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Happy New Year AAUW Tampa Members!

Thanks for taking the time to read the newsletter! As we step into 2025, let's take a moment to celebrate the incredible power of strong women working together. Our collective strength and unwavering support for one another inspire us to achieve new heights. By lifting each other up, we ensure that we remain brave, resilient, compassionate, and grounded, even in the face of uncertain times.

This year let's continue to foster an environment where we can all thrive and grow. Our shared commitment to empowering each other will drive us forward, making a positive impact in our community and in the lives of girls and women. Together, with determination and poise, we will achieve great things as we face any (or all the) challenges that come our way

Inside this year's first newsletter, you'll find the following:

- **A Message from the President:** Emphasizing our organization's goals, the desire to expand membership, and the enhancement of our programs by "growing, sowing, and cultivating" our collaborative efforts ([pages 2-3](#)).
- **Calendar and Birthdays:** Highlighting January birthdays of members and recognizing key days and weeks of the month ([page 4](#)). [If your birthday has been missed, my sincerest apologies. Please email me your birthday \(month and date only\) to have it included in our records.](#)
- **Upcoming Meeting Reminder:** Join us on January 18 at 11 AM at the Children's Board of Hillsborough County. We will delve into STEM Education Insights and engage in our STEM Scholars' Reflections ([page 5](#)).
- **STEM Scholarship Application Information:** Details about the 2025-2026 STEM Scholarship and an Inspirational Corner ([page 6](#)).
- **Immigration Issues in Tampa:** A poignant piece looking forward to impending immigration issues on the horizon in 2025 ([page 7](#)).
- **Around-the-Town SIG Meet-Up Invite:** An offer to meet and see the play "When the Righteous Triumph @ the Straz" in March 2025 ([page 8](#)).
- **New Year's Resolution Reflections :** Explore why we make resolutions and use the templates provided to document your resolutions ([page 9](#)).

As we navigate through this new year, let's remember the importance of unity and collaboration. By working together and supporting one another, we can overcome any obstacles and create a brighter future for all. Your dedication and hard work are deeply appreciated, and I am excited to see what we will accomplish together in 2025.

Cheers to a successful and fulfilling 2025!
Demetrix Rostick-Owens
AAUW Director of Programs

The success of **every woman** should be the inspiration to another.
We should raise each other up.
Make sure you're very courageous: be **strong**, be extremely **kind**, and above all be **humble**.

SERENA WILLIAMS

A Message from the President

Dear AAUW Tampa Members,

Happy New Year! As we usher in 2025, we stand on the threshold of new opportunities to advance our mission of empowering women and girls through advocacy, education, and research. This year, our focus will be on setting and achieving bold goals that align with our core mission while also adapting to the ever-evolving landscape of our society and working diligently to move forward and ensure our organization remains viable in the future.

Our Goals for 2025



We are committed to strengthening our impact by expanding our membership, enhancing our programs and attendance, and advocating for policies that promote gender equity. Key areas of focus include increasing access to STEM

education for girls in our community through TECH Trek and supporting women in STEM through the Scholarships that we will award. We will support women in leadership, and pursue initiatives that champion economic equality, such as our March Fundraiser that will be focused on Women Small Businesses this year. Lastly, we will pursue accomplishing achievements through AAUW National 5-STAR program. Achieving these goals requires active engagement and commitment of every member, and I am confident that together, we will make great strides. Our 2025 Theme is AAUW Tampa Leaving our Mark: Growing, Sowing, and Cultivating. Let's come together to sow the seeds of knowledge through engaging programs and workshops, cultivate collaborations to amplify our impact, and inspire growth by empowering more women and girls to reach their full potential. Together, we can create a vibrant and thriving community that champions equality and opportunity for all.

Importance of Membership Recruitment and Retainment

As we work towards expanding our reach, membership recruitment and retention remain priorities. Each member adds a unique voice and perspective that enriches our collective efforts. This year, I urge each of you to take the initiative to invite friends, colleagues, and community members to join our vibrant network. Let's share the countless opportunities for engagement, professional growth, and advocacy that AAUW provides. Retaining our current members is equally important, and I encourage all of us to show appreciation and support for each other, ensuring everyone feels valued, supported, and connected with our organization.



Protecting Yourself from Cyber Scams

In our increasingly digital world, it is essential to stay alert to cyber scams. Our recent workshop with the FBI on cybersecurity revealed the numerous scams to which we're all vulnerable. Unfortunately, our organization recently fell victim to a financial scam through email. In response, we are forming a workgroup to develop stronger defenses that will reduce our risk. We are seeking 1-2 members interested in joining this workgroup. If you'd like to participate, please contact Dr. Ebony Shoemo.

Recent scams often involve emails that seem to come from someone you know, using their name but a different email address. To stay safe, do not reply to or comply with any requests for money or gift cards that you receive via email. Always remain vigilant and report phishing emails to reportphishing@apwg.org.



**Dr. Sheella Miller
President,
AAUW Tampa Branch
2024-2026**



As an organization and as individuals, protecting our information is paramount. Please familiarize yourself with best practices for online security, such as using strong passwords, being cautious about sharing personal information, and recognizing phishing attempts. Protecting ourselves ensures that we can continue our work unhindered by any disruptions.

Stay Secure at Work and Home With These 11 Tips.

Just as the presence of technology grows in our lives, so too does cybersecurity and our personal responsibility for it. Here are 11 steps that you can use to get started with strengthening your cyber defenses at home and work.

<p>01 Set some cyber defense priorities.</p> <p>Consider the following questions to begin formulating a cybersecurity roadmap that works for you:</p> <ul style="list-style-type: none"> • What are your cybersecurity cyber defense goals? • Have you identified which devices and data you want to protect? • What level of security do they need? 	<p>02 Think before you click.</p> <p>Hover over a link to reveal the destination URL. If it looks different from the hyperlinked text, don't click on it.</p>	
<p>03 Don't get phished.</p> <p>Phishing attacks often use a sense of urgency to trick you into clicking on a link or opening an email attachment. Don't fall for it. Forward any suspicious message to your IT and/or your security department at work. If you receive a suspicious email on your personal device, delete it and consider blocking the domain.</p>	<p>04 Go beyond the password.</p> <p>Cyber threat actors easily crack "password," "admin," and other dictionary-based passwords. For stronger account security, protect your accounts with a biometric passcode or a unique alphanumeric passphrase with symbols.</p>	<p>05 If it matters, use multi-factor.</p> <p>Protect your accounts with authentication methods from at least two of the following categories.</p> <ul style="list-style-type: none"> • Something you know: A passphrase or swipe pattern • Something you are: Biometrics, fingerprint • Something you have: An authentication app on your phone or an ID badge <p>At a minimum, use two-factor authentication (2FA) for accounts and devices that handle sensitive data.</p>
<p>06 Keep it fresh.</p> <p>Always install the latest updates for your operating system, browser, and any applications installed on your device. CTAs try to use known vulnerabilities to access your devices and/or other devices that are connected to the same network. Don't let yourself (or your organization) become an easy target.</p>	<p>07 Reflect, then connect.</p> <p>Before connecting to a public or unfamiliar Wi-Fi network, use a virtual private network (VPN). A VPN creates an encrypted, private web connection, thus minimizing the risk of data exposure.</p>	<p>08 Shop smart, shop secure.</p> <p>Protect sensitive banking data by only shopping on sites you trust. Never save your card information where it could be stolen and used later. Also, make sure to monitor your payment card records for unfamiliar charges.</p>
<p>09 Avoid configuration confusion.</p> <p>Securely configure your computer, printer, smartphone, and other web-connected devices in your home and your office. That way, you'll protect each of your devices with the strongest security settings possible.</p>	<p>10 Don't be the bully.</p> <p>When online, remember to be thoughtful and to use polite language. Sharing someone's private personal information online, also known as "doxing," is never okay and may get you in legal trouble.</p>	<p>11 Charge with caution.</p> <p>Don't plug your mobile devices into any unfamiliar outlet to avoid a possible juicejacking attack. If you're worried about running out of battery, bring a back-up power bank or charge your device using your own charging cable and a wall outlet.</p>

Center for Internet Security

www.cisecurity.org

(Image retrieved from: <https://www.cisecurity.org/insights/blog/11-cyber-defense-tips-to-stay-secure-at-work-and-home>)

Have you been scammed or know someone who has? You can report any internet crime incidents to the Internet Crime Complaint Center at <https://www.ic3.gov>.

File A Complaint

Gratitude to Our Board and Members

I extend heartfelt thanks to our dedicated Board of Directors, whose leadership and vision guide AAUW toward fulfilling its mission. Their commitment and strategic insight are cornerstones of our success. To all our members, thank you for your unwavering dedication and enthusiasm. It is your passion and involvement that propel us forward, making a difference in the lives of women and girls worldwide.

As we embark on this new year, may we find inspiration in our shared mission and the collective strength of our community. Together, let us embrace the possibilities of 2025, creating lasting change and a brighter future for all. We look forward to connecting with you in 2025!

With warm regards and best wishes for a prosperous and fulfilling New Year,
 Shella Miller, PhD, FACHE
 President, AAUW Tampa



January 2025



SUN	MON	TUE	WED	THU	FRI	SAT
<p>Happy New Year! Welcome to 2025. Dive into the January 2025 Calendar, packed with engaging information for you to explore.</p> <p>Click on the links or images to learn more!</p>			<p>1 HAPPY NEW YEAR 2025</p>	<p>2 NATIONAL SCIENCE FICTION DAY JANUARY 2</p>	<p>3 Margaret Smith: 1st woman to serve in House & Senate 1949-1973</p>	<p>4</p>
<p>5 Nellie Ross: 1st woman Governor in U.S., WY; 1925</p>	<p>6 Epiphany Matthew 2:1-12</p>	<p>7 Marian Anderson : 1st Black woman at Metropolitan Opera; 1955</p>	<p>8 NATIONAL BUBBLE BATH DAY JANUARY 8</p>	<p>9</p>	<p>10 OUTDOOR ADVENTURE DAYS</p>	<p>11 Amelia Earhart: 1st solo flight from HI to CA; 1935</p>
<p>January 5-11: National Law Enforcement Training Week, National Lose Weight Week, & National Thank Customers Week</p>						
<p>12 Hattie W. Caraway elected first woman to U.S. Senate; 1932</p>	<p>13</p>	<p>14</p>	<p>15 NATIONAL HAT DAY JANUARY 15</p>	<p>16</p>	<p>17</p>	<p>18 Meeting JAN STEM Scholarship Reflections JAN 18</p>
<p>January 12-18: National Mocktail Week and National Pizza Week</p>						
<p>19</p>	<p>20 MLK I HAVE A DREAM DAY</p>	<p>21</p>	<p>22</p>	<p>23 NATIONAL Pie Day JANUARY 23</p>	<p>24</p>	<p>25 Nellie Bly completed the around-the-world trip in 72 days; 1890</p>
<p>January 19-25: Healthy Weigh Week, National CRNA Week, & National Handwriting Analysis Week</p>						
<p>26 HAPPY NATIONAL SPOUSES DAY!</p>	<p>27 INTERNATIONAL HOLOCAUST REMEMBRANCE DAY</p>	<p>28</p>	<p>29 NATIONAL PUZZLE DAY</p>	<p>30</p>	<p>31</p>	<p></p>

Carolyn Eberhart
January 10



Yvette Williams
January 14

STEM Education Insights & Scholars' Reflections- Jan 18

AAUW Tampa welcomes Dr. Karen Cooper, a distinguished STEM Educator, as our guest speaker for the Scholarship Program on Saturday, January 18, 2025! We're thrilled to welcome Dr. Cooper as she shares the latest insights into STEM education, making this an event you won't want to miss!

Additionally, our 2024-2025 scholarship recipients will be there to introduce themselves and connect with AAUW Tampa Branch members. This is a fantastic opportunity to celebrate their achievements and foster new connections within our community during our first meeting of the year



Q: Why is STEM education frequently hands-on?

A: Hands-on learning enhances STEM understanding by applying theory in practice, fostering critical thinking and problem-solving.

Q: Does AAUW Tampa provide scholarships to students?

A: Yes. The Scholarship Committee awards the AAUW STEM Scholarship to students who demonstrate excellence & enthusiasm in the STEM field.

Q: How much scholarship money is awarded?

A: This year, three \$1,000 scholarships were distributed in increments of \$500 over the Fall 2024 and Spring 2025 semesters to Breanna M., Anna S., and Jordan C.

We encourage all members to join us
for an inspiring and informative afternoon.
See you there!

Details:

January 18, 2025
(11am-1pm)
The Children's Board of
Hillsborough
(Conference Rooms B & C)
1002 E Palm Ave,
Tampa, FL 33605



2025-2026 STEM Scholarships Available



Application due by
Friday, February 14, 2025

The American Association of University Women Tampa Branch 2025 STEM Scholarship



Eligibility

- Female Undergraduate Junior, Undergraduate Senior or Graduate Student in 2025-2026
- Full time enrollment (Undergraduate must have minimum of 12 credit hours)
- STEM Major
- Minimum GPA of 3.0
- Resident of the State of Florida
- U.S. Citizen
- Financial Need





Award \$1,000
&
One year local membership to AAUW Tampa Branch



Apply TODAY
<https://tampa-fl.aauw.net/scholarship/>



Questions? Email us at AAUWTampaScholarships@gmail.com

Do you know, or are you, a rising undergraduate junior, senior, or graduate student at a local university with financial need and enrolled in a Science, Technology, Engineering, or Mathematics (STEM) program?

The AAUW Tampa Branch is thrilled to announce the 2025 STEM Scholarship of \$1,000 to assist STEM majors with financial need.

This is your chance to shine and secure extra funds for your education. Don't miss this amazing opportunity to support your academic journey by submitting your application by Feb. 14.

AAUW Members, we need you to spread the word! Please share this exciting news with any students who might be interested. Use the QR Code on the flyer to "Apply Today."

Let's make this scholarship a huge success and help our students achieve their dreams!

*Gloria Hilton,
Director of Scholarships*

Inspirational Corner

Psalm 44:22-26 NIV

Yet for your sake we face death all day long; we are considered as sheep to be slaughtered. [23] Awake, Lord! Why do you sleep? Rouse yourself! Do not reject us forever. [24] Why do you hide your face and forget our misery and oppression? [25] We are brought down to the dust, our bodies cling to the ground. [26] Rise up and help us; rescue us because of your unfailing love.

While in this world, we need to stay, prayed up! It doesn't take much for the devil to interfere. Hopefully, you read when about my eSIM being hacked a month ago while I was in Wyoming. Time really flies when you're having fun.

All I could think about was here I am far away from home and my phone has been hacked, my financial information compromised, and I'm supposed to be catching inspiration to write.

So, the first two days were spent working on getting things resolved. I then worked on my identity theft situation for the next three days, calling the bank, Experian, and enrolling in LifeLock. I also managed to write a little something on those days. But I wonder if I could have written more than the five chapters I completed. Ironically, my core readers/editors thought the chapters were very entertaining. I was pleased.

Wells Fargo Bank still has not resolved the situation, even though I contacted them in a timely manner. I did not authorize the transactions, and I must prove that I am me. The other artists who were also at the fellowship commented that I was very calm. But that's what happens when you know you've done all you can. I could feel so much worse about this situation, but I am prayed up!

Father, thank You for always being with us when we don't even know it. Lord, you are the wind beneath our wings that keeps us grounded and focused when we need You. Father, we love You and praise Your holy name. In the precious name of Jesus, we pray. Amen.

*Merry Christmas and Happy New Year!
Carolyn Austin, AAUW Director of Programs*

Immigration Issues in Tampa, Florida: Looking Ahead to 2025

As we approach 2025, Tampa's immigrant community faces significant challenges and changes. Here's what AAUW members should know about immigration issues affecting our area:

Florida's Restrictive Immigration Law

Florida's 2023 immigration law (SB 1718) has had far-reaching effects on the local immigrant community:

- Increased anxiety and psychological distress among immigrants
- Hesitancy to access health and educational services
- Some residents have left the state due to the law's impact

[A survey conducted at the University of South Florida revealed that 46% of respondents knew someone who moved out of Florida because of the law.](#)

This exodus could have significant economic implications for Tampa and the surrounding areas.



Potential Changes in Federal Policy

With the recent election results, 2025 may bring substantial shifts in federal immigration policy:

- Increased workplace inspections and audits by ICE and DHS
- Potential restrictions on visa categories and humanitarian programs
- [Possible reconsideration of programs like DACA and STEM OPT](#)

These changes could significantly impact Tampa's diverse immigrant population, including students and skilled workers in the area's growing tech sector.

Impact on Local Economy and Services

The potential policy shifts may have cascading effects on Tampa's economy:

- Industries relying on immigrant labor, such as agriculture and hospitality, could face challenges
- Local businesses may need to adapt to stricter employment verification requirements
- Public health could be affected if immigrants become hesitant to seek medical care

Education and "Dreamers"

A concerning development for 2025 is the potential phasing out of in-state tuition rates for undocumented students, known as "dreamers." [Senate President Ben Albritton has suggested gradually ending this benefit, which could affect thousands of students in Florida universities and colleges.](#)

Community Response and Support

In response to these challenges, several Tampa Bay organizations are working to support the immigrant community:

- The [Refugee and Migrant Women's Initiative \(RAMWI\)](#) offers programs to empower and support refugee and migrant women in Tampa Bay
- [Lutheran Services Florida](#) provides assistance with immigration, refugee resettlement, and employment services
- [Project Prosper](#) offers financial education and coaching to foreign-born residents in Tampa Bay

Conclusion

As we move into 2025, it's crucial for AAUW members to stay informed about these immigration issues. They align closely with AAUW's mission of advancing equity for women and girls, particularly in areas of economic security and education. By understanding these challenges, we can better advocate for policies that support our diverse community and ensure equal opportunities for all residents of Tampa, regardless of their immigration status.

*Michelle Douglass,
Co-Director of Public Policy*

Around The Town SIG Meet Up: Mar.12-16 @ the Straz



**STAGE
WORKS**

March 12th – March 16th, 2025

Strazcenter.org

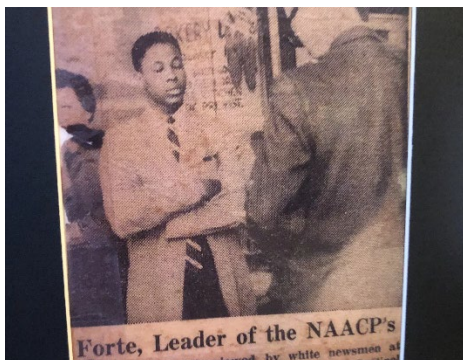
813-229-7827

800-955-1045 (Toll Free)

Summary of the Play:

"When the Righteous Triumph" is a compelling play by Mark E. Leib that explores the Civil Rights Movement, focusing on the 1960 sit-ins in Tampa, Florida. The narrative centers on activists who unite to challenge segregation at lunch counters through peaceful protests.

The play portrays their bravery and determination as they confront violent resistance and navigate their struggle for justice. Through their experiences, the audience gains insight into the tension, fear, and hope that characterized this crucial period in American history. The story serves as both a tribute to the unsung heroes of the Civil Rights Movement and a reminder of the ongoing fight for equality. For more information, [contact Irene Bemby](#).



See What Others Are Saying...

[Why Stageworks' "When the Righteous Triumph" Is a Must-see](#)
(story from 2023)

[When the Righteous Triumph | Mark Leib | March 30th](#)
(YouTube Video with the Author)

[A new dramatic play depicts Tampa's civil rights lunch counter protests in 1960](#)
(Audio Story from 2023)

[Tampa Civil Rights Drama WHEN THE RIGHTEOUS TRIUMPH Makes World Premiere at Stageworks](#)
(story from 2023)

*Irene Bemby,
Around-the-Town SIG*

2025! We Have Arrived and So Have Our Resolutions!!!

New Year's resolutions are a tradition where people set goals or promises to improve themselves or their lives in the coming year. Here are a few reasons why we make them:

- **Fresh Start:** The beginning of a new year feels like a clean slate, offering a chance to start anew and leave behind past mistakes or habits.
- **Self-Improvement:** Many people see it as an opportunity to focus on personal growth, whether it's getting healthier, learning new skills, or breaking bad habits.
- **Motivation:** The collective energy and optimism around the New Year can be very motivating, making it easier to commit to changes.
- **Reflection:** It's a time to reflect on the past year, recognize what worked and what didn't, and set intentions for the future.



Overall, New Year's resolutions are a way to harness the positive energy of a new beginning and strive for a better version of ourselves.

How will you “harness the positive energy?” What are your resolutions for 2025?

1. Choose a template. (see below and print, or choose your own)
2. Add goals and deadlines to your template.
3. Track progress of goals and deadlines throughout the year.
4. Review achievements on January 1, 2026, and plan for 2027.

NEW YEAR'S Resolution

THINGS TO DO BETTER:

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NEW SKILLS TO LEARN :

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NOTES:

DEVELOPGOODHABITS.COM

New Years Resolutions Journal

* Health *	* Work *
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Stay Connected, Like & 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