

Hello AAUW Tampa Members!!!

I hope each of you are well. What a fulsome membership year this has been. Speaking frankly, the year has been filled with many opportunities to learn, accept change, and grow through challenge and difficulty. While I do not enjoy the challenges or the storms of life when I am in them, I very much appreciate the outcomes because they remind me there are always options, if you choose to use them. Those options vary based upon our choice of action. One can choose to be still and do nothing, which is often needed to reflect. Or, one can choose to revisit the mission, vision and revamp the action plan needed to move forward. Still yet, one can choose to jump right in and take things as they come. No matter how the challenge is approached, the hope is the challenge doesn't break you, but instead, fortifies and makes you stronger and more determined.

I would say, this has been the spirit of AAUW Tampa this year. When faced with changing programs several times this year, Rev. Martha, switched directions and adjusted!!! Kudos to you!!! When there was uncertainty about the direction of the Board, the election's committee, led by Vice President Catherine, took action and became more vigorous in our outreach. We went from 1 self-nomination in February, (thanks Kim for being the first) to pretty much a full slate of Board Members who will be inducted during the May meeting (p.10). And, when we lost our "home" for monthly general meetings, multiple team members, including President Shella and Dr. Bert stepped up to secure ZOOM rooms, libraries, the Children's Board of Hillsborough County, and our upcoming meeting location on May 18 (11am-1pm), Grillsmith in Carrollwood (p.5). For the sake of preserving the legacy and mission of AAUW Tampa, the tenacious women of our branch took care to ensure that we didn't miss any scheduled meetings, continued providing thoughtful programming, and did so with collaborative hearts. After our May meeting, where we will sport our AAUW colors for our Colors Day celebration (p.2) and hear from our very own, corresponding secretary, Paula Thomas, who will share information on SCORE (p.5); there will be time for each of us to rest! So that we can rejuvenate and get ready for the fullness of the upcoming membership year, please be reminded there are no general meetings in June, July or August. General meetings will resume in September as we welcome our Tech Trek winners to speak.

I hope that you enjoy this newsletter where you will find President Miller's informative final message for this membership year (p. 2-3), see who's celebrating birthdays in May and over the summer months (p.4), and learn the history of a few women in STEM who are of Asian American and Pacific Islander Heritage (ps. 7-9). You'll also have reminders to vote on the AAUW National proposed membership changes (polls close on May 15 at Noon); register for the AAUW Florida Annual Meeting, renew your membership before it goes into a grace status or expires (p. 11), and consider attending the AAUW Atlantic Regional Conference is September 2024 (p. 14).

Before closing out, I invite you to read how AAUW is recognizing members of and impacting our community through our Ribbon of Honor Awards and our AAUW STEM Scholarships. Enjoy the wonderful write-ups on Drs. Sheila Simmons Tribble and Debra Austin, our 2023-2024 Ribbon of Honor Recipients (ps. 12-13). Thank you both for your diligence in service to the citizens of Tampa. To our recommenders and committee members, Irene, Drs. Bert, Gloria, and Ebony, thank you for your thoughtful considerations in the selection of our winners. And last, but certainly not least, we gleefully applaud the 2024-2025 AAUW STEM Scholarship winners: Anna S., Breanna M., and Jordan C. (p. 15) and give a hearty thank you to Princella and the scholarship committee for the work done to select these bright minds of the future. As you see, the good work continued through it all as we chose to take the action needed to persist!

Until we meet again, have a great month and summer!  
Demetrix Rostick-Owens, Ed.D  
AAUW Tampa Director of Communications

*Happy Mothers' Day to all the mothers, step-mothers, caregivers, and guardians.*

# A Message from the President

Dear AAUW Tampa Members:



Shella Miller,  
President  
AAUW Tampa  
2022-2024

Welcome to Mindful, Momentous, and Memorable May! I know this month is packed with important events such as graduations, Memorial Day, including our last general meeting for the 2023-2024 membership year on May 18th, 11am-1pm, at Grillsmith-Carrollwood Restaurant at 14303 N. Dale Mabry, Tampa, FL 33618. This special meeting is Color's Day (see color scheme below), where we will install our newly elected officers! It is a crucial event that sets the tone for the upcoming year, and your presence and participation are highly valued. I would like to send **Huge Congrats** to the new executive board that has decided to step up and help us serve selflessly to push forward AAUW's noble mission.

## Color's Day Color Scheme



Additionally, I would like to send my **Deepest Appreciation and Thanks to all my outgoing board members!** You gave of your time selflessly as volunteers to lead the organization, and your contributions have been invaluable. You could have done anything else with your time, but you chose to share your time, talent, and energy to help lead the Tampa Branch. It takes special people to have hearts of service to their community! I

would also be remiss if I did not give special thanks to my immediate past VP, Ms. Catherine Clark, for her unwavering support and encouragement. We have worked closely together as President and Vice President for the last two years, and I could not have asked for a better VP. She gave me abundant grace and displayed compassion, patience, encouragement, and support. THANK YOU! We also have a fun fact that you must check within the newsletter to find out. So here it is... ***We have an incredibly special member celebrating 30 years in AAUW this year. Can you guess who that is?***



Reflecting on our accomplishments, we can proudly say that we have had a successful year as we:

- Hosted our 2nd Annual International Day of the Girl Child Tea, with the theme *Inspiration en Blanc with Flare*, which was a tremendous success with a wonderful turnout
- Conducted a successful Holiday Toy Drive for children in foster care.
- Represented AAUW Tampa at the NW Regional Conference held at the Villages on March 16, 2024
- Selected 5 girls that will attend Tech Trek this summer
- Filled the majority of elected and appointed officer seats going into the new membership year
- Stabilized membership, with a little over 50 on our rolls.
- Awarded (3) \$1,000 scholarships to three students pursuing degrees in STEM for the upcoming 2024-2025 school year



I have a few additional updates for your attention.

- First, please remember to renew your membership. Membership dues are \$72 National (change from \$67), \$12 State, and \$13 Branch, for **\$97.00**. Payments are based on the anniversary of your join-date. However, for many of us, that date is June 30. Please renew if you have not done so already. If your email address is correct, many of you should have received a renewal notice. Do you need to update your contact information (address, phone number, or list of earned degrees) in the hub? Do so taking the following steps:
  - 1) Log In with your email and password at the AAUW website [www.aauw.org](http://www.aauw.org).
  - 2) Click on the "My Contact Info" tab on the left. You can check and update your information there.

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 view the renewal tutorial showing you how to navigate the hub found at <https://www.aauw.org/membership/new-systems-update/here>. Of course, if you need assistance, please do not hesitate to contact Dr. Ebony Shoemo or myself as well.. Many of you should have received a renewal notice in your email.



- Next, as a reminder, in observance of our summer break, we will not have a general membership meeting during June, July, and August. Our 2024-2025 membership year meetings will pick back up in September. However, the incoming and outgoing board will get together 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 details for that meeting.

**Saturday,  
May 18th, 2024**

I look forward to our continued AAUW journey, advocating, empowering, and developing each other and the women and girls in our community as we enter the 2024-2025 Membership year. Please RSVP for the May meeting with Rev. Martha Vaguener at [mvaguener@aol.com](mailto:mvaguener@aol.com). We will meet Grillsmith- Carrollwood

Restaurant at 14303 N. Dale Mabry, Tampa, FL 33618 for Colors Day, Officer Installations, and a close-out celebration of a great year.

Please enjoy this fantastic issue by Dr. Demetrix Rostick-Owens, Director of Communications. It is another great one! She has done a phenomenal job. I also cannot wait to support Dr. Kay Lee-Smith in her role as the incoming President of the State of Florida AAUW. We are so proud of these amazing women, whom we are fortunate to have as members of our local branch and executive board. I cannot wait to see how they trailblaze in their roles at the state level! Let us give them our full support and backup for whatever they need as they spread their talents at the state level. Happy Reading, and we hope you enjoy a restful summer!!!!

**After the May 18<sup>th</sup> Meeting, General Meetings Resume September 2024!**



**Enjoy Your Summer Break!**

May

*Rukmini Potdar  
(6th)*

June

*Demetrix Rostick-Owens  
(13th)  
Sherry Foecking  
(18th)  
Kayester Lee-Smith  
(28th)*



July

*Mattie Parr &  
Saundra Johnson - Austin  
(11th)  
Ebony Shoemo  
(12th)  
John Chaplick  
(23rd)  
Connie Fountain  
(29th)*

August

*Madge Soyster  
(2nd)  
Jacqueline Vento  
(3rd)  
Avis Chaplick  
(11th)*



# Membership Meeting: May 18 (11am-1pm)

Mrs. Paula Thomas, AAUW Tampa’s Corresponding Secretary and Board Member, will kick-off our 2024 meetings by sharing details about SCORE in our January meeting. “Since 1964, SCORE



has helped more than 11 million entrepreneurs start, grow or successfully exit a business. SCORE's 10,000 volunteers provide free, expert mentoring, resources, and education in all 50 U.S. states and territories. ... No matter where you are on your entrepreneurial journey, our SCORE mentors are ready to assist. Our mentors are highly successful and seasoned business professionals and entrepreneurs with the experience and knowledge to help you achieve your business goals.” (Retrieved from: (Find more info at <https://www.score.org/tampa>).

## May Meeting Details

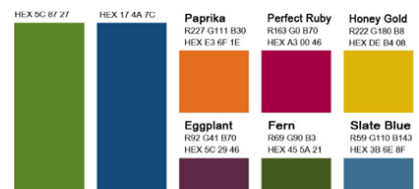


May 18<sup>th</sup>, 11am-1pm @ Grillsmith- Carrollwood Restaurant at 14303 N. Dale Mabry, Tampa, FL 33618. RSVP for the May meeting with Rev. Martha Vaguener at [mvaguener@aol.com](mailto:mvaguener@aol.com).

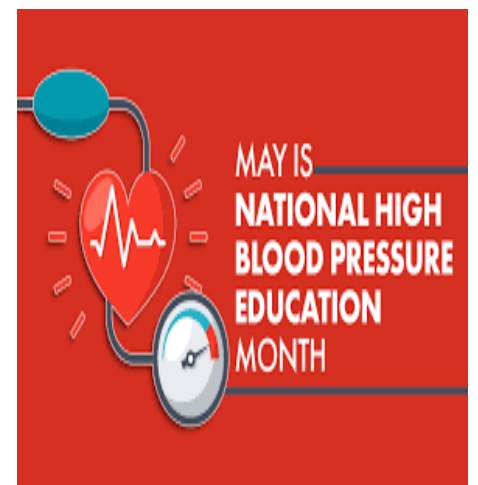
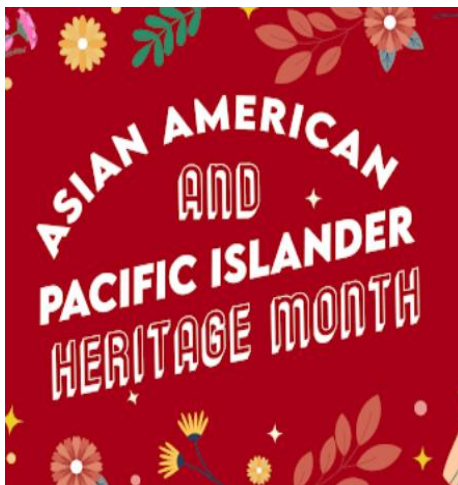
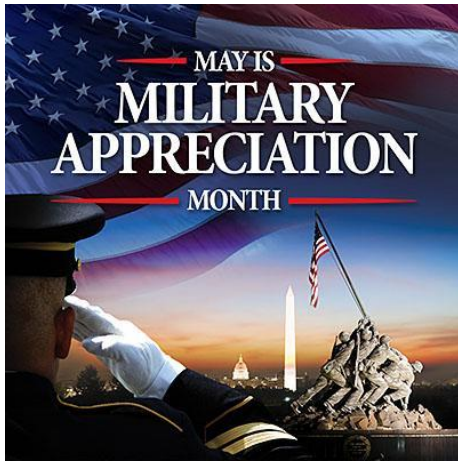
Learn About...

Celebrate  
Color’s Day!

Welcome the Incoming  
Board Members



# Calendar Events: May 2024





# 30 Years of Service... Rev. Martha Vaquener



## Celebrating 30 Years of Service Rev. Martha

Thank You for your 30 years of dedicated service to AAUW and for extending the mission of advancing equity for women and girls through research, education, and advocacy!



# Celebrating Asian American & Pacific Islander Women

Isabella Aiona Abbott, Ethnobotanist (1919–2010)

## Biography



## ISABELLA AION ABBOTT

Hailing from Hawaii, Abbott, was an ethnobotanist with a focus on Pacific marine algae, edible seaweed (which is edible algae)

## Kalpana Chawla, Aerospace Engineer & Astronaut (1962-2003)

### Biography




**KALPANA CHAWLA**

Chawla was an aerospace engineer and astronaut and first Indian American woman in space on NASA's 1997 Columbia space shuttle. In 2003, Chawla perished when the shuttle disintegrated upon re-entry into the Earth's atmosphere.

 NATIONAL ACADEMY OF MEDICINE


## Roseli Ocampo-Friedmann, Microbiologist

### Biography



**ROSELI OCAMPO-FRIEDMANN**

Ocampo-Friedman, Filipino-American, researched cyanobacteria and microorganisms that live in extreme environments. Her research was used by NASA to indicate microorganisms' capability to live on Mars.

 NATIONAL ACADEMY OF MEDICINE

## Flossie Wong-Staal, virologist and molecular biologist (1947-2020)

### Biography



**FLOSSIE WONG-STAAAL**

Wong-Staal, a virologist and molecular biologist, was the first to clone the human immunodeficiency virus (HIV), which helped to show the causes of AIDS.

 NATIONAL ACADEMY OF MEDICINE



**Chien-Shiung Wu (1912-1997)**

Biography



**Tsai-Fan Yu, physician (1911–2007)**

Biography



Information related to  
Isabella Abbott, Kalpana Chawla,  
Roseli Ocampo-Friedmann, Flossie Wong-Staal,  
Chien-Shiung Wu, and Tsai-Fan Yu  
was gathered from the [National Academy of Medicine \(nam.edu\)](http://www.nam.edu)

# *Congratulations to the Incoming Board Members!*



- **President: Shella Miller**
- **Vice-President: Dr. Ebony Shoemo**
- **Director of Finance: Sue Morris**
- **Director of Programs: Carolyn Austin**
- **Director of Tech Trek: Kim Rostick**
- **Director of Communications: Dr. Demetrix Rostick-Owens**
- **Director of Public Policy: Dr. Kay Lee Smith**
- **Director of Scholarships: Dr. Gloria Hilton**
- **Website/Facebook Manager: Solana Rostick**
- **Corresponding Secretary: Nina Thomas**

While we congratulate those who have been elected and appointed to the board following the most recent election, do know, there is still a place for you on the board!!!

Current vacancies and opportunities include:

### **Recording Secretary**

The recording secretary is tasked with recording all meetings and providing minutes to the branch. If you are interested in this position but feel you may not be ready for this role, co- recording secretaries may be entertained, where the workload will be divided between the two. Ms. Paula Huzella has fine-tuned the minutes and has a wonderful template to share with you! A second option for taking on the role is for an incoming recording secretary to work with Paula to ease into the role with her guidance. Please contact Paula or VP Catherine for further inquiries.

### **Communications Committee**

We are also seeking an individual (or individuals) to join the Communications Committee to work alongside the Director of Communications, Dr. Rostick-Owens. Assistance is needed in interviewing and writing up member spotlights, curating stories of interest, and communicating ideas and stories related to promoting education and development of girls and women here in the local Tampa Bay area. Please reach out to her or VP Catherine if you are interested in assisting.

### **Appointed Positions**

There are also two appointed positions that remain open: Director of Diversity, Equity, and Inclusion and Parliamentarian. If you are interested, please reach out to President Miller or VP Catherine.

Lastly, I would like to thank both Mattie Parr and Dr. Rostick-Owens for their time and dedication to the election committee. You are greatly APPRECIATED! Thank you!!!



***Get in, where you fit in!!!! Join the AAUW Tampa Board!!!***

## AAUW National and State News

**National Voting: Share your opinion on potential changes to member requirements and national board members!**

**Vote by May 15 (Noon)**

### How to Vote?

1. Check for the “AAUW Election 2024” email reminder from AAUW national
2. In the email to you, find your personalized...
  - a. “Elector ID” number
  - b. Password
3. Enter your ID and Password on [aauw.simplyvoting.com](https://aauw.simplyvoting.com)
4. **Questions? Contact, [connect@aauw.org](mailto:connect@aauw.org)**



**State News: 2023-24 Annual Meeting is May 16, 2024 (6pm)  
Get Registered Today**

**Date: May 16**

**Time: 6pm, EST**

**Where: ZOOM**

**Click Here or Scan the QR Code to Get Registered**

<https://orgsupport.zoom.us/j/81234567890>



## Renew Your Membership TODAY!!!

Renew your NATIONAL, BRANCH and STATE memberships dues for **\$97.00 to be counted in good standing?** Need help: Access the [video on how to self-renew](#).

**Curious about where your dues go?**

National	Florida State	Tampa
\$72	\$12	\$13



## 2023 - 2024 Ribbon of Honor Recipients

Dr. Sheila Simmons Tribble has had an illustrious and productive career that spans over thirty-five years. After seven years working with the Hillsborough Organization for Progress and Equality (HOPE), she was recently appointed co-president. HOPE is a faith-based grassroots direct action community organization of diverse congregations to improve the quality of life in Hillsborough. HOPE trains members to identify common community programs, research long-term systemic solutions, create issue campaigns, and build the collective power needed to hold systems accountable to implement those solutions. In addition to serving in the role of co-president of HOPE, she also serves on the HOPE Board and Executive Committee. Dr. Simmons Tribble is a long-time leader, advocate, and activist. Her specialized skill areas include policy, program development; equity, diversity, and inclusion issues; training development and delivery; message development and delivery, community building, public engagement; organization, advocacy; research, assessment, and evaluation.



During Dr. Tribble's tenure (1985-2012) with the National Education Association (NEA), she was active in many roles, including Director of Human and Civil Rights, Policy Analyst, Organizational Development Specialist, Campaign Director, and Executive Staff director. She developed and conducted human and civil rights training and conferences with an emphasis on equity, diversity, and inclusion. A major component of the work focused on gender inequality which underpins many problems that disproportionately affect women and girls, lower pay, lack of access to education, and inadequate healthcare. Additionally, Dr. Simmons Tribble provided expertise in leadership coaching and training; led organizational development in social justice issues, and effectively implemented a strategic plan and communication strategies that supported social justice, and human and civil rights in this multifaceted organization of 3.2 million members.

Dr. Simmons Tribble retired in 2012 and relocated to Tampa, Florida where she continues her social justice work through Bible-Based Fellowship Church Justice Ministry and HOPE. Her focus on social justice work has centered on working with diverse congregations and communities for justice, fairness, and dignity. This work addresses the issues of affordable housing, criminal justice, mental health care, and inequity in health care for women, especially women of color.



She is most proud of the 2021 opening of “Sabal Place Apartments” in Seffner funded by the HOPE Fund where single mothers were able to transition from homelessness to a beautiful, safe, and wholesome environment for their children. Through “people power” with congregations and the persistence of HOPE leaders, a Hillsborough County Ordinance was established that calls for the appropriation of \$10 million annually for affordable housing. With 27% of homes in the county headed by underserved single moms, the impact of the Affordable Housing Fund is set to benefit many women and children. Simmons Tribble is also proud of the 2022 Commendation from the Board of County Commissioners for ongoing significant efforts to promote a vision for a fairer, stronger, and more equitable Hillsborough County.

Dr. Simmons Tribble received a BS degree from Fisk University, and a Master's and Ph.D. degrees from the University of Oregon. Her education, world travel covering six continents, and experience gained in the NEA and in such positions as with the Dallas Independent School District's Department of Research, Evaluation, and Accountability set her on a path to becoming a future leader “extraordinaire”. She more than meets the criteria for this award in her exemplary sustained leadership and dedication to the principles of advocacy, education, and research in acquiring and sustaining equity for women, girls, and the community.

*Recommended by Drs. Berthenya (Bert) Dunbar, PhD, APRN and Gloria L. Hilton, DNP*

Dr. Debra Austin, has held the position of Director of Community Engagement for REACHUP, Inc./Central Hillsborough Start, has been active in community-based programs throughout Tampa. Not only has Dr. Austin presented workshops and led projects on health and fatherhood, but she has also been instrumental in advocating for improving Black infant mortality.



As stated on <https://www.reachupincorporated.org/our-story/>, “In 2003 the Central Hillsborough (Federal) Healthy Start (CHHS) Program leadership, staff and key community stakeholders participated in two community summits that led to an endorsement of the development of a nonprofit organization. This necessitated a transition that allowed the university to maintain its role as the director of research and evaluation while the grassroots community became the primary stakeholder in the Healthy Start Initiative and took greater leadership in increasing opportunities and resources to promote and protect the health and well-being of its citizens. Thus, CHHS successfully began the process of transitioning the ownership and governance of the CHHS Project from university-based to

community-based via the establishment of REACHUP, Inc. (Respond, Educate, Advocate, & Collaborate for Health in Underserved Populations). REACHUP, Inc. was officially incorporated in the summer of 2006 and received its 501c3 non-profit status. The REACHUP Foundation has also received its 501c3 non-profit status.”

Reach-up has many important founders and staff, who are all unbelievably valuable. With that being said, I would like to Nominate Dr. Debra Austin for the Tampa Branch 2024 Ribbon of honor as she has been instrumental in assisting myself and Rev. Cole with submitting a mini-grant for the presentation of a 6-week educational program for women who had previously delivered low-weight infants. This resulted in Senator Arthenia Joyner and State Representative Betty Reed authoring House Bill 1269. The bill was passed and signed into law by then Florida Governor, Charlie Crist. Today, the law is known as the Black Infant Mortality Bill.

*Recommended by: Irene S. Bembry*

### Support REACHUP today!

Since 2006, REACHUP, Inc. has reduced the number of babies who die before their first birthday by 58% in the areas that we serve. This important and successful work is the result of collective impact-shared vision, goals, agenda and data- among community partners. Over the past 20 years, we have strategically and deliberately placed ourselves at the center of service delivery in the most vulnerable and marginalized communities in Hillsborough County.



Above image and donation information retrieved from: <https://e.givesmart.com/events/AMu/>

### **Donate Now to REACHUP, Inc.**

Your Gift to REACHUP, Inc. supports over 8,000 families in Hillsborough County each year.

How would you like to donate?





# SAVE the DATE



## AAUW Atlantic Regional Conference

**September 27th–29th, 2024**

Virginia Crossings Hotel & Conference Center  
1000 Virginia Center Pkwy, Glen Allen, VA 23059



### Hotel Amenities

- The Tavern Bar & Grill
- The Glen Restaurant
- Fitness Center
- Free Wifi
- Room Service
- Free parking

### Nearby Attractions



- Lewis Ginter Botanical Garden
- James River Cellars Winery
- Richmond National Battlefield Park
- Virginia Museum of Fine Arts
- Children's Museum of Richmond
- Crossings Golf Course



**“Each time a woman stands up for herself, without knowing it possibly, without claiming it, she stands up for all women.”**

**– Maya Angelou**



## 2023 - 2024 Ribbon of Honor Recipients



Anna S.

(Major: Doctor of Medicine (MD))

I plan to become a general pediatrician. My goal is to provide inclusive quality care to all my patients. I also hope to become involved in academic medicine to guide future physicians. After gaining enough clinical experience, I plan to dedicate time to Doctors Without Borders, a global medical humanitarian assistance organization devoted to providing care to people based solely on need, irrespective of race, religion, gender, or political affiliation.



Breanna M.

(Major: Biomedical science, minor entrepreneurship)

My future career aspirations include working in the healthcare field and improving medicine. My goal is to become a future physician in Emergency Medicine.



Jordan Crawford

(Major: Civil Engineering)

My future aspirations are to attend graduate school and specialize with a Master's Degree in structures, receive engineering licenses like the Fundamentals of Engineering for Civil Engineering (FE), Professional Engineering for Civil Engineering (PE), General Contracting (GC), Roofing, and Mechanical. Also, I am driven to work in the industry to get as much exposure as possible.

# Congratulations

2024-2025 AAUW STEM Scholarship Recipients!!!

# Keep Connected!

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:

[aauwstampamembership@gmail.com](mailto:aauwstampamembership@gmail.com)

Renew membership @ the AAUW Community Hub:

<https://my.aauw.org/onlinejoin>

Learn more or to donate to AAUW Tampa Tech Trek:

[aauwstampatechtrek@gmail.com](mailto:aauwstampatechtrek@gmail.com)

Join or form a Special Interest Group:

[aauwstampainfo@gmail.com](mailto:aauwstampainfo@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/>

## 2023-2024 BOARD

PRESIDENT: <b>Shella Miller</b>	DIRECTOR OF PUBLIC POLICY: <b>Dr. K. Lee-Smith</b>
VICE PRESIDENT: <b>Catherine Clark Martin</b>	DIRECTOR OF SCHOLARSHIPS: <b>Princella Evans</b>
DIRECTOR OF COMMUNICATIONS: <b>Dr. Demetrix Rostick-Owens</b>	DIRECTOR OF TECH TREK: <b>Kimberly Rostick</b>
DIRECTOR OF FINANCE: <b>Dr. Ebony Shoemo</b>	DIRECTOR OF DIVERSITY, EQUITY, & INCLUSION: <b>Vacant</b>
CO-DIRECTORS OF MEMBERSHIP: <b>Tara Perkins &amp; Yvette Williams</b>	PARLIAMENTARIAN: <b>Dr. Gloria Hilton</b>
DIRECTOR OF PROGRAMS: <b>Rev. Martha Vaguener</b>	SECRETARY: CORRESPONDING: <b>Paula Thomas</b>
	SECRETARY: RECORDING: <b>Paula Huzella</b>
	SOCIAL MEDIA MANAGER: <b>Solana Rostick</b>

CONTACT US:

[tampa-fl.aauw.net](http://tampa-fl.aauw.net) or [AAUWTampainfo@gmail.com](mailto:AAUWTampainfo@gmail.com) or PO Box 292275, Temple Terrace, FL 33687