

Hello Fellow AAUW Members and Friends!

I hope each of you are well. The final month of the year is upon us and brings with it many opportunities for hustle and bustle, traveling, good food and drink, and shopping. I am slightly worn out just thinking about it all. However, the holiday songs, lights, and decorations make's this time of year feel so very special.

I hope as you go about your day, you'll find time to peruse this month's newsletter which highlights the following:

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## 2023-2024 BOARD

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# A Message from the President

Dear AAUW Tampa Members:



Shella Miller,  
President  
AAUW Tampa  
2022-2024

Wishing you and yours a very Happy and Joyous Holiday Season! I hope you can find some time to slow down and enjoy the festivities of the holiday as you create memories with your friends, colleagues, and loved ones. It is hard to believe the 2023 calendar year is coming to an end shortly. I want to thank you all for a wonderful AAUW year. I am deeply appreciative of your ongoing commitment to AAUW and support of its programs.

It is very important to our Board that we set up the Tampa Branch for continued success, viability, and sustainability. Therefore, as we approach the end of 2023, we want to take the opportunity to reflect on our branch and what we can do to improve and meet the needs of our members and set up the Tampa Branch for continued success well into the future. I will be sending an end of calendar year *Tampa Branch*

*Member Survey* in a couple of weeks. This anonymous survey will be an opportunity to hear from you! When you receive the survey, please let us know how you think we are doing, what you like, and what you think we can do to improve your branch experience. We will discuss your feedback at the January Board of Directors Meeting. Feedback is very important for continuous improvement. It is our desire to make sure you know that we value your voice, and your input is very important to us because together we are partners in AAUW Tampa, Inc.'s success. When it is received, please complete the Google survey. Thank you in advance.

In my President's update this month, please see the key items I want to bring to your attention:

1. In efforts to sustain AAUW, the National AAUW Board of Directors will be voting to change membership dues in December. The first change would increase college/university dues from \$175 to \$250, which has not changed in years. The second proposed change is to reallocate the \$3 action fund to AAUW, Inc., making national dues \$72.00 for individual membership and fully tax deductible. These changes only impact national fees and will not affect the state and local chapter fees. Would you like to provide feedback to the national AAUW Board? Do so by Dec. 15th using the following link. <https://www.surveymonkey.com/r/WNXXJSP?emci=1217a80f-c68e-ee11-8925-002248223cba&emdi=c80ed87a-d08e-ee11-8925-002248223cba&ceid=960285>
2. At our upcoming December 16<sup>th</sup> meeting, we will be hearing from Dr. Rukmini Potdar as she shares details about the **Guardian Ad Litem** program and volunteer opportunities. So many in our community need support and advocacy, especially the children in the system. Also, please be reminded we are collecting toys for the Holiday Toy Drive for the children who are in the system for the holidays. Below are two ways to donate:



- If you were unable to bring an unwrapped toy to the November 18th Tea, you may bring an unwrapped toy to the December 16th meeting. Once collected, donated toys will be dropped off to the distribution center following the meeting.



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- Or, if you prefer shopping online and having your gift shipped directly to the *Voices for Children* Office, you may purchase a wish list item from Amazon using the following link:

<https://www.amazon.com/hz/wishlist/ls/FUZ1C7XZPBZ3?&sort=default>

3. I am very excited about AAUW Florida's Pathway to Leadership Program, which was the vision of our current State of Florida President Ms. Bea Holt. This is an effort to build leaders and leadership knowledge within AAUW and to train members to feel more comfortable about the leadership roles at the state and branch levels. AAUW FL will be providing a preview demonstration for one of the modules to the Presidents' group the week of December 6<sup>th</sup>. The Preview session will cover Governance, Finance, and Leadership, the collective responsibilities of the board of directors.

## Take Action


4. To close, I would be remiss if I did not once again thank Ms. Tara Perkins, the entire planning team that coordinated the beautiful *Inspiration En Blanc Tea* last month, and everyone who participated or contributed. The team did a great job! Congratulations to all the winners. Please enjoy some of the pictures from the tea in this issue. We look forward to seeing everyone at the next big fundraising event, which should take place in March. More will be coming out in January from the planning team. I would also like to extend great appreciation to Ms. Solana Rostick, daughter of Ms. Kim Rostick, who will be a volunteer helping us with our AAUW Tampa Social Media efforts. With that, enjoy this festive issue and the wonderful content of this newsletter. We could not have such a quality product without the focused effort and talent of Dr. Demetrix Rostick-Owens, Director of Communications. Enjoy!



- Invite, Invite, Invite to Monthly Meetings
- We are looking for candidates for several officer positions. Elections are coming in April. See the flyer included in this newsletter.
- Please remember to check your membership renewal anniversary dates and renew your membership when it comes due.
- You may 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](#).

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

# December-at-a-Glance

SUN	MON	TUE	WED	THU	FRI	SAT
<i>As we head into the end of the year, remember "Yesterday's the past, tomorrow's the future, but today is a gift. That's why it's called the present" (unknown author)</i>					1 World AIDS Day	2
3 First Sunday of Advent	4	5 International Volunteer Day	6	7 First Day of Hanukkah	8 National Brownie Day	9
10 Human Rights Day	11	12 Watch a Holiday Movie	13	14	15 Tech Trek Nomination Deadline	16 AAUW Monthly Meeting-
17	18 Make a family dessert	19	20	21 Winter Solstice	22	23 Enjoy seeing the holiday lights
24 Christmas Eve	25 Christmas Day	26 Kwanzaa	27	28 Call a friend you haven't spoken to	29	30 National Bacon Day
31 New Year's Eve						



# December 16 - Meeting

*Join Us!*



11 o'clock



Hear about the Guardian Ad Litem program from Dr.

Rukmini Potdar!



Bring your unwrapped gift or gift cards for the Branch Toy

Drive



Wear your UGLIEST Holiday Sweater for a chance to win a



Make time for Lunch and networking following the meeting!





# Just a Thought about Self-Care

## Making Time

As we come to the end of the year, things always seem to become extremely hectic. Our commitments to family, friends, parties, and shopping never seem to end as the holiday approaches. As such, it is ever more important that we remember we have to take-care of ourselves! Our bodies can only do so much.

Don't think you have time for self-care?

The next time you are cleaning your house ahead of the holidays, put on some music and sing or dance to let it all out. Give yourself a 30-minute break to spend time alone, by yourself. It seems the holidays will be over as soon as they have come and before long, the new year will be upon us once again. The holidays are not always fun for everyone. However, it is my hope that you will enjoy the time that you have with those that you love, which also includes yourself.

Happy Holidays to All,  
Catherine Clark Martin; Vice President

## Self-Care Strategies

### Holiday Self-Care

**Make space for messy feelings.**

Are there any feelings of grief, loss, anger, or depression that surround the holiday season for you?



BlessingManifesting

*Holiday*

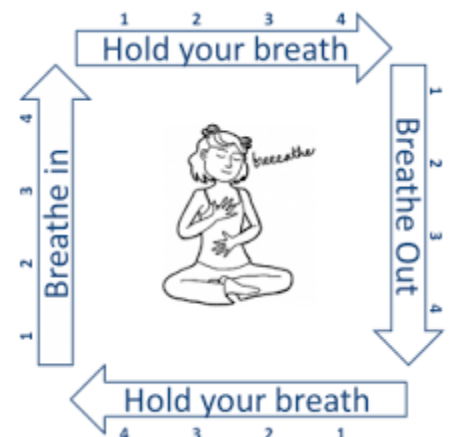
*Healing Tip*

'Tis the Season for...

Asking for help  
Being flexible  
Letting go  
Self care  
Setting boundaries



TheFiveFacetsOfHealing.com



# Tech Trek Nominations

AAUW Tampa Branch Members and Friends

Please spread the word about the AAUW Florida Tech Trek opportunity for 7th grade girls attending school in Hillsborough County.

**The Deadline for Nominations is Dec. 15.**

**AAUW Florida Tech Trek Nomination Form**

<https://forms.gle/jKgMnYjkAWu2aQRz7>



The mission of the American Association of University Women (AAUW) is to advance gender equity for women and girls through research, education and advocacy.

Tech Trek, part of our education focus, is a week-long summer STEM camp scholarship valued at \$1,200. Through hands-on problem solving and encounters with women role models in science, technology, engineering, and math, AAUW Tech Trek helps girls see their futures while having nonstop fun. This one-week summer camp is backed by AAUW's research and designed to make STEM fields exciting and accessible to girls in middle school — the age when girls' participation in these fields statistically drops. For many girls, the week-long camp sparks their curiosity and places them on a path toward success.

Math and science teachers, using the link at the top of the page, please consider nominating up to five (5) current 7th grade girls to represent your school for AAUW Florida Tech Trek, taking place in June 2024.

You can read about this year's [Florida Tech Trek](#) STEM classes, learn about our record setting 15 Hillsborough County scholarship recipients in the AAUW Tampa Branch [September newsletter](#) (pg. 6-7) and view photos from the Tech Trek presentation in our [October newsletter](#) (pg. 11).

Ideally, we're looking for students who: have displayed an interest in STEM, could benefit from a mentorship program, will follow through with family application completion and who might not otherwise be able attend an overnight camp.

**Math and science teacher nominations will be accepted November 1 - December 15.**

I am happy to answer any questions you might have.

With appreciation,

Kim Rostick

AAUW Tampa Branch

[Tech Trek Chair](#)

[813-545-9435](tel:813-545-9435) cell

## More Information

- Learn more about **American Association of University Women** (AAUW) <https://www.aauw.org/resources/programs/tech-trek/>
- **AAUW Tampa Branch Membership Info** <https://tampa-fl.aauw.net/membership/>
- View **AAUW Tech Trek video** <https://www.youtube.com/watch?v=ldHrqdn290M>

# Lobby Days

**AAUW Florida Lobby Days are January 16 and 17 in Tallahassee  
Get Ready for our Opportunity to be Heard!**

AAUW Florida Lobby Days are our opportunity to observe and take part in the legislative process and to influence it in the direction of equity, especially for women and girls. AAUW Florida offers significant monetary assistance to those willing to travel to Tallahassee, which not every comparable organization does, but it does represent a financial commitment for those participating.

However, this is one of the most important things we do as a state AAUW affiliate and is prescribed in our policies. Legislators, including Rep. Anna Eskamani who spoke with us on the November 16 Public Policy Issues Forum, tell us that being present in Tallahassee to advocate for our priorities is very important.

Here's a link to the recording of that Nov. 16 Forum, which also contains tips on lobbying and discussion of four bills: <https://vimeo.com/886233850?share=copy>

If you are considering joining us in Tally, please register at the link below. There is no obligation; when you register you will be kept in the loop as to plans.

[https://docs.google.com/forms/d/e/1FAIpQLSe6kapEWxd0O\\_0p6qlgsDdAPUA65fH6WAMFwXrh2nikODLOag/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSe6kapEWxd0O_0p6qlgsDdAPUA65fH6WAMFwXrh2nikODLOag/viewform?usp=sf_link)

- Lobby Days will be January 16-17, with arrival on the 15<sup>th</sup>. The hotel is Wyndham Garden, 1355 Apalachee Parkway, Tallahassee. Here is the link to register at the hotel: [Wyndham Garden Tallahassee Capitol Rooms & Rates \(wyndhamhotels.com\)](https://www.wyndhamhotels.com/tallahassee/florida/capitol-rooms-rates).
- Half the room cost of \$120 will be subsidized by AAUW Florida, so with a roommate there would be no cost for the participant for lodging.
- We will offer a small allowance for travel for the driver. Please try to share. Meals including one group meal are on one's own.
- Activities during Lobby Days will include a group dinner on Tuesday evening and meetings with legislators who support our priorities. We want to thank and encourage them! Please arrange a meeting with your own legislator(s) during our time at the capitol whenever you can.
- You will be provided with position papers to leave behind and talking points on the bills the Public Policy Committee has identified to support or oppose.



## **Lobby Weeks at Home6**

**We encourage branches to plan to visit your local legislators** during the weeks leading up to the 2024 legislative session. Free weeks are: December 18-22, 2023, and January 1-5, 2024

In addition, please consider approaching legislators who may not usually be supportive, asking them questions about our areas of concern such as pay equity and personal control of health care.

For information contact:

**Bea Holt** - AAUW Florida President: [aauwflbholt@gmail.com](mailto:aauwflbholt@gmail.com) or

**Kay Lee Smith** - AAUW Florida President-Elect: [aauwflksmith@gmail.com](mailto:aauwflksmith@gmail.com).



# Out & About

## Florida Highwaymen Exhibit

The Highwaymen Artist are having a showing at the G. Carter Woodson African American Museum in St. Petersburg, Florida. These artists, consisting of 25 men and 1 woman, traveled around Florida selling their landscape paintings out of their cars during the segregated 1950 and 60s. They sold their paintings to hotels on the coast. The cost was a few dollars. Today, the prices are in the thousands.

Collectively the painters are known to as the Highwaymen.

- *Title:* The Florida Highwaymen: The next generation, the legacy continues.
- *Location:* G. Carter Woodson African American Museum of Florida in St. Petersburg,
- *Dates:* Now through mid-December. The art walk will be on Saturday December 9. 5-8 pm. One of the original 26 artists, Ray McLendon, will be present.
- *Cost:* FREE admission



Roy McLendon

## Henry Plant Museum

- *Activity:* Victorian Christmas Stroll
- *Location:* Henry Plant Museum
- *Dates:* December 1 until December 23, 2023.
- *Times:* 10:00-5:pm weekends live music 6pm-7:45pm
- *Costs:* Adults \$18, seniors \$ 16, & children \$12



## Museums, Exhibits, & Theater Plays

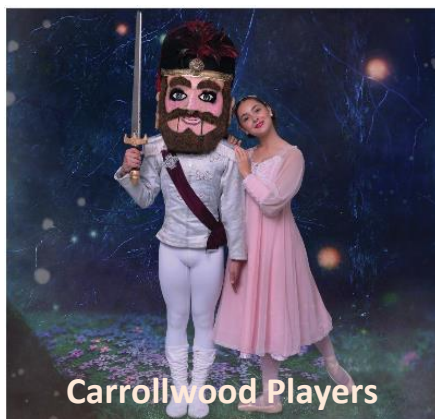
CREATED,  
ADAPTED  
& DIRECTED  
BY NATE JACOBS  
CHOREOGRAPHED  
BY DONALD FRISON

We're Back on Our Home Stage for Our Holiday Show!

# Joyful! Joyful!

Our Musical Christmas Card to the Community

★  
DEC 1-26,  
2021  
★



The entire page is framed by a decorative border of various ugly Christmas sweaters. At the top, there are several sweaters including one with a gingerbread man, one with a gift box, one with a teddy bear, and one with a snowflake. Below these are the large letters 'U', 'G', 'L', and 'Y' in different patterns and colors. On the right side, there are more sweaters, including one with a llama and the word 'LAMA', and another with a gingerbread man. On the left side, there are sweaters with Santa Claus and snowflake patterns. At the bottom, there are sweaters with Santa Claus, a snowflake, and a gingerbread man. The word 'SWEATER' is written in large, stylized letters across the bottom.

# UGLY

It's that time of year, for the artsy, talented, and brave to enter the AAUW Tampa ugly sweater contest.

## **The rules are simple!**

1. Wear your ugliest sweater (whether it's bought, handmade or a combination of both) to the meeting on December 16.
2. Enter the contest!
3. Strut your stuff when the time comes.
4. Be a good sport and cheer other ugly sweater participants.

## **This is a contest, so aim to win. Ugly sweaters will be judged on...**

- Originality-10
- Creativity-10
- Jollity-10
- & Overall Best Presentation-10

Join the contest for camaraderie, fun or the bragging rights!

Could your sweater be crowned,  
**Ugly Sweater 2023**

# SWEATER



# Inspiration En Blanc Tea Pictures

Our 2<sup>nd</sup> Annual Tea, *Inspiration en Blanc with a Flair Tea*, was held on Nov. 18<sup>th</sup> from 11am-1pm at the Christ Our Redeemer Lutheran Church Community Room in Temple Terrace, FL.



## Thank You!

### **Event Coordinators**

Tara Perkins, Carolyn Austin,  
Dr. Bert Dunbar, Dr. Gloria Hilton,  
Mattie Parr, Dr. Ebony Shoemo,  
& Yvette Williams

### **Event Contributors and Speakers**

Shella Miller, Kimberly Rostick,  
Martha Vaguener, & Keyosha Wilson

### **Event Judges**

Terri Cavin, Darlene Kasch,  
Lani Robson, & Kara Rutherford

### **Event Guests and Participants**

### **Event Photographer**

Robert Rostick; tRg Studio  
(<http://trgstudio.net/>)

**Access and Download Free Event Photos  
until January 15 via:**

<https://lightroom.adobe.com/gallery/5334b30b679c465bb1297c240574da96>





# Inspiration En Blanc Tea Pictures





# Inspiration En Blanc Tea Pictures





# Stay Connected, Like & Share

AAUW Tampa: <http://tampafl.aauw.net/>

AAUW Tampa Membership:  
<https://tampafl.aauw.net/membership/>

Access the AAUW Tampa Branch Bylaws:  
<https://tampafl.aauw.net/bylaws/>

Share the benefits of membership with  
others:  
[aauwkampmembership@gmail.com](mailto:aauwkampmembership@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://aauf-fl.aauw.net/>

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