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Happy November, AAUW Tampa Members!

I hope this message finds you well as we transition into a new month. November brings cooler weather and the anticipation of the holiday season. My thoughts are with those who faced challenges during Hurricanes Helene and Milton. As a fellow Floridian, I understand the resilience and strength our community shows during these times.

As we move forward, let's embrace togetherness and support. Cooler weather (yes, I'll take 70s and 80s ☺) is perfect for reflecting on our experiences and uplifting one another. Small acts of kindness for World Kindness Day on November 13, or checking in on a neighbor, make a difference. Let's make this November a month of compassion and community.

This month's newsletter includes a message from the President (p. 2), a calendar of events and birthdays (p. 3), and an important discussion on information security (p. 4). It also highlights the significance of voting in the upcoming election (p. 5), offers inspiration and holiday self-care tips (p. 6), and provides updates on AAUW Florida's impact and November reminders (pp. 7-8). Finally, it encourages members to stay connected and share their experiences (p. 9).

As we approach Election Day on Tuesday, November 5th, it's crucial to remember the power of your vote. Voting is a fundamental right and a vital way to influence the future of our community and country. With only three days left, make sure you're prepared:

- Ensure your voter registration is up to date.
- Confirm the location and hours of your polling place.
- Familiarize yourself with the candidates and issues on the ballot.

Thank you for being an active part of our community. Let's make November a month of unity, kindness, and positive change.

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



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Stay Connected,
Like & Share

A Message from the President

Dear AAUW Tampa Members:

As November unfolds, I want to emphasize the significant milestone this month brings. On November 5th, we, as a community, have the profound opportunity to vote if you have not done so in early voting. Our participation in these elections is a powerful statement, especially when it comes to advocating for women's issues that are central to our mission. Voting is not just a right; it's a responsibility to shape the world we want to see—one where gender equity is the norm, not the exception. Our work is not done even if you voted already, I urge each of you to encourage those around you to vote. Bring Souls to the Polls and Heartbeats to the Streets to Vote!



Dr. Shella Miller
President,
AAUW Tampa Branch
2024-2026

A heartfelt thank you to everyone who attended our October fundraiser, the Murder Mystery Brunch was brilliantly brought to life by the Pelican Players. Your support enables us to raise funds for Tech Trek and scholarships, empowering young women in STEM. A special

note of gratitude goes to our Planning Committee, especially under the dedicated leadership of Dr. Bert Dunbar, who ensured the event's success. It was a day filled with fun, camaraderie, and purpose. The beautiful baskets created raised an estimated \$1000 alone. This does not include revenue from ticket sales which our financial officer will be sharing at the upcoming meeting.



Looking ahead, I am thrilled to announce our upcoming General Membership Meeting on November 16th. We are excited to host representatives from the FBI, who will be presenting on Cyber Security and Internet Safety—critical topics in our increasingly digital world. This is sure to be an enlightening session, and I encourage you all to invite friends and colleagues to join us. It's a wonderful opportunity to learn how we can protect ourselves and our loved ones online. Did you know that in the past year alone, cybercrime has increased by over 400%? This statistic highlights the importance of staying informed and vigilant.



As we transition into the holiday season, let's take a moment to reflect on all we are grateful for. Health, family, and community top the list, along with our incredible AAUW chapter. Together, we advance opportunities for women and girls both locally and nationally. Our work makes a tangible impact, and it is through your passion and dedication that we continue to thrive. We should be proud of ourselves for being of service to others. I look forward to seeing you all over the holidays including for our December Meeting, which will be a holiday celebration you do not want to miss. Special thanks to our incredible Director of Programs, Ms. Carolyn Austin. She is doing an outstanding job bringing us quality programming. Let's show her our thanks by showing up and showing out with our attendance and bringing lots of guests!



Wishing you all a joyful and safe Thanksgiving. May it be filled with warmth, gratitude, and wonderful moments with loved ones.

With thanks and best wishes!

Authored By: Shella M. Miller, Ph.D., FACHE
AAUW TAMPA BRANCH PRESIDENT

Calendar

						
SUN	MON	TUE	WED	THU	FRI	SAT
					1 World Vegan Day	2
3 Daylight Saving Time Ends	4 Diwali	5 Election Day	6	7 National STEM Day	8	9 World Freedom Day
10 World Science Day for Peace and Development	11 Veterans Day, Singles Day	12	13 World Kindness Day	14 Children's Day & World Diabetes Day	15	16 MEETING Cyber Security, Elder Fraud Economic Security
17	18	19	20	21	22	23
Global Entrepreneurship Week (Nov 18-24) National Hunger & Homeless Awareness Week (Nov 17-23) American Education Week (Nov 18-22)						
24	25	26 Constitution Day	27	28 Thanksgiving; AAUW Founded (1881)	29 Black Friday	30 Small Business Saturday & Women Entrepreneurs Day



Happy Birthday to you
 Tara Perkins - 20
 Ivana Tribble - 29



Have we missed your Birthday? Reach out to let us know and to get your information updated!!!

[Email us today!](#)

How Secure Is Your Information? Let's Talk, November 16

Are you concerned about the rising threats in **cyber security**?
Do you want to learn how to protect yourself and your loved ones from **elder abuse**?
Curious about the latest trends in **economic security** and how they impact your future?

Don't miss our upcoming meeting where we'll dive deep into these critical issues.
Gain valuable insights, share your thoughts, and be part of a community striving for a safer, more secure world.



PRESENTS
Cyber Security, Elder Fraud, and Economic Security

WHEN
Saturday, November 16, 2024
11:00AM - 1:00PM

WHERE
The Children's Board of Hillsborough County
1002 East Palm Avenue
Tampa, FL 33605

Jordan Palavra, Guest Speaker



Jordan Palavra is a respected financial advisor specializing in helping clients achieve their financial goals. Before joining Florida Financial Advisors, he gained experience as a Staff Tax Accountant at Intertape Polymer Group. Jordan holds a Bachelor's degree in Accounting from the University of South Florida.

Betsy Moriarty, Guest Speaker



Betsy Moriarty has been with the FBI Tampa Field Office since 2015 and serves as the Community Outreach Specialist. She collaborates with various agencies and community partners to enhance public awareness of the FBI's mission. Betsy graduated from the University of Tampa and previously worked as a Client Relations Manager at a Tampa law firm.

DID YOU KNOW?

73% of women worldwide have experienced some form of cyber violence, including cyber fraud

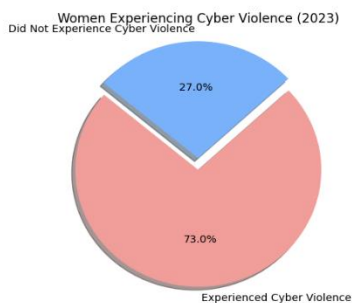


Image 1

One in six older women worldwide experienced some form of abuse in the past year

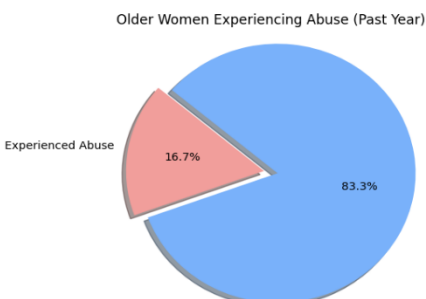


Image 2

59% of women in the U.S. are living paycheck to paycheck, compared to 41% of men as of 2023

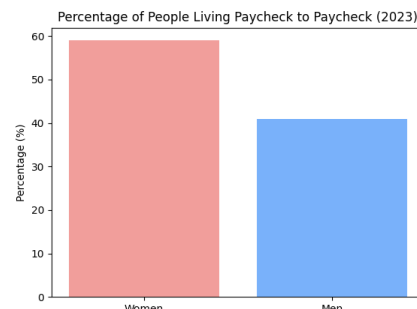


Image 3

(Image References: Image 1: knowledge.unwomen.org, Image 2: ncea.acl.gov, & Image 3: cnbc.com)

Public Policy Matters

Let Your Voice Be Heard... Vote!

The 2024 General Election is just a few days away! Are you Ready to Vote? Do you have a Vote Plan? There are important issues on the ballot, such as reproductive freedom, women's economic security, and education. Get ready by utilizing voter resources at Vote411.org, [LWV 2024 Nonpartisan Voter Guide](#), [AAUW National](#) and [AAUW Florida](#). Become an informed voter and elevate your impact! Current Florida voter turnout as of 30 October was 40.31%. Remember voting is not only your Civic Right, but it is your Civic Responsibility!!!

AAUW Florida's Public Policy Committee, led by Dr. Mary Gatta and Dr. Patrica DeWitt, conducted a timely and insightful forum on LGBTQ+ Families and Florida's Don't Say Gay Law, in October. The guest speaker, Clark University Professor Abbie Goldberg, shared her research on the impact of the law on LGBTQ+ parents. If you missed the presentation, a link to the recording will be posted to the AAUW FL website.

Contributed By: K. Lee-Smith, Ph.D.

AAUW TAMPA CO-DIRECTOR OF PUBLIC POLICY

**Early
Voting
Ends**

**3 November 2024
7:00 p.m.**

**Election
Day**

**5 November 2024
7:00am - 7:00 p.m.**

**Ways to
Learn
in
Know-vember**

**Vote By
Mail
Deadline
(Ballots
Due)**

**5 November 2024
7:00 p.m.**

**AAUW
Work
Smart:
Know our Value
and Get Paid**

**5 November 2024
7:00 p.m.
[Register Here](#)**

**Addiction,
Public
Health, &
Criminal
Justice:
Public Policy Forum**

**14 November 2024
7:00 p.m.
[Register Here](#)**

**AAUW
Money
Smart:
Smart Future**

**21 November 2024
7:00 p.m.
[Register Here](#)**

**AAUW FL
Public
Policy
Forums**

**Continue Your
Learning Today!
[Access Here](#)**

**Women
Economic
Empowerment
Initiatives**

**Continue Your
Learning Today!
[Access Here](#)**

**Gender Pay
Gap Widens-
AAUW's
Press
Release**

**Continue Your
Learning Today!
[Access Here](#)**

Inspirational Corner

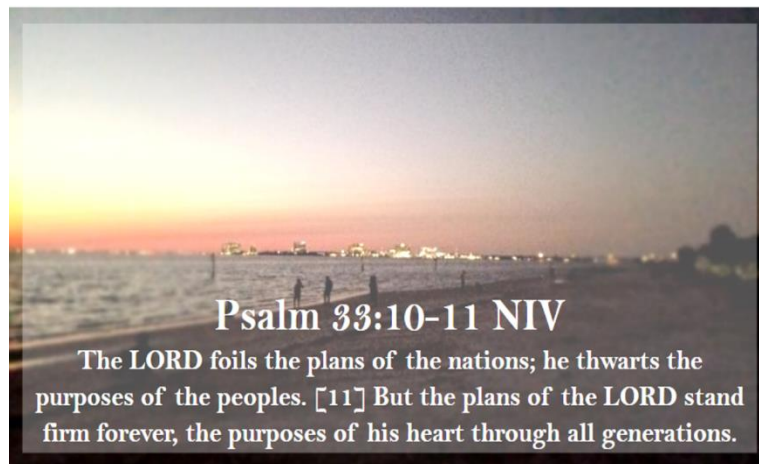
Psalm 33:10-11 NIV

“The LORD foils the plans of the nations; he thwarts the purposes of the peoples. [11] But the plans of the LORD stand firm forever; the purposes of his heart through all generations.”

When I read this scripture, I immediately thought about the impending presidential election. Then I remembered something my mom said all the time, “Do your best and God will do the rest.”

It is necessary for us to be **informed** voters. Know and understand what and who you are voting for and why. It will make decision-making so much easier.

Father, we pray for the people of the United States. We humbly ask for peace before, during, and after this electoral process and the transition of power. Lord, we know that You can be in the midst of many things, and we welcome Your Divine inspiration and powerful Touch. Father, we love You and praise Your holy name. In Jesus’ name we pray. Amen.



Contributed By: Carolyn L. Austin

AAUW TAMPA DIRECTOR OF PROGRAMS

Holiday Self-Care

As Thanksgiving approaches, it’s essential to prioritize self-care. Amidst the hustle and bustle, take time to relax and recharge. Practice gratitude, enjoy nature, and set boundaries to avoid burnout. Remember, taking care of yourself allows you to fully enjoy the holiday season with loved ones.



To enhance your self-care routine, consider setting specific goals for relaxation and mindfulness. Schedule regular breaks, engage in activities that bring you joy, and don’t hesitate to delegate tasks. By being proactive about your well-being, you’ll navigate the holiday season with greater ease and fulfillment.

Additionally, make sure to reflect on what truly matters to you during this time. Embrace moments of solitude to recharge, and don’t forget to celebrate your achievements, no matter how small. By incorporating these practices, you’ll create a more balanced and joyful holiday experience.

10 REASONS TO SELF-CARE NOW

Source: <https://www.theauthenticpath.com/>

1. When you are challenged both physically and mentally, you push yourself to be better.
2. It allows you to find your misplaced self-esteem.
3. It helps you manage your emotions like anger and grief.
4. It allows you to overcome fear that might hold you back from things you enjoy.
5. Positive thinking is an integral part to a healthy life & self-care allows you to find peace and happiness within.
6. Regularly practicing self-care techniques reduces stress & leaves you feeling calm and in more in control.
7. It gives you time to relax, meditate and reflect on issues and how to solve them.
8. You are able to live a more balanced life.
9. It gives you renewed energy.
10. Your mind and soul are in harmony with the things happening around you.



<https://sonnozona.com/>

AAUW Florida Impact

*Do you have a project
that needs funding?*



AAUW Florida is offering \$100-\$1500 for mission-based programs or projects that support women and girls in achieving their full potential. Proposals must have a direct community impact and align with AAUW-FL's mission, vision, and initiatives.

If you have a potential project in mind, don't put off submitting your proposal as the last two deadlines for this term are December 1 and February 1.

AAUW Florida, is taking requests from AAUW Branches that need funding for projects. Is there a project in Tampa that is near and dear to your heart, apply for the funding to support your project.

Access past approved projects and the [guidelines, by clicking here](#). Questions? Contact [Diana Sells](#)

*Join the
AAUW Florida Board*

The AAUW Florida Nominating Committee is seeking applicants for open board positions for 2025-2027.



Why serve?

Advance Gender Equity: Contribute to the mission of empowering women & girls.

Impactful Work: Shape programs and policies that make a difference statewide.

Policy Influence: Drive initiatives for key issues like pay equity and education.

Support Branches: Help local branches grow and strengthen their impact.

Shape the Future: Be part of strategic decisions guiding AAUW's direction.

Open positions are: **President Elect**
Director for Programs
Director for Finance

For info on how to become a candidate contact: namastejfz@gmail.com

Do you have a desire to empower and impact girls and women across the state of Florida! You can do so by becoming an AAUW FL Board Member. The list of positions are above.

Are you interested in learning more? Contact Juanita Zwaryczuk, at namastejfz@gmail.com

November Reminders



On November 5, polls are open from 7 a.m. to 7 p.m.

If you are in line by 7 p.m., you can vote.

Following the dual hurricanes we recently experienced, [check for potential changes to your polling precinct](#) before heading to the polls.

Additionally, to vote, bring one or two forms off your photo ID with your signature.

Make sure your voice is heard!

November 11 is Veteran's Day!

Thank you to our service women and men.

Did you know that women have been integral to the U.S. military since the days of the Revolutionary War? **Today, they represent nearly 10% of all veterans**, continually shattering glass ceilings and serving with honor. Their dedication and achievements have been pivotal in shaping our nation's history and securing our freedoms.



Florida Amendments

Amendment 1	
This amendment, placed on the ballot by the state legislature, aims to require members of school boards to be elected in a partisan election rather than a nonpartisan election.	AAUW FLORIDA: OPPOSES THIS BALLOT AMENDMENT!
Amendment 2	
This amendment, placed on the ballot by the state legislature, aims to establish a constitutional right to hunt and fish in Florida and would make it the preferred means of responsibly managing and controlling fish and wildlife.	AAUW FLORIDA has no position on this ballot amendment.
Amendment 3	
This amendment, placed on the ballot by a citizens' initiative, aims to allow adults 21 years or older to possess, purchase, or use marijuana products and marijuana accessories for non-medical personal consumption.	AAUW FLORIDA has no position on this ballot amendment.
Amendment 4	
This amendment, placed on the ballot by a citizen's initiative, no law shall prohibit, penalize, delay, or restrict abortion before viability or when necessary to protect the patient's health, as determined by the patient's healthcare provider.	AAUW FLORIDA SUPPORTS THIS BALLOT AMENDMENT!
Amendment 5	
This amendment, placed on the ballot by the state legislature, aims to increase the homestead exemption amount each January 1, beginning 2025, if the Consumer Price Index increases.	AAUW FLORIDA has no position on this ballot amendment.
Amendment 6	
This amendment, placed on the ballot by the state legislature, aims to end Florida's public campaign financing program and spending limits for publicly funded candidates for Governor, Attorney General, Chief Financial Officer, and Commissioner of Agriculture. If the program is repealed, wealthy donors and Special interest groups would no longer be limited in the amounts they can contribute to these candidates	AAUW FLORIDA has no position on this ballot amendment.

Set Your Clocks Back on November 3rd	Set Your Clocks Back on November 13th	Shop local on November 30th
<p>Don't forget to set your clock back an hour on Sunday, November 3rd at 2:00 a.m. Daylight Saving Time ends so we get an extra hour of sleep.</p> <p>Make the most of it and enjoy!</p>	<p>Celebrate World Kindness Day on November 13th!</p> <p>Spread positivity through small acts of kindness. A little kindness goes a long way in making the world brighter.</p>	<p>Support your community on Small Business Saturday! Boost small businesses and enjoy unique finds. Every purchase makes a difference!</p>

Stay Connected, Like & Share



Tampa (FL) Branch

Making A Difference for over 100 Years

- 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
- Share your interests related to forming a Special Interest Group: aauwkampainfo@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/>
- FIND US, LIKE US and SHARE US on Facebook: **AAUW Tampa | Temple Terrace FL | Facebook**
(or Click the Picture to Log In)

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AAUW Tampa

17 likes • 25 followers