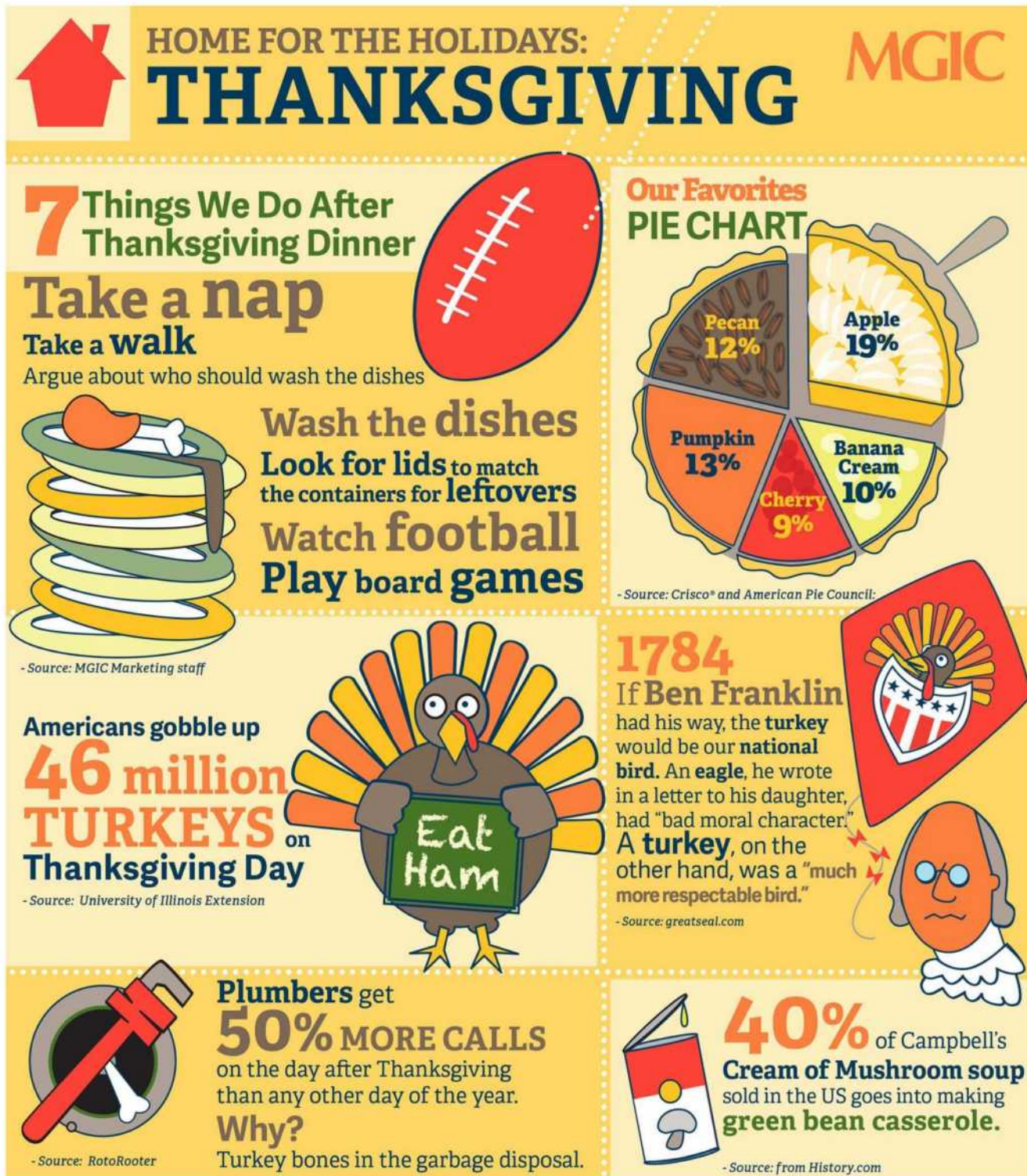
- Veterans Day is a federal holiday that is meant to honor all veterans of the uniformed services who served or are still serving during times of peace as well as war.
- Veterans Day has its origins at the end of World War I when at the 11th hour of the 11th day of the 11th month of 1918, the fighting ended with the signing of an armistice.
- A congressional act, approved May 13, 1938, made Nov. 11, a federal holiday.
- In 1954, Congress at the urging of veterans' organizations changed the name to Veterans Day to honor service members who had served in all of the nation's wars.

The above information was retrieved from: <https://www.defense.gov/News/Feature-Stories/Story/Article/2796315/nation-observes-veterans-day-and-salutes-the-troops/>. Click the link to Learn more about the [History of Veterans Day](#)

Authored By: K. Rostick & Dr. G. Hilton  
DIRECTOR OF TECH TREK & SCHOLARSHIPS



# Did You Know? Thanksgiving Infographic



This infographic has been brought to you by your friends at MGIC!

mgic.com

# Activities Tic-Tac-Toe



NOV 08

## HILLSBOROUGH COUNTY FAIR

📍 HILLSBOROUGH COUNTY FAIRGROUNDS

The 2022 Hillsborough County Fair is scheduled for November 3-13, 2022 and invite you to enjoy the 11-day celebration of community, youth competitions, arena entertainment and fair fun for...



NOV 09

## COFFEE TALKS WITH NAN COLTON | DOROTHY DEHNER

11/09/2022

📍 MUSEUM OF FINE ARTS, ST. PETERSBURG

Join us for a fascinating look at the life of Dorothy Dehner, whose artistic practice touched on sculpture, painting, and printmaking.



NOV 18

## BLACK RESTAURANT WEEK

Recurring weekly on Friday



Black Restaurant Week, LLC – Tampa joins the No Crumb Left Behind campaign, with a nationwide tour and palate-pleasing showcase, beginning on Friday, 11/12 until Sunday, 11/21.



NOV 18

## DINO RESCUE

Recurring weekly on Monday, Friday until 04/14/2023

📍 CLEARWATER MARINE AQUARIUM

Dino Rescue will bring guests at the Clearwater Marine Aquarium up-close to life-size dinosaurs, some as tall as 35 feet and 65 feet long.



NOV 19

## FRESH MARKET AT WIREGRASS

Recurring monthly on the 3rd Saturday

📍 THE SHOPS AT WIREGRASS

The Fresh Market at Wiregrass features over 50 vendors located on Paseo Drive in the heart of the shopping center.



NOV 27

## FESTIVAL OF TREES

📍 EGYPT SHRINE CENTER OF TAMPA BAY

The Festival of Trees is a family event that is put on by Egypt Shriners with the help from local sponsors that showcase decorated "themed" Christmas trees that are raffled off.



NOV 29

## ALEGREMENTE | HAPPY BRAIN

Recurring weekly on Sunday, Tuesday, Wednesday, Thursday, Friday, Saturday until 01/01/2023

📍 GLAZER CHILDREN'S MUSEUM

In Alegremente | Happy Brain visitors celebrate early connections together in a whimsical forest full of families of all kinds, both human and animal.



NOV 30

## PAUL ÉLUARD: POETRY, POLITICS, LOVE

09/03/2022 - 01/05/2023

📍 THE DALI MUSEUM

Paul Éluard: Poetry, Politics, Love explores the world of the most celebrated and idealistic of all surrealist poets, Paul Éluard. Known as "the Poet of Freedom".

# 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)