

## **SENIOR FELLOWS AND FRIENDS**

Alert. Relaxed. Collegial.



### **Recap of 3/28/24 session with Tambra Stevenson, Health and Wellness Innovator**

Dear Senior Fellows and Friends,

Last week's ground-shaking session with Tambra Stevenson was a testament to the immense power of purpose. Tambra describes herself as a "cultural engineer at the intersection of social entrepreneurship, food policy, and advocacy communication." When she says her purpose is saving lives, it's not hyperbole.

Her way in to this work was via STEM in Oklahoma – "a way to pay the bills." Ultimately that led to her to complete a BA in Nutrition, an MA in Media, Technology and Democracy, an MPH in Health Communication, and MBA Coursework in Healthcare Marketing and Entrepreneurial Management. Currently, she is a PhD candidate at American University. Tambra's work is vital and rich – a fact that can be grasped by reading her extensive [student profile](#).

Early in the session, I realized that I was not equipped to summarize this discussion – things were moving too fast. Instead, here are the wonderful notes that Tracey Tay, esteemed Australian chief medical advisor and Senior Fellows and Friends colleague, shared with me after the session.

#### **Tracey's session notes**

1. Tambra is a "systems convenor" par excellence  
Identify your own SUPERPOWER but also your BLIND SPOTS and fill them
2. Clarity of vision but this sits in a deeper personal set of values and a lived experience of diversity. Actions to deliver the vision and outcomes feed both Tambra's personal growth as well as delivering for her community and broader society
3. Inspiring! So many gems of phrases!  
Build my 'inner MacGyver'

How do I swim and get to shore when things go wrong?

Network of sisters

4. "Follow the money" is interesting. Also following where the spotlight is shone – routinely collected data that informs government allocation of funds

5. Cities and belonging is a topic in itself. Tambra spoke to the experience of Black women and this would resonate with other groups such as older people.

6. Much to learn from Tambra about involvement of community in designing and improving food security. I particularly love how she makes the general, personal – the Black Food Census is a "love letter to my grandmothers". It connects us to her as a person and therefore

to her mission – we understand the WHY

Actions from this session:

- I will update my LinkedIn profile. Tambra said she searched bios to find people to be informal mentors and sponsors. I should ensure I'm 'findable' if I can support someone
- I will contact some other senior women to share these ideas
- I have been thinking about how some of our facilities could become "anchor institutions" making place-based contributions to local needs. I think Tambra's work provides practical ways to accelerate this idea.

To learn more, follow Tambra's life-affirming work and support it if you choose, please browse <https://www.iamwanda.org/>. WANDA (Women Advancing Nutrition Dietetics And Agriculture), which provides a field placement site, makes available through its online shop Tambra's first children's book, a Food & Nutrition Policy Report prepared for the 2022 White House Conference on Hunger, Nutrition and Health, and the upcoming Food Citizens Guide to Advance the Food Bill of Rights.

## **Participant affiliations**

ASPA National Capital Area Chapter

BM Martin Solutions

Calvary Health Care

Department of Education, retired

Department of Health and Human Services

Maximus Federal Services, Inc.

Old Dominion University


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Wanda: Women Advancing Nutrition Dietetics And Agriculture

People joined from New South Wales, Australia; New York, NY; Colorado Springs, CO; Nashville, TN; Fredericksburg, VA; and the Washington, DC Metro Area.

Each time, we begin with a round of introductions to warm up the space. Afterward, participants are sent a "Who was in the room" message to facilitate ongoing connection. Please consider joining us in the future.

Sincerely,  
Kitty Wooley



## HOW WILL YOU CONTRIBUTE?

Cooperating freely, learning on the fly, empowering ourselves, and navigating unknown waters beyond the edge of the comfort zone are the name of the game. We began our public leadership journey in calm harbors, and now we're surrounded by the white water of constant change. Business as usual isn't working well enough. We choose to gather our strengths and lead from wherever we are, applying our best efforts to the challenges of our time. Are you coming?