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Hello AAUW Tampa Members,

As the 2022-2023 membership draws to a close, I am in awe at how much the mighty, mighty engine of AAUW Tampa, Inc. has accomplished. We are the living embodiment of the sentiment, *Team Work makes the Dream Work!* I definitely could not have imagined all of the successes and achievements of the past year.

If you've forgotten or missed any of the activities, make sure to review President Miller's Message on pages 3-4, which provide a comprehensive review of the fun we have had this year. Kudos President Miller, Vice-President Clark Martin, and the 2022-2023 Board of Directors for all the work you have done directing and guiding this ship.

As we close out the membership year and begin looking forward to the summer break, I invite you to enjoy the final newsletter until September 2023. In this edition, you'll find:

- The May 2023 Calendar (Page 2) and activities related to keeping Mindful in May (Pages 6-7)
- Details about the May 2023 (Colors Day) meeting including, hearing from speakers of Hillsborough Organization for Progress and Equity (HOPE) and installing newly-elected Board Members (Page 5)
- Announcements related to recipients who were awarded AAUW Tampa's \$1000 STEM scholarships and were selected to attend Tech Trek's summer STEM camp (Pages 8-9)
- A New Member spotlight of Nina Thomas (Page 10)
- Historical days occurring in the month of May over the years (Pages 11-13)
- Pictures from activities held in the month of May (Pages 14-15)
- Links to find activities around Tampa and to stay connected to AAUW Tampa (Pages 16-17)

It has been a pleasure bringing you the AAUW Tampa, Inc. news for this year and look forward to gearing back up again this fall

Until we meet again, have a wonderful month.

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



Page 2
Calendar

Pages 3-4
**President's
Message**

Page 5
May Meeting

Pages 6-7
Mindful May

Pages 8-9
Updates

Page 10
**New Member
Spotlight**

Pages 11-13
Historical Days

Pages 14-15
Pictures

Pages 16
Around Tampa

Page 17
Connections

MAY 2023

Magnificent and Mindful May

SUN	MON	TUE	WED	THU	FRI	SAT
	1 May Day & National Lemonade Day	2 Gwendolyn Brooks wins the Pulitzer Prize (1950)	3 National Garden Meditation Day	4 AAUW Board Meeting via Zoom 6:15 PM, EST	5 Cinco de Mayo & Day of the Midwife	6 Happy National Nurses Day
7 World Laughter Day	8 World Ovarian Cancer Day	9	10 World Lupus Day	11 National Children's Mental Health Awareness Day	12 World Lupus Day	13
14 	15 AAUW Nat'l Voting Ends	16 			19 King's Jail Letter Published	20 
21 World Lupus Day	22	23 World Taffy Day	24	25	26 World Thyroid Day	27
28	29 Memorial Day 	30	31			

A MESSAGE FROM THE PRESIDENT



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

Dear AAUW Tampa Members:

Welcome to *Magnificent and Mindful May*! It's hard to believe we are approaching the close of the 2022-2023 membership year. Our last general meeting, **Colors Day**, is scheduled for May 20th, 11am-1pm. This is a special meeting where all members will be encouraged to show AAUW Pride by wearing an outfit which incorporates the colors of AAUW*. It is also special as we will be installing our newly elected Board Members**. We hope to see all of you for a great turnout as we celebrate AAUW Tampa. We have so much to be proud of this year, including:

- Bouncing back from COVID limitations and improving our branch's financial standing (Ending the year with an estimated \$18,003.05 in the account)
- Hosting the first-ever *International Day of the Girl Child Tea* early in the year (organized by Tara Perkins, Director of Membership)
- Hosting our first *Popcorn Fundraiser* (overseen by Dr. Ebony Shoemo, Director of Finance)
- Presenting a very successful DEI program hosted by, Dr. Kay Lee-Smith, Director of Diversity, Equity and Inclusion and the DEI committee
- Achieving high satisfaction with monthly programs coordinated by the program committee, including executing our very successful Annual Fundraiser (guided by Dr. Bert Dunbar, Director of Programs)
- Collaborating with other branches and outside organizations to host our first-ever Women's Empowerment Conference entitled B.E.S.T.-X (Better Empowered Self Training Experience and Expo)
- Awarding (3) \$1,000 scholarships to three women pursuing degrees in STEM for the upcoming 2023-2024 school year (facilitated by Dr. Gloria Hilton, Director of Scholarships and the vetting committee)
- Nominating 26 students from Hillsborough County and selecting 9 of those students to attend Florida Tech Trek Summer STEM camp (coordinated by Kim Rostick, Director of Tech Trek and the interview team)
- Filling over 90% of elected and appointed officer seats going into the new membership year
- Increasing Membership from last year (60 strong and growing)

I have a few additional updates for your attention. First, I want to ensure you know the changes with national dues and the outreach efforts to renew. Many of you should have received a renewal notice in your email. Membership is on a rolling year that is based on your join date. We encourage self-renewal; however, for those of you who need assistance or need to make alternative arrangements for renewal, please don't hesitate to reach out to our Director of Membership, Ms. Tara Perkins, or Director of Finance, Dr. Ebony Shoemo. Membership dues are as follows: \$72 National (change from \$67), \$12 State, and \$13 Branch, for a **total of \$97.00**. We will be able to assist anyone who needs help at the last May general membership meeting before our break.

Next, as a reminder, we will not have a general membership meeting during June, July, and August for summer break. Our 2023-2024 membership year meetings will resume in September. However, the incoming and outgoing board will meet for a strategic planning meeting in June, open to any general member interested in engaging in planning for the 2023-2024 membership year. An email will be sent by the 2nd week of May with the agenda, location, and meeting instructions.

Please take a note that our AAUW Tampa, Inc. P.O. Box location has been moved from the previous downtown location to a location in Temple Terrace which is closer to where we hold our regular general meetings. Please save the address below for future reference:

**AAUW Tampa Inc.
P.O. Box 292275
Temple Terrace FL 33687**

Finally, I want to thank everyone on our current board of directors for your outstanding work and leadership. You were engaged, committed, and worked hard to ensure our membership year was successful. Thank you for stepping up and being generous with your time and skills. I would also like to thank the newly elected board members for their willingness to serve to ensure AAUW Tampa remains active and viable. Leadership is a co-created process; we can accomplish our vision and shared goals for AAUW Tampa together. As the quote by Hellen Keller states, "Alone we can do so little; together, we can do so much." I look forward to our continued AAUW journey, advocating, empowering, and developing each other and the women and girls in our community.

Please don't forget to RSVP for the May meeting by looking for the email from Dr. Bert Dunbar, Director of Programs, who, along with her committee, has brought us excellent programming for the year. You won't be disappointed with this last one, either. Bring a guest; the more, the merrier! Please enjoy this fantastic issue by Dr. Demetrix Rostick-Owens, Director of Communications. It's another great one! Happy Reading!!!!

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

***Colors Day**

Get in on the fun of our annual tradition of displaying pride for the AAUW Branch by wearing an outfit or clothing option which incorporate and showcase the AAUW color palette.



**** Installation of 2023-2024 Board Members**



MEETING INFO: MAY 20, 2023

The final meeting of the year promises to be an inspiring testament to the mission and goals of AAUW.

- **Date:** Saturday May 20, 2023
- **Time:** 11:00 am – 1:00 pm
- **Location:** 201 Inverness Ave, Temple Terrace, FL

Join us

Presentation by Hillsborough Organization for Progress and Equality - HOPE

HOPE is a multi-issue, grassroots, community organization consisting of 25 multicultural and interfaith member congregations throughout Hillsborough County, Florida. HOPE's mission is to promote justice, fairness, and the dignity of people — by engaging and training community members to effectively act together to achieve long-term solutions to serious community problems impacting our families and neighbors.

Speakers

Sherre Henley is a member of HOPE and currently serves as the co-chair of the Criminal Justice Committee and as Recording Officer for the HOPE Executive Committee.

Kaitlyn Hicks has been a community organizer for HOPE since 2017. During her time at HOPE, she has helped organize the Elder Care, Youth Civil Citation, and Adult Civil Citation campaigns.

Simmons Tribble is a member of HOPE Affordable Housing Committee that advocates for affordable housing in Hillsborough County.

Installation of New Officers

<i>And, the Winners Are...</i>		
<i>Paula Thomas</i> Corresponding Secretary	<i>Dr. Ebony Shoemo</i> Finance	<i>Rev. Martha Vaguener</i> Programs
<i>Tara Perkins and Yvette Williams</i> Membership	<i>Anne Spinelli and Irene Bembry</i> Public Policy	
<i>Princella Evans</i> Scholarships	<i>Catherine Clark Martin</i> Vice-President (1 year appointment)	<i>Dr. Gloria Hilton</i> Parliamentarian

Colors Day

Colors Day is a special day intended for member to dress in AAUW colors of admiral blue and leaf green. The chart to the right also shows approved complimentary colors.

Do it for:

- *Camaraderie*
- *A measure of support*
- *Bragging rights*
- *Fun and Prizes*

Leaf Green HEX C1D580 HEX 9C8F2F	Admiral Blue HEX 00748D HEX 1F4E7C	Paprika HEX D9534F HEX E34F1E	Perfect Ruby HEX D91919 HEX A30046	Honey Gold HEX D2C08E HEX D8B458
		Eggplant HEX 4A1580 HEX 9C2948	Fern HEX 198113 HEX 455A21	Slate Blue HEX 6A5ACD HEX 3B4E8F

Lunch and Networking

Summer BUFFET | \$18.00 .Mixed Greens Garden Salad with Ranch & Balsamic Dressing, Seasonal Fresh Fruit, Baked Ham & Roasted Turkey, Tuna, Chicken, and Egg Salad. Sliced American & Swiss Cheese, Lettuce, Sliced Tomatoes, Onions, Pickles, Creamy Cole Slaw & Assorted Breads, iced tea and coffee. Dessert: Cake with Cream Cheese Icing and pineapple filling.

Please email bertd28@aol.com or text 813.245.2820. You are encouraged to send payments, in advance, to our financial officer through Zelle or by credit card. If you made a reservation and do not cancel by, Midnight, on May 14, 2023, you will be responsible for payment of the meal.


MAGNIFICENT & MINDFUL MAY

Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress. (Mayo Clinic)

Additional Mindfulness Resources:

- Mindfulness could be your new superpower! [Find this article on LinkedIn](#)
- The Power of Mindfulness: What You Practice Grows Stronger [Find this video on YouTube](#)
- Mindfulness Exercises to Reduce Stress [Find this article on mayoclinic.org](#)


Principles Of MINDFULNESS



- 1. No Judgement**
Practicing mindfulness makes us aware of our thought processes and when and how we get distracted.
- 2. Patience is the key**
Be patient with our progress and learn from our mistakes.
- 3. Beginner's mind**
The beginner's mind refers to developing a curious mindset to see everything as if it were for the first time. It is a process to see the world with the eyes of a child without any judgment or assumptions.
- 4. Trust the process**
Trust is an essential factor when it comes to learning something new. Mindfulness is a new concept for you; it will take time to excel in it and see the desired results.
- 5. Non-Striving**
Mindfulness is about being satisfied with what you are and how far you've come without thinking of good or bad.
- 6. Acceptance**
Accepting situations as they are and not changing them is the goal of mindfulness. Acceptance helps us learn new things without judging them or changing them.
- 7. Let it go**
We cannot control everything or every outcome; the best that one can do in such a situation is to let it go.

www.yourmentalhealthpal.com

1-Minute Mindfulness Practice



- Focus on your breath rather than your thoughts
- Notice the sounds and sensations around you
- Close your eyes and take deep breaths
- Bring your attention to the rise and fall of your body

May-king Mindfulness Matter

Opportunities for Mindfulness in Daily Life



- Brushing your teeth
- Driving in silence or with calming music
- Doing the dishes or laundry
- Relaxing with kids while you get them ready for bed
- Exercising without music or tv and focusing on breathing instead

10 Types of Meditation



- Focused breathing
- Box breathing
- Anxiety relief meditation
- Transcendental meditation
- Mindfulness meditation
- Walking meditation
- Trauma-informed meditation
- Mantra meditation
- 'Do nothing' meditation
- Nature-inspired meditation

PsychCentral

'MAY' SUMMER BRING SELF-CARE

Submitted by Catherin Clark Martin, Vice-President

Summer is around the corner. This is a good time to reconnect with yourself and see if any adjustments need to be made. There are 4 major pillars of self-care that can help:

1. **Physical:** our bodies are made to move, and in most cases, this is when we feel our best. It also includes taking care of ourselves physically, such as paying attention to the foods we consume. How does your home look? Could it use some decluttering? Leave your electronics, turn on some music and dance while cleaning!
2. **Emotional:** How are you truly feeling? What brings you joy? What helps you grow and brings you peace? Be selfish – and delineate the boundaries for your time and energy. You don't have to participate in all activities, only those that bring you positivity, peace and joy.
3. **Psychological:** spend your energy on things that are in your control. Taking time for yourself to self-reflect is important. Journaling can help by allowing you to notice your inner feelings, experiences and thoughts.
4. **Spiritual:** spirituality comes in many forms. Many people think of prayer or meditation. Reflect on your essence. What is your purpose? What is meaningful to you? Be in nature, away from materialistic things. Be in the moment because that is the only time you are truly alive.



Tampa – 22nd Street Park. Photo courtesy Catherine Clark Martin

'MAY' I HAVE YOUR ATTENTION? AAUW TAMPA ANNOUNCEMENTS

15 Hillsborough County School Students are Heading to Tech Trek Summer Camp Submitted by Kim Rostick, Director of Tech Trek

The 2023 AAUW Tech Trek committee comprised of members Bonnie Edis, Dr. Gloria Hilton, Dr. Demetrix Rostick-Owens, Kim Rostick and Pat Tabone is celebrating a wonderful year for Tech Trek in Hillsborough County. In addition to having a record number of 26 student nominations, we received a record number of 16 completed student applications. A bonus is that we partnered with AAUW Sun City Center Branch to interview seventh graders throughout February. We are pleased to announce that 92 girls from around the state will be attending Tech Trek and 15 students will be representing Hillsborough County!!

Congratulations to the following students who will be attending this week long camp at either Stetson University in Deland Sunday, June 11th- 17th or June 18th-24th at Florida Atlantic University in Jupiter.

- **Academy Prep Center of Tampa:** Mariah Ewing, Briana Henriquez, Jazmine Jackson & Taliyah Walker
- **Bok Academy North:** Saramyia Simpson
- **Dorothy C. York Innovation Academy:** Gabrielle Bradshaw, Ryder Maeschen, Brianna Mercedes & Olivia Hamm
- **Farnell Middle School:** Rhadi Ferguson
- **Pizzo K8:** Kenique Lewis
- **Sulphur Springs PK-8 Community Partnership School:** Bethany Coulter
- **Walker IB Middle Magnet:** Eveleen Bedi & Sachi Som
- **Williams IB Middle Magnet:** Khiley Thomas
- **Young Middle Magnet:** Izabella McDonald

There will be 48 girls at each camp. They will live in campus dorms, eat their meals in the student cafeteria, use the University classrooms and labs for their core classes and workshops. The core classes and workshops at the camps will be similar but not identical. Courses include: Qualcomm Wearable Tech, Structural Engineering, Neuroscience, Marine Biology, Qualcomm Thinkabit Lab, Marine Science, Environmental Science, and The Fantastic Dynamics of Flight

We look forward to hosting students and hearing about this once in a lifetime experience at our first meeting of the 2023-2024 AAUW Tampa Branch season in September. Nominating teachers and families will also be invited. Stay tuned.

A huge appreciation is extended to the following teachers who nominated and supported students through the application process: Imarlys Cajigas, Kayla Carey, Alexander Dillard, Melinda Garrison, Patty Hall, Anthony Johnson, Sloane Kendziora, Shardae Monroe, Ralph Moore, Heather Piscione, Kelly Ramirez, TeShanna Rayner, Sabrina Shore.

Learn More
about
Tech Trek
(video)



3 College Students Receive \$1000 Scholarship from AAUW Tampa, Inc!

Submitted by Dr. Gloria Hilton, Director of Scholarship

The AAUW Tampa Branch is pleased to announce the 2023-2024 STEM Scholarship winners! Three University of South Florida students will receive a \$1,000 scholarship. Two graduate students, studying architecture and medicine, were selected. One undergraduate student, studying health sciences, was selected. A huge thank you to the AAUW Tampa Branch Scholarship Committee members for their efforts: Dr. Gloria Hilton, Director, Connie Fountain, Kim Rostick, Paula Thomas and Jacqui Vento. We look forward to you meeting these three students in person in January 2024.



Name: Alyssa Clare (2025); **Major:** Doctor of Medicine (MD); **Hometown:** Boca Raton, FL

Campus Involvement: Alyssa, currently serves as treasurer of the Obstetrics and Gynecology Interest Group and secretary of the Pediatrics Interest Group, allowing her opportunities to further connect with my classmates while also exploring two fields of medicine. Alyssa is also the Collegia Chair for the Lower Collegium at USF. Through mentoring and hosting events, Alyssa supports incoming first-year MD class in transitioning to medical school. She also works with the Office of Admissions interviewing candidates who are interested in attending

University of South Florida Morsani College of Medicine for their medical training.

Future aspirations: While admitting she still has much of her medical training left, Alyssa's current career path is to become an OBGYN and work with women experiencing infertility. She also desires to work in academic medicine so she can teach and mentor medical students.



Name: Emma Pritchett (2024); **Major:** The Master of Architecture degree (M. Arch.); **Hometown:** Port Charlotte, FL

Campus Involvement: Emma is a member of the American Institute of Architecture Student Organization and has served as treasurer. She also mentors incoming students enrolled in the architecture program at USF, which can be overwhelming - learning multiple new skills, including laser cutting, 3D printing, woodshop skills, and numerous 3D/ rendering software programs. I have submitted various work samples for competition and been recognized by The American Institute of Architects, The National Association for Women in Architecture, The Art Advocates of Sarasota, Florida, and The Future Builders of America.

Future aspirations: As a first-generation college student, Emma is proud to represent women in STEM as only 24% of registered architects in the U.S. are women. She is eager to contribute to a workforce environment that is more diverse, giving girls an opportunity to see themselves reflected in the field of architecture. Upon graduation from the University of South Florida's School of Architecture and Community Design, Emma plans to become a licensed architect, exploring the relationship between architecture and branding, re-envisioning the consumer relationship with the retail experience. This is a perfect blend of her interests in design, art, history, and culture.



Name: Zoe Webster (2025); **Major:** Health Sciences with a concentration in biological sciences; **Hometown:** St. Petersburg, FL

Campus Involvement: Zoe is currently serving as an executive chair for The National Council of Negro Women and is a member of The National Society of Black Women in Medicine. This semester she was inducted into the class of 2022-2023 Women's Summit is an initiative featuring informative master classes with senior coaching staff and club executives hosting special events and promoting career development for women pursuing a career in the NFL

Future aspirations: In the future Zoe is singularly focused on becoming a Physician Assistant.

NEW MEMBER SPOTLIGHT



Nina Thomas proudly defines herself as a Native Tampanian. Born and raised in the local area, Nina has taken on roles and involved herself with the community in a variety of ways. Employed at the James A. Haley, Veterans' Affairs (VA) Hospital since 2005, Nina serves as the Chief of Health Information Management (HIM).

Work Life

For those that may be unfamiliar with this professional title, like I was, health information management is an administrative position which facilitates processes associated with following policies to safely and effectively gather, handle, and distribute the healthcare information of patients. Incumbents in roles similar to Nina's may perform tasks which help to improve patient care, through the process of safeguarding patient's medical information in both traditional (paper) and nontraditional (digital) formats.

Community Engagement

Nina has routinely engaged in activities which allow her to give back to her community. When away from her role at the VA, Nina spends her time:

- Instructing and mentoring undergraduate students, seeking degrees in Healthcare Administration, at Saint Petersburg College (SPC) and Hillsborough Community College (HCC)
- Serving on Advisory Boards for SPC, HCC, and the Health Information and Informatics Advisory Board for Florida Agricultural and Mechanical University (FAMU), her alma mater
- Guiding and assisting graduates with securing positions within the organization



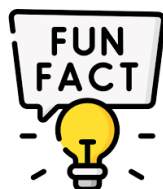
Connecting with AAUW

As an extension to her involvement in the community, Nina attended meetings hosted by AAUW Tampa, Inc. at the invitation of AAUW Tampa President Shella Miller. After attending a series of meetings during the past year, Nina decided to join the branch because of the mission of the organization, ability to potentially mentor others, and the opportunity to promote equitability in STEM education for girls and women.

Additionally, Nina has come to appreciate the work of the scholarship team and the branch's fundraising efforts. With her strong skillset in the areas of attention to detail and planning, Nina is open to committee work, particularly with the scholarship committee, and looks forward to assisting with upcoming projects on an as needed basis.

The Personal Side

In closing, as shared earlier, Nina is an alumna of FAMU. There, she earned her bachelor's degree in Health Information Management, before subsequently earning a Master's degree in Business Administration and Healthcare from Ashford University. While at FAMU, Nina met her husband and through the years she became the proud mother of Courtney, a senior nuclear engineer, and Kristin, a mobility manager. Rounding out the family is Nina's cat Shiloh, whom she refers to as the "absolute apple of my eye."

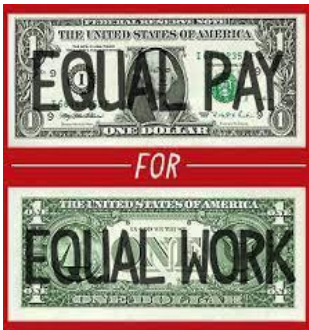


Nina's Fun Fact:

Nina enjoys watching old westerns. She fondly recalls viewing westerns with her oldest brother when she was growing up

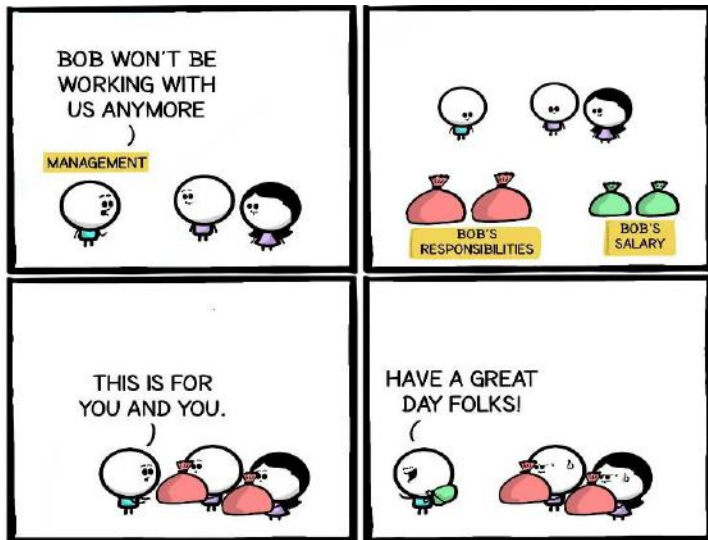
YOU 'MAY' WANT TO KNOW!

May Day, May Day!!!! What is it?



May Day (aka International Workers' Day), is a day for commemorating the historic struggles and gains made by workers and the labour movement. May 1 is the date May Day is observed in many countries.

(<https://www.britannica.com/topic/Arbor-Day>)



The Practice of Midwifery



Midwives are experts in the birthing process and, working hand-in-hand with an obstetrician, can help you have a healthy birth. Today, 7.8 percent of all hospital-born American babies are delivered by a midwife, who are gaining in popularity because women want a healthy, natural birth experience.

Learn more at: [The Reid Health Blog](https://www.reidhealth.com/blog)

Gwendolyn Brooks Makes Her-story!!!

In 1950, Gwendolyn Brooks becomes the 1st black person to win a Pulitzer Prize in any genre

Brooks' winning work was for her poetry collection *Annie Allen* (1949), which chronicles a black girl's growth into womanhood

Brooks was the author of more than twenty books of poetry



"Exhaust the little moment. Soon it dies. And be it gash or gold it will not come Again in this identical guise."

Gwendolyn Brooks

Volunteers Needed

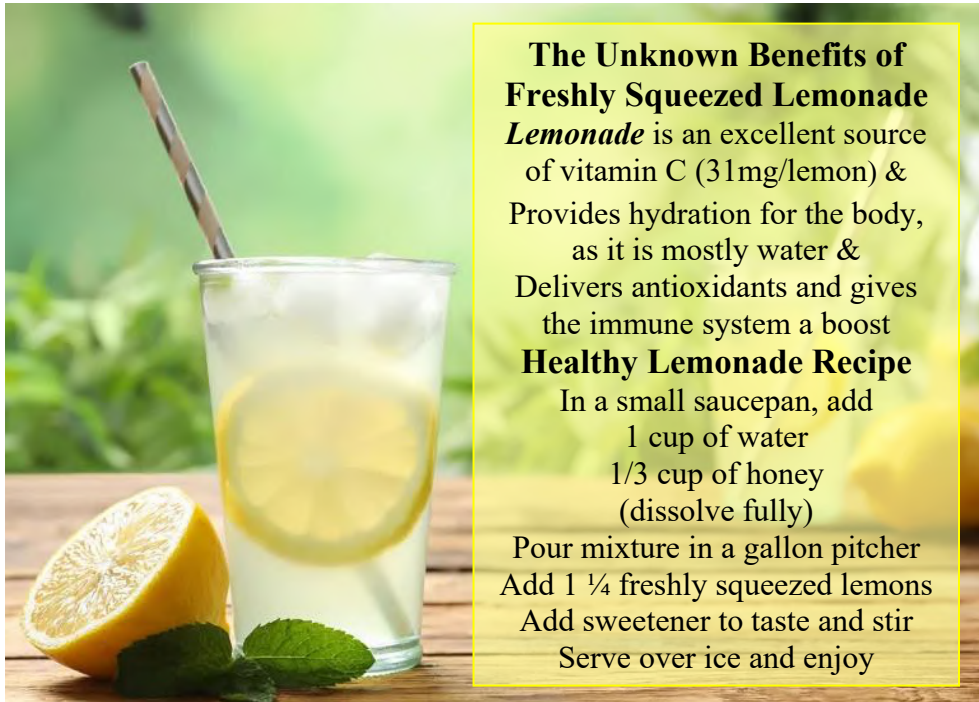
AAUW Tampa needs your talents! Do you have an hour or two a month to volunteer? Blogging, writing, decorating, calling, and many other ways you can help.

Don't forget about special programs where you can also showcase your talents.

Contact Catherine Clark Martin if you are interested @ 813-270-8885

All talents accepted!





The Unknown Benefits of Freshly Squeezed Lemonade

Lemonade is an excellent source of vitamin C (31mg/lemon) & Provides hydration for the body, as it is mostly water & Delivers antioxidants and gives the immune system a boost

Healthy Lemonade Recipe

In a small saucepan, add
1 cup of water
1/3 cup of honey
(dissolve fully)

Pour mixture in a gallon pitcher
Add 1 ¼ freshly squeezed lemons
Add sweetener to taste and stir
Serve over ice and enjoy

Happy Mother's Day



May 14, 2023

Armed Forces Appreciation Week is May 15-19



United States

Army

Marine Corps

Navy

Air Force

Coast Guard

Space Force

Did You Know?

The Department of Defense employs about 1.3 million people on active duty

About 780k people currently serve in the Reserves, the Air National Guard & the Army National Guard.

Military veterans make up about 7% of the civilian workforce.

The United States has 750 military installations overseas alone (in 80 nations!)

Military families relocate 10 times more often than civilian families.

(Retrieved from:

<https://recruitmilitary.com/employers/resource/419-did-you-know-these-military-facts>)

'MAY' JUSTICE PREVAIL

King's Birmingham Jail Letter Appeared in National Press- May 19, 1963

King used an open letter to defend his nonviolent resistance against racism and segregation. It became one of the central texts for the civil rights movement in the United States. Written on April 16, 1963 in a jail cell, the press printed it on May 19, 1963.

View a reprinted copy of the letter below.

(Retrieved from: https://catalogue.swanngalleries.com/full/914/779914_view%2002_02.jpg)

Martin Luther King, Jr.
Birmingham City Jail
April 16, 1963

11

Martin Luther King, Jr.

Bishop C.C. J. Carpenter
Bishop Joseph A. Durick
Rabbi Milton L. Grafman
Bishop Paul Hardin
Bishop Nolan B. Harmon
The Rev. George M. Murray
The Rev. Edward V. Ramage
The Rev. Earl Stallings

My dear Fellow Clergymen,

While confined here in the Birmingham City Jail, I came across your recent statement calling our present activities "unwise and untimely." Seldom, if ever, do I pause to answer criticism of my work and ideas. If I sought to answer all of the criticisms that cross my desk, my secretaries would be engaged in little else in the course of the day, and I would have no time for constructive work. But since I feel that you are men of genuine goodwill and your criticisms are sincerely set forth, I would like to answer your statement in what I hope will be patient and reasonable terms.

I think I should give the reason for my being in Birmingham, since I have been influenced by the argument of "outsiders coming in." I have the honor of serving as president of the Southern Christian Leadership Conference, an organization operating in every Southern state with headquarters in Atlanta, Georgia. We have some eighty-five affiliate organizations all across the South - one being the Alabama Christian Movement for Human Rights. Whenever necessary and possible we share staff, educational and financial resources with our affiliates. Several months ago our local affiliate here in Birmingham invited us to be on call to engage in a non-violent direct action program if such were deemed necessary. We readily consented and when the hour came we lived up to our promises. So I am here, along with several members of my staff, because we were invited here. I am here because I have basic organizational ties here.

Beyond this, I am in Birmingham because injustice is here. Just as the eighth century prophets left their little villages and carried their "thus saith the Lord" far beyond the boundaries of their home towns; and just as the Apostle Paul left his little village of Tarsus and carried the gospel of Jesus Christ to practically every hamlet and city of the Greco-Roman world, I too am compelled to carry the gospel of freedom beyond my particular home town. Like Paul, I must constantly respond to the Macedonian call for aid.

Moreover, I am cognizant of the interrelatedness of all communities and states. I cannot sit idly by in Atlanta and not be concerned about what happens in Birmingham. Injustice anywhere is a threat to justice everywhere. We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly affects all indirectly. Never again can we afford to live with the narrow, provincial "outside agitator" idea. Anyone who lives inside the United States can never be considered an outsider anywhere in this country.

You deplore the demonstrations that are presently taking place in Birmingham. But I am sorry that your statement did not express a similar concern for the conditions that brought the demonstrations into being. I am sure that each of you would want to go beyond the superficial social analyst who looks merely at effects, and does not grapple with underlying causes. I would not hesitate to

...a majestic sense of purpose, facing jeering and hostile mobs and the agonizing loneliness that characterizes the life of a pioneer. They will be old oppressed, battered Negro women, symbolized in a seventy-two year old woman of Montgomery, Alabama, who rose up with a sense of dignity and with her people decided not to ride the segregated busses, and respond to one who inquired about her tiredness with ungrammatical profundity: "My feet is tired, but my soul is rested." They will be young high school and college students, young ministers of the gospel and a host of their elders courageously and non-violently sitting-in at lunch counters and willingly going to jail for conscience sake. One day the South will know that when these disinherited children of God sat down at lunch counters they were in reality standing up for the best in the American dream and the most sacred values in our Judeo-Christian heritage, and thusly, carrying our whole nation back to those great walls of democracy which were dug deep by the founding fathers in the formulation of the Constitution and the Declaration of Independence.

Never before have I written a letter this long, (or should I say a book?). I'm afraid that it is much too long to take your precious time. I can assure you that it would have been much shorter if I had been writing from a comfortable desk, but what else is there to do when you are alone for days in the dull monotony of a narrow jail cell other than write long letters, think strange thoughts, and pray long prayers?

If I have said anything in this letter that is an understatement of the truth and is indicative of an unreasonable impatience, I beg you to forgive me. If I have said anything in this letter that is an overstatement of the truth and is indicative of my having a patience that makes me patient with anything less than brotherhood, I beg God to forgive me.

I hope this letter finds you strong in the faith. I also hope that circumstances will soon make it possible for me to meet each of you, not as an integrationist or a civil rights leader, but as fellow clergymen and a Christian brother. Let us all hope that the dark clouds of racial prejudice will soon pass away and the deep fog of misunderstanding will be lifted from our fear-drenched communities and in some not too distant tomorrow the radiant star of love and brotherhood will shine over our great nation with all of its scintillating beauty.

Yours for the cause of Peace and Brotherhood,

Martin Luther King, Jr.



May 17, 1974

Brown v. Board of Education of Topeka was a landmark 1954 Supreme Court case in which the justices ruled unanimously that racial segregation of children in public schools was unconstitutional. *Brown v. Board of Education* was one of the cornerstones of the civil rights movement, and helped establish the precedent that "separate-but-equal" education and other services were not, in fact, equal at all.

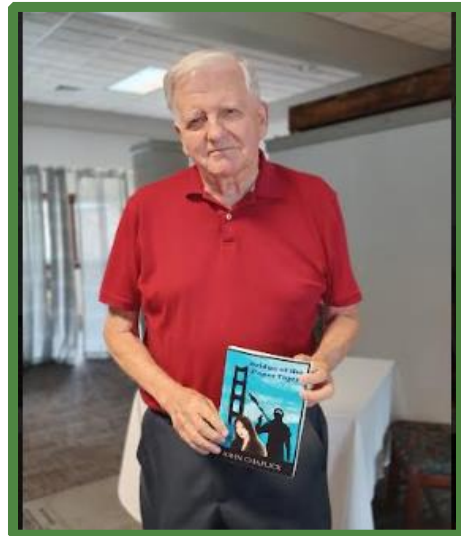


May 21, 2023

"Protecting the diversity of cultural expressions is more important than ever"

Held every year on May 21, UNESCO leads the celebration and recognition **World Day for Cultural Diversity for Dialogue and Development** highlighting not only the richness of the world's cultures, but also the essential role of intercultural dialogue for achieving peace and sustainable development.

APRIL MONTHLY MEETING 2023



NEW MEMBER SOCIAL 2023

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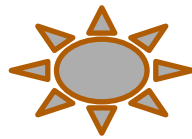


Out & About in Town



Best things to do in Tampa

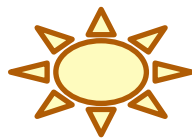
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27 Best Things to do in St. Petersburg, Florida

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