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CONTACT US:

tampa-fl.aauw.net

AAUWTampainfo@gmail.com

Hello AAUW Tampa Members,

Happy, Happy 1st day of November!!! As with each of our months this year, November is filled with a multitude of opportunities to engage with our colleagues in both AAUW Tampa and AAUW Florida. In this month's newsletter you'll find opportunities to:

- Read about the upcoming meeting details and friendly reminders shared by AAUW Tampa President, Sheila Miller.
- View calendar events for the month, which can be incorporated into your schedule.
- Purchase your ticket for our 2nd annual event, *Inspiration en Blanc with a Flair Tea*, being held on Saturday, November 18th from 11AM-1PM at 304 Druid Hills Rd, Temple Terrace, FL. If you are attending the tea, plan to purchase your ticket(s) by Sunday, November 5th. Questions, email Tara Perkins (hammond tara@aol.com).
- Recognize the fabulous women celebrating birthdays this month.
- Learn about self-care tips, including, a piece entitled "Be true to yourself," written by Catherine Clark Martin, AAUW Tampa Vice-President.
- Consider nominations for open AAUW Tampa Board Positions.
- Get-in-the-know about Gender Studies and DEI Initiatives on college campuses as well to preview of the Florida 2024 Legislative Days via two AAUW Florida Policy webinars.
- Join the Around-the-Town SIG on visits to Tampa's local museums and theaters. For more information, contact Irene Bemby (beckybembry52@gmail.com).

As you read the newsletter and view the pictures at the very end, it is my hope, that you will find something within the next few pages which will intrigue you or spark a bit of interest.

Until we meet again, have a wonderful month!

Authored By: Dr. Demetrix Rostick-Owens



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Stay
Connected

PO Box 172715
Tampa FL, 33672

A Message from the President



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

Dear AAUW Tampa Members:

November has snuck up on us once again. I just love this time of year with all the great smells of pumpkin and spice and everything nice! I have so much to be thankful for including all the great people and the circle of support I have garnered in AAUW. Every time I walk into an AAUW meeting, it is great feeling the energy of the room, watching people smile, and knowing we are supporting and rallying around each other to encourage and uplift.

The energy in the October meeting was amazing as we shared awareness about breast cancer and honored our Fighters. That is what building community is all about. I just love it! We also got some double wins, gaining new members at the last meeting, bringing our membership close to 70 people on the rolls. Thank you for continuing to share the gift of AAUW with others and inviting guest to our meetings. New memberships and new member involvement will ensure AAUW is around another 100 years.

We are off to an amazing start this year and I am very proud of our branch and its accomplishments. I am also excited about a couple of upcoming events or actions which are shared below.

1. Our 2nd Annual Tea, *Inspiration en Blanc with a Flair Tea* is coming up this month and will be held on Nov. 18th from 11am-1pm. Yay!!! The location for that tea is 304 Druid Hills Road, Temple Terrace, FL at the Christ Our Redeemer Lutheran Church Community Room. Please note, the **tea will replace our regularly scheduled November meeting**. Purchase your tickets by Sunday, Nov. 5. Questions? Contact Tara Perkins, Director of Membership at hammond tara@aol.com. I look forward to our fellowship with you during the tea.



2. Our upcoming December meeting, on the 16th, is usually very fun. This year, our very own and new member, Dr. Rukmini Potdar, will be the speaker. Dr. Potdar will share details about the Guardian Ad Litem program. So many in our community need support and advocacy, even the children in the system.



3. The December meeting is also a time for us to participate in the branch's service project, a Holiday Toy Drive. Please collect gifts or gift cards to be given to children who are in the system. Anyone wishing to participate should bring their donations to the December meeting. Those donating, will have their names entered into a drawing to win a prize. We will be sending out a message with the details next week.



4. The Branch Impact Survey comes out in November to our branch leaders. This is an opportunity for us to brag on our accomplishments over the last fiscal year with the national office. We are told this survey will also serve as the application for the FY 2023 Five Star Program.



Friendly Reminders

Invite, Invite, Invite!

Membership is the lifeblood of our organizations, which ensures its survival and adequate hands to work on our mission. We encourage you to join hands with us and be ambassadors for AAUW to bring guest to our events and meetings. This is a way to share AAUW with others and potentially gain new members.

Current Open Positions

We are seeking appointments of several open positions, which are listed below. Interested in learning more? Please contact me or Catherine Clark Martin, Vice President AAUW Tampa, Inc. ccmartinaauw@gmail.com.

- **Social Media Manager (SMM)**- The SMM maintains our social media presence by sharing important information, events, and activities on our social media platforms.
- **Diversity Equity and Inclusion Director (DEID)**- The DEID serves at the liaison with the State DEI Committee, bringing information s back to the branch DEI information, ensures we are creating a diverse and inclusive organization, hosts at least one branch DEI event or seminar, and shares DEI learning and growth opportunities.
- **Nominations Chair and Committee**- The chair and committee develop the slate of nominations for next year's elections for April 2024. An appointment is needed prior to or by December.
- **Fundraising Committee**- The committee generates ideas, plans, and helps with branch fundraisers.
- **Special Interest Group (SIG)**- The SIGs, such as *Out on the Town*, forge relationships and friendships on a small scale around special interest topics (e.g., Book club, cooking, discussion groups, etc.). Let us know if you are interested in joining an existing SIG or starting a new one!

Community Hub

Process New Memberships, Membership Renewals and Donations in the Community Hub by following the step-by-step instructions made available on the [Community Hub Tools and Resources](#) page. You can also find answers to your most [Frequently Asked Questions](#).

AAUW Tampa Leadership Opportunities

Consider taking on a leadership role or running for office ahead of the elections in April 2024

Looking for a few good members



It's time to think about elections and your opportunities to serve Tampa's AAUW branch. you are interested in running for a position, or would like to nominate someone for a position, please fill out the Google form. All positions can have co-chairs, and this includes the President's position.

Open Positions:
 President
 Vice-President
 Director Tek-Trek
 Director Finance
 Correspondence Secretary
 Director Membership
 Director Communication
 Recording Secretary
 Parliamentarian
 Director Social Media
 Director Public Policy
 Director DEI

Enjoy the Newsletter! I look forward to seeing you at the *Inspiration en Blanc with a Flair Tea* on November 18th at is 304 Druid Hills Road, Temple Terrace, FL at the Christ Our Redeemer Lutheran Church Community Room.

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

NOVEMBER 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>National Month for Adoption, Career Development, Diabetes Awareness, Lung Cancer Month, Native-American Heritage, & Vegan Awareness</p>			1	2 Learn: 6pm 11/2/2023 Gender Studies and DEI Initiative at Colleges 6pm on Zoom	3 National Homemaker Day Learn More	4 @ 11:59pm Day Light Savings Ends 
5 Deadline to purchase Nov 18 tickets for Tea	6 Job Action Day Learn More	7	8 National STEM/STEAM Day Learn More	9	10 Forget Me Not Day 	11 Veterans' Day Learn More
<p>National Week for Allied Health, Animal Shelter Appreciation, Week</p>						
12 Diwali Festival Learn More	13	14 Click for info 	15	16 Learn: 6pm 11/16/2023 Florida 2024 Legislative Review 6pm on Zoom	17	18 Event: 11am <i>Inspiration en Blanc</i>
19 Women's Entrepreneur's Day Learn More	20	21	22	23 Thanksgiving Day 	24 Native American Heritage Day Learn More	25 Small Business Saturday Learn More
26 Why is this day the WORST to fly after Thanksgiving?	27	28	29	30	<p style="text-align: center;">Join the <i>Around the Town</i> SIG for some fun in Tampa's Museum & Theater Scenes (For more details, see pages 9-11 in this month's newsletter)</p>	

Nov. Nov 18: Unite. Inspire. Conquer.

THE AMERICAN ASSOCIATION OF UNIVERSITY WOMEN (AAUW) TAMPA PRESENTS

Inspiration en Blanc with a Flair

**NOV 18, 2023 | 11AM-1PM | 304 DRUID HILLS ROAD
TEMPLE TERRACE, FLORIDA**

ALL PROCEEDS BENEFIT AAUW TAMPA SCHOLARSHIP & TECH TREK FUND

CONTEST FOR
BEST "INSPIRED" TABLE,
DAINTIEST TEA CUP
& CUTEST HAT

RESERVE YOUR SPOT TODAY!

Purchase a TABLE for 8
\$250



As Table Leader, you invite 7 of your closest friends to decorate the most stylish BLANC Table! The TABLE package includes tea refreshments and the opportunity to win the Best Inspired Table Award!

INDIVIDUAL TICKETS
\$40



Include a seat at an elaborately styled table and tea refreshments

**ATTIRE: WHITE ATTIRE
ENCOURAGED BUT NOT REQUIRED**

**UNITE
INSPIRE
CONQUER**



AAUW Members-
please purchase
tickets via Zelle using
email
aauwtempafinance@gmail.com

Deadline to purchase
tickets: Nov 10, 2023

If you are unable to
attend, please
consider a donation of
any amount.

Point of Contact:
Director of
Membership, Mrs.
Tara Perkins @
HAMMONDTARA
@aol.com



HAPPY

Tara
Perkins
- Nov. 20 -

Ivana
Tribble
- Nov. 29 -

BIRTHDAY!

TAKE CARE OF YOURSELF

“Be true to yourself,” Authored By: Catherine Clark Martin

Be true to yourself

Halloween is behind us. It made me think how fun it was as a child to dress up as my favorite character. In my case, it was Pippi Longstocking, a fearless 9-year-old little girl. But, as adults, hiding behind a mask can only get us so far.

What is our true self? Are we being true to our true selves? How can we get closer to our true self? Sometimes it means taking a step back so that we can find ourselves. Saying “no” to things that don’t nourish our hearts. Being selfish, in order to become selfless.



Heal Thy Self, in order to be a Healthy Self. So, as the holidays quickly approach, be kind to yourself and give yourself grace and the needed time, so that you don’t have to hide behind that mask. ~ Catherine



“ Today I will not stress over things I can't control or change. ”
said the tree.

TYPES OF SELF-CARE

-  Get enough sleep, stretch and exercise, and eat healthy food
-  Be kind, manage stress, practice gratitude, and set boundaries
-  Spend time with friends and family, ask for help, and be part of a community
-  Do things you enjoy and that relax you

SCHOOLPOSTERS.COM

TYPES OF SELF CARE

 SOCIAL activities that help nurture your relationships with others	 PHYSICAL activities that improve your physical health	 MENTAL activities that stimulate your mind
 PRACTICAL tasks that help prevent future stress	 EMOTIONAL activities that help you connect and reflect	 SPIRITUAL activities that nurture your spirit



Share your Leadership Experience and Skills

Join in on the Shared Governance to Make Certain the Branch Remains in Compliance with the Core Mission, Values and Bylaws

Connect with Like-Minded, Intelligent and Tenacious Individuals Seeking to Advance Gender Equity for Women and Girls

Assist in Ensuring AAUW Tampa Continues to Grow and Endure Operationally

Looking for a few good members



It's time to think about elections and your opportunities to serve Tampa's AAUW branch. If you are interested in running for a position, or would like to nominate someone for a position, please fill out the Google form. All positions can have co-chairs, and this includes the President's position.

Open Positions:

- President
- Vice-President
- Director Tek-Trek
- Director Finance
- Correspondence Secretary
- Director Membership
- Director Communications
- Recording Secretary
- Parliamentarian
- Director Social Media
- Director Public Policy
- Director DEI

Peer- and Self-Nominations are Welcome.
Contact Catherine Clark Martin
(ccmartinaauw@gmail.com) for questions
or to make a nomination!



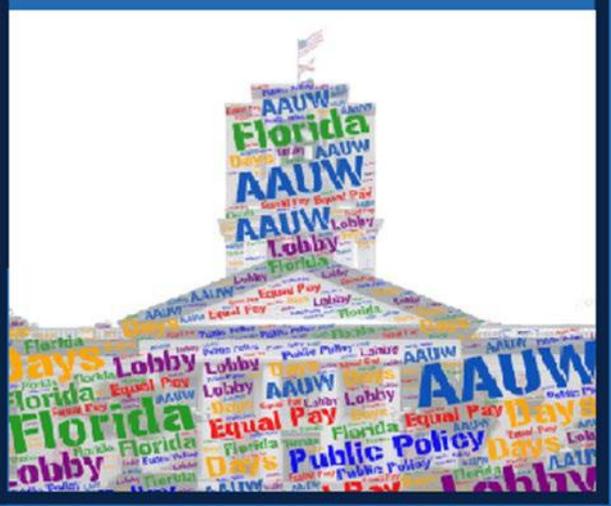
In the Know: Public Policy

You still have time to join the AAUW Florida Public Policy Issue Forum. This month, 2 sessions will be held, on Thurs., Nov. 2 and Thurs., Nov. 16. Learn more and register by clicking on the image Questions, please contact the chair at aauwflksmith@gmail.com.

11/2/2023
Gender Studies
and DEI Initiative at
Colleges
6pm on Zoom

A group of women are standing outdoors in front of a large, classical-style building. They are holding several white signs with handwritten text. The signs include phrases like "WOMEN'S VOICES FOR WOMEN'S CHOICES", "MY body IS CHOICE", "BE BOLD FOR CHANGE", and "WOMEN'S CHOICES". The women are dressed in casual attire, and the scene is set in a grassy area with trees in the background.

11/16/2023
Florida 2024
Legislative
Review
6pm on Zoom

A graphic of the state of Florida is shown, where the shape of the state is filled with various words and phrases. The words are in different colors and sizes, creating a collage effect. Some of the visible words include "AAUW", "Florida", "Lobby", "Equal Pay", "Public Policy", "Days", and "Pay". The background is white, and the Florida shape is outlined in blue.

AAUW Florida Lobby Days 2024

*Save
the Date*

AAUW Florida for the Annual Lobby Days event being held January 15-17, 2024 in Tallahassee. This event provides an opportunity for you to meet face to face with your Florida Legislators and to advocate for our public policy agenda.

Find your State Senate District and the name of your State Senator, by accessing <https://www.flsenate.gov/Senators/Find>. Enter your address on the webpage to get the name of your State Senator. The

AAUW Florida Public Policy Committee will distribute additional information concerning registering for lobby days and booking hotel accommodations.

SIG: Museums and the Theater Scene

Museum and Theater Scene Information Submitted By: Irene Bemby

Check-Out Tampa's local museum and theater scene with the *Around Town Special Interest Group*, spearheaded by Irene Bemby. Let's get together for an evening out to see a few exhibits or to catch a play. Interested? Send emails to beckybembry52@gmail.com.

Tampa Museum of Art

120 W. Gasparilla Plaza, Tampa, FL 33602

[Join](#) [Give](#) [Tickets](#) [Plan Your Visit](#)



Ceramic Chess Set
Workshop



Remix-TMA@Firehouse
Adult



Figure Drawing:
Thursday Evening

Henry B. Plant Museum

120 W. Gasparilla Plaza, Tampa, FL 33602

[Donate/Join](#) [Discover](#) [Events](#) [About](#)



Henry Plant's
Playlist



Captain's Log Voyages
in the Age of Steam



Upstairs/Downstairs at
the Tampa Bay Hotel

“Art enables us to find ourselves and lose ourselves at the same time” — Thomas Merton

WESTCOAST BLACK THEATRE TROUPE

Westcoast Black Theater Troupe (WBTT) was founded in December 1999 as a not-for-profit 501(c)(3) organization.

WBTT's mission is to produce professional theater that promotes and celebrates African American history and experiences, engages a broad base of patrons and audiences, supports the development of a dynamic group of aspiring artists and builds self-esteem in youth of color.

Carrollwood Player's Shows:

[This 70's Show](#)

Nov 3 - Nov 12, 2023

[A Christmas Carol Gets Decked](#)

Dec 8 – Dec 23, 2023

[Hotbed Hotel](#)

Jan 19 - Feb 3, 2024

[Rosie's—the Women Who Riveted the Nation](#)

Feb 9 – Feb 18, 2024

BUY TICKETS

1012 N Orange Ave., Sarasota, FL 34236

WBTT's Shows:

[Once on This Island](#)

Oct 11 - Nov 19, 2023

[Groovin' on the Soul Train 2](#)

Sat.; Nov 11, 2023 6-10 PM

[A Soldier's Play](#)

Jan 18 - Feb 18, 2024

[Ruby](#)

Feb 28 – Apr 7, 2024

BUY TICKETS

1012 N Orange Ave., Sarasota, FL 34236



Carrollwood Players

Carrollwood Players Theatre exists to provide a place where everyday people from all walks of life can participate in and learn about the magic of creating live theatre.

We are Tampa's longest continuously operating community theatre company and have truly become *Tampa's Community Theatre*. Each year, we present a full season of Mainstage and Black Box productions, created by and for the community.

Straz Center's Shows:

[The Choir of Man](#)

Now – Dec 10, 2023

[Frankenstein](#)

Now - Nov 12, 2023

[Funny Girl](#)

Nov 28 – Dec 3, 2023

[Alabama Stories](#)

Jan 11 – Jan 21, 2024

BUY TICKETS

1010 N. Macinnes Pl, Tampa, FL 33602



Award-winning Stageworks Theatre was founded in 1983 as a non-profit high-quality professional theatre to be the community catalyst eradicating intolerance through performing arts and education.

As the longest-running professional theatre in Tampa, Stageworks presents critically acclaimed and award-winning plays seasonally on the main stage while also providing arts programs year-round youth.



The Straz Center's mission is to inspire, educate and enrich the entire community through the transformative power of the performing arts.

The Straz Center is committed to anti-racism and vows to support the lives, art and stories of people of color; be accountable as an institution, and to learn, share and take action to advance ideas and solutions to accelerate social justice demands for people of color.

Stage Works' Shows:

[Poirot Returns](#)

Nov 3 - Nov 12, 2023

[The Great Christmas Cookie Bake Off](#)

Dec 1 – Dec 17, 2023

[I Am My Own Wife](#)

Feb 9 - Feb 25, 2024

[The Immigrant](#)

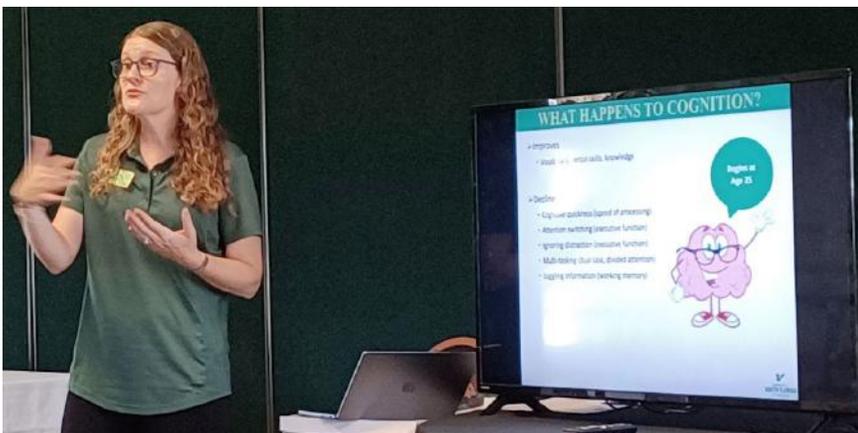
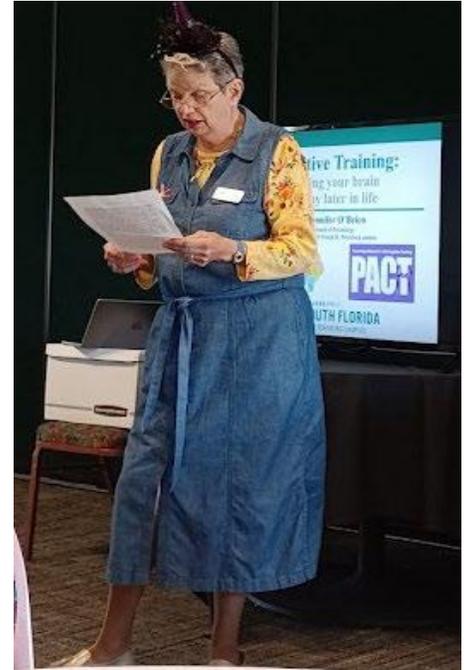
Mar 15 – Mar 31, 2024

BUY TICKETS

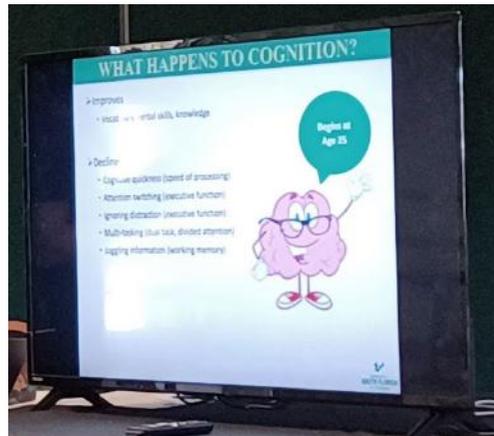
1120 E Kennedy Blvd, Ste. 151, Tampa, FL 33602

“Art is something that makes you breathe with a different kind of happiness” — Anni Albers

Pictures from the "Pink Out" Meeting Oct 21, 2023



Thank You
Dr. Jennifer O'Brien
for providing insight into the
benefits of Cognitive
Training offered through
USF Health Cognitive Aging
Lab's PACT research and
Active Minds project!



Have a wonderful day!

Stay Connected, Like and Share



Tampa (FL) Branch

Making A Difference for Over 100 Years

Learn More AAUW
Tampa:
<http://tampa-fl.aauw.net/>



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

Access the AAUW
Tampa Branch
Bylaws:
<https://tampa-fl.aauw.net/bylaws/>

Share the benefits
of membership with
others:
aauwtampamembership@gmail.com

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

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

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

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

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



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