



# FACULTY WOMEN'S CLUB

## NEWS BULLETIN – SPRING 2024

Please join us for our annual

### COUPLES EVENT

### Eataly Dallas

Make pasta and tour Eataly's history while having food tasting and wine

Sunday, February 25th, 2024 - 4:30 – 7p.m.  
8687 N Central Expy #2172, Dallas, TX 75225

Cost: Member: \$70/person, Non-member \$140/person  
Space is limited, only 40 spots available

Let us know by February 19th if also interested in having dinner afterward

To register, make payment online at  
[www.utsouthwestern.edu/facultywomensclub](http://www.utsouthwestern.edu/facultywomensclub)  
Monika - [monikascherer812@gmail.com](mailto:monikascherer812@gmail.com), Mary Beth - [jkm2cp@aol.com](mailto:jkm2cp@aol.com)  
Susan - [suzbez7019@gmail.com](mailto:suzbez7019@gmail.com)

## Happy New Year 2024!

### Save the Date!

Spring Event will be on Tuesday, April 9th - 10am at UT Southwestern School of Health Professions

Dallas Chocolate will instruct attendees on how to make chocolate!

### Message from the Co-Presidents

Happy New Year! FWC would like to welcome you to a new year filled with many interesting events planned by our hard-working Board members.

Pasta anyone? Our Couples Event on February 25th promises to be a fun activity to bring your spouse or significant other to. This is a great way to experience the camaraderie and connection FWC has to offer. Hope to see you there!

Other events that are coming up from the Cultural Diversity group, Freewheelers and Garden Exchange promise to be just as much fun. Our other interest groups meet weekly or monthly on a regular basis, and well into the summer months. The service projects at Parkland are another way for you to participate. You are always welcome to join any of these activities and try them out.

We hope you will join us! FWC is a group of dynamic and diverse women connected by friendship and shared interests. We are "Women Helping Women".

Sincerely your Co-Presidents,

Sawsan Seikaly ([s.seikaly@gmail.com](mailto:s.seikaly@gmail.com)) and Jennifer Vernino ([Vernino@att.net](mailto:Vernino@att.net))

### WE LOVE NEW MEMBERS!

Please note that our membership year is from May 2023 to May 2024.

☺you already paid your due

@

#heck out the exciting events we have planned for spring.

#### EMAIL

[fwc@utsouthwestern.edu](mailto:fwc@utsouthwestern.edu)

#### WEB

[www.utsouthwestern.edu/facultywomensclub](http://www.utsouthwestern.edu/facultywomensclub)

#### FACEBOOK

[facebook.com/groups/utswfwc](https://facebook.com/groups/utswfwc)



### FWC FALL MEMBERSHIP DRIVE

Registration OPEN for 2023-2024

#### Member Benefits:

- \* ½ price on all FWC events
- \* Bi-annual News Bulletin
- \* Monthly Highlights Email Newsletter
- \* Access to all Interest Group Activities
- \* Membership Directory
- \* Access to Facebook Group



#### 2 Easy Ways to Join or Renew

**ONLINE:** Use the link [www.utsouthwestern.edu/facultywomensclub](http://www.utsouthwestern.edu/facultywomensclub) or scan QR code to access website and online application to "pay annual dues".

**MAIL:** Return enclosed Yellow Membership Application with a check to FWC and mail to address provided on form.

#### Thinking of becoming a new member, but have questions:

Contact: Hanne Sagalowsky at [HanneSag@me.com](mailto:HanneSag@me.com)

#### Member Dues:

Annual Fee: \$30

# Interest Groups

## Parkland Wish List

We collect and deliver non-cash essential items to Parkland NICU/Newborn and adult patients. You may bring items to any off-campus FWC event(s). We also do porch pick-ups.

FWC also provides books to the NICU Child Life program that supports families in bereavement circumstances.

Contact [fwcwishlist@gmail.com](mailto:fwcwishlist@gmail.com) for more info.



Scan QR code to access the FWC Parkland Donation Options and Wish List

## Book Group AM & PM

Book titles are chosen in June and members volunteer to host and lead discussions

### AM Book Group

First Wednesday of each month. Coffee begins at 9:30 am with a book discussion starting at 10:00 am

### PM Book Group

Third Wednesday of each month. Snacks begin at 7 pm with a book discussion starting at 7:30 pm

Jean Kennerly [jbkennerly@gmail.com](mailto:jbkennerly@gmail.com)

Jenny Stokes [jenestokes@gmail.com](mailto:jenestokes@gmail.com)



## Cultural Diversity

The Cultural Diversity Group seeks to promote diversity and celebrate the cultural heritages of our members.



For the Spring event, we will host a **Lunar New Year** celebration at Kelseanna's house on **Wednesday, February 7th at 6pm** which will include a lantern making craft and a potluck.

Bringing food is optional, please come even if you don't have time to make/bring something, but still want to join. Please RSVP to [fwcdiversitygroup@gmail.com](mailto:fwcdiversitygroup@gmail.com) by February 5th and we will send the address to your email.

**Barbara, Sukh and Kelseanna**

Questions? Email [fwcdiversitygroup@gmail.com](mailto:fwcdiversitygroup@gmail.com)

## Freewheelers

MARCH 20th is our Spring Adventure: "Private Party" Glassblowing at Vetro Studio in historic Grapevine. Join us for this festive event, which includes sculpting your own unique piece of glass art. Don't miss the fun!

Email Linda or Stephanie for sign-up/details.

Linda Willson [lw248@sbcglobal.net](mailto:lw248@sbcglobal.net)

Stephanie Haley [haleysk@gmail.com](mailto:haleysk@gmail.com)



## More for Moms

If you are a MOM and like to have fun, this group is for you! We are here to support ALL MOMs by giving you a night off with other moms and without your kids!



Sari Bar [sari.bar@utsouthwestern.edu](mailto:sari.bar@utsouthwestern.edu)

Veronica Bordes [veronica.bordes@hotmail.com](mailto:veronica.bordes@hotmail.com)

## Mah Jongg

The Mah Jongg Special Interest group provides an opportunity for members new to the game to learn how to play as well as for experienced players to come and play. We meet in different members' homes on Wednesday afternoons and one Saturday afternoon per month. Join us for fun, socializing, and mental challenge!

Instruction provided as needed in a warm, non-competitive environment.

Bethany Hampton (214-704-0678 )

Carol Burns (214-500-9240)



## Garden Exchange

We welcome both new and experienced gardeners, as well as anyone who just enjoys getting together and visiting beautiful gardens!



We have fun exchanging tips, and sometimes seeds and plants. Our events occur in the spring and fall. On March 11th, we plan to visit the Dallas Arboretum during "Dallas Blooms," with hundreds of thousands of daffodils, tulips, azaleas, and more. On April 15th, we'll meet for lunch and plant shopping at North Haven Gardens.

Mary Greene [mary.greene39@yahoo.com](mailto:mary.greene39@yahoo.com)

Nunu King [nunungeking@gmail.com](mailto:nunungeking@gmail.com)

## Mindfulness



Mindfulness is the practice of paying attention to the present moment, on purpose and without judgment. It is a practice that has been around since ancient times with documented benefits, including stress and anxiety reduction, increased attention and focus, and greater connection and compassion.

Sessions are held once a month on a Sunday afternoon and may include guided meditation, as well as other practices of bringing present moment awareness into daily life. Whether you have experience or are new to the practice of mindfulness, these sessions are open and accessible to all.

Adrienne Bagley [adriennebagley@gmail.com](mailto:adriennebagley@gmail.com)

## Needle Arts

Whether you are experienced or just beginning needlework, we invite you to join us. Each of us may be working on something different including knitting, crocheting, cross stitch, needle point, quilting, creating soft sculptures and more.

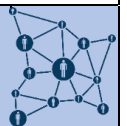


We are an informal and friendly group who share ideas and learn from each other. We meet in the homes of our members, usually on the third Thursday from 1-3 PM.

Anne Andersen [gramanne1@hotmail.com](mailto:gramanne1@hotmail.com)

## Women Faculty Network

We bring women faculty together in casual events on and off campus. We host gatherings on a quarterly basis and look forward to welcoming new women faculty who are just starting out, mid-career making their way in academic medicine, and those who are completing their careers. All are welcome to join our network, and suggestions for events are very welcome.



Tian Zhang [tian.zhang@utsouthwestern.edu](mailto:tian.zhang@utsouthwestern.edu)