

# FACULTY WOMEN’S CLUB

**camaraderie ✂ curiosity ✂ culture**

*Please join us for our annual*

## **FALL WELCOME LUNCHEON**

**"The Foster Care Crisis and What We Can All Do"**  
Cynthia Izaguirre, Co-Ancor WFAA Evening News  
**Tuesday, September 14, 2021**

**11:00 am to 1:30pm**

T. Boone Pickens Biomedical Bldg., 14th Floor  
UTSW North Campus: 6001 Forest Park Road  
*Complimentary self parking in adjacent garage*

**Cost: \$20** (membership not required to attend).

To register, please make check payable to  
"FWC" and mail to Pam Kimatian

**OR** pay online [www.utsouthwestern.edu/facultywomensclub](http://www.utsouthwestern.edu/facultywomensclub)

RSVP *Deadline: Tuesday, September 7, 2021*

For more information, contact  
Heike Cullum at [fwc@utsouthwestern.edu](mailto:fwc@utsouthwestern.edu)



### **Luncheon Special Guest**

**Cynthia Izaguirre News Anchor for the Channel 8 News at 5, 6, &10 o'clock will speak about her passion, "The Foster Care Crisis." We look forward to welcoming Ms. Izaguirre and our new/current members in person. Don't miss this special event!!**

## **LETTER FROM FWC CO-PRESIDENTS**

A heartfelt welcome back to current UTSW Faculty Women’s Club (FWC) members and prospective members. It has been a long road back to some normalcy as we all emerge cautiously from the COVID-19 pandemic.

Our programs committee and interest group leaders have planned a fabulous year of fun and interesting programs for all of us to experience. Our Newsletter highlights the many activities and events that are planned by our various interest groups. There is something for everyone!

In addition, please note in the Wish List column, the new and convenient ways to donate to our service project - Parkland Hospital.

We are happy to invite you to our first event, the Fall Luncheon on September 14, 2021. The luncheon is a wonderful opportunity to meet a great group of interesting, diverse and fun women from all over the United States and from all over the world. Whether you are new to UTSW, new to Dallas, reconnecting with us, or a returning member, my Co-President and I invite you to join FWC and discover that we are a group of "Women Helping Women."

**Kathy Peters and Jean Pennant**

## 2021-22 MEMBERSHIP DRIVE

Registration is OPEN for 2021-2022 – Time to Join the Fun!

### Membership Benefits

Discounts on all FWC events Quarterly Newsletters & FB "Monthly Highlights" Email Updates Access to Interest Group Activities Inclusion in the FWC directory\*

\*Dues Submission Deadline to be included in the directory 10/1/21

### Member Dues

Annual fee of \$30 to be a part of this wonderful community of diverse women.

### 2 Easy Ways to Join or Renew Membership

#### Online

Submit easy online application & credit card payment via the link below [www.utsouthwestern.edu/facultywomensclub](http://www.utsouthwestern.edu/facultywomensclub)

#### Mail

Submit the yellow form, make check to "FWC and mail to Jennifer Vernino 4329 Shady Hill Drive Dallas, TX 75229

### New Member Welcome Chairs

New Potential Members **Hanne Sagalowsky:** [HanneSag@me.com](mailto:HanneSag@me.com)

New Incoming Members **Kaitlyn Snyder Abdullah:** [kaitlyngisele@gmail.com](mailto:kaitlyngisele@gmail.com)

A membership form will be included with this mailing OR you can join online. To have your name added to the Interest Groups email lists, just check the ones you're interested in. Our most up-to-date information can be found on the FWC website and/or the group's FB page. See the CONTACT box on page 4 for all online access information.

## PARKLAND WISH LIST PROJECT

We have added online wish lists--Amazon, Target, and Walmart--to our list of donation options: [FWC Parkland Donation Options](#). We hope these additions will make it easier to purchase and donate basic items to help Parkland patients with limited financial means. The Wish List committee has already used Amazon to purchase end-of-the-year donations, focusing on essential items. The whole process was quick, efficient, and accurate. On behalf of Parkland patients, we thank you, our members, for your contributions that went toward those purchases. We hope you will join us in easy online shopping as you consider making a donation in the future. For donation ideas, please see the updated Parkland full wish list:

### [FWC Parkland Wish List Full](#)

You may still bring any items you wish to donate to most FWC events. We will personally deliver your donated items to Parkland for you. Please contact us at [fwcwishlist@gmail.com](mailto:fwcwishlist@gmail.com) for help with coordinating drop-off/pick-up.

Your donations matter. Thank you for your generosity!

Beth & Monika (in consultation with Mary)  
FWC Wish List Committee/Consultant

### VIEW WISH LIST INFORMATION



Scan the QR code with your smartphone camera to access the FWC Parkland Donation Options and Wish List

## BOOK GROUPS

### AM BOOK GROUP

Held the first Wednesday of every month. Coffee at 9:30 am and a book discussion at 10:00.

### PM BOOK GROUP

Held the third Wednesday of each month. Snacks at 7:00 pm, with a book discussion at 7:30.

Contact Book Groups Coordinator, **Jean Kennerly** at **214-505-0579** or [jbkennerly@gmail.com](mailto:jbkennerly@gmail.com) for more info.



AM Book Group	2021 Books	Facilitator	RSVP to Host
September 1, 2021	<b>Hamnet</b> by Maggie O'Farrell	Linda Willson, Anne Andersen and Jean Kennerly	Ellen Seldin
October 6, 2021	<b>Deacon King Kong</b> by James McBride	Linda Willson	Devin Fernandes
November 3, 2021	<b>The Night Watchman</b> by Louise Erdrich	Jean Kennerly	Bethany Hampton
PM Book Group	2021 Books	Facilitator	RSVP to Host
September 15, 2021	<b>Deacon King Kong</b> by James McBride	Cheryl Silver	Zoom
October 20, 2021	<b>Losing Battles</b> by Eudora Welty	TBD	Anne Andersen
November 17, 2021	<b>The Night Watchman</b> by Louise Erdrich	Jean Kennerly	Bethany Hampton

# FWC INTEREST GROUPS

Attend as many groups as you like!

## WOMEN'S FACULTY NETWORKERS

This group consists of female faculty working throughout the UT Southwestern system.

If you are interested in joining this group or have any questions, please contact

**Julia Fielding** at [fwc@utsouthwestern.edu](mailto:fwc@utsouthwestern.edu)



## 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! To join this group, or if you have questions, please contact one of the co-chairs,

Sari Bar at [sari.bar@utsouthwestern.edu](mailto:sari.bar@utsouthwestern.edu) OR  
Veronica Bordes Edgar at  
[veronica.bordensedgar@utsouthwestern.edu](mailto:veronica.bordensedgar@utsouthwestern.edu)

## GARDEN EXCHANGE



We had a great visit to the Arboretum in April. It was so nice to be together again! We plan to have another outing this fall and will email the group when we have a plan. Please let us know if you're not a member of Garden Exchange, but would like to join the group, so you'll be on our list.

Meanwhile, send us your garden photos, tips or questions anytime. We'll pass them along to the group.

Contact **Mary, Kathy and Nobuko** at  
[fwc@utsouthwestern.edu](mailto:fwc@utsouthwestern.edu)

## NEEDLE ARTS



Welcome to all who are interested in needlework of any type. Our group is friendly and informal and we enjoy visiting while we work.

We would love to have you join us. Be sure to indicate your interest when you pay your dues and you will receive our fall schedule

Contact **Anne Andersen** for more information,  
[fwc@utsouthwestern.edu](mailto:fwc@utsouthwestern.edu)

## CULTURAL DIVERSITY GROUP



Hi all! We hope you are staying safe and healthy and are having a good summer. To commemorate Bastille Day, the main national holiday in France, on July 14th, we invited our members to share their favorite things French. We received many diverse contributions-- French singers and actors, arts and architecture, personal recommendations of blogs and shows, recipes, songs, memories, and more. The entries were compiled into a slideshow and emailed to our Group to enjoy: *\*French Culture compilation\** We hope you will have fun viewing this compilation of various bits of French culture as perceived and experienced by our members. Thank you for your submissions! We will be meeting soon to plan our next activities. Please contact us if you have any questions or ideas for group events.

**Junko, Monika & Sawsan**  
[fwcdiversitygroup@gmail.com](mailto:fwcdiversitygroup@gmail.com)

## COOKING



Please join fellow cooking enthusiasts for camaraderie and classes! For more information and suggestions for new cooking activities in the future, please contact

**Gail Dickenson:** [fwc@utsouthwestern.edu](mailto:fwc@utsouthwestern.edu)

*Look in the FWC Monthly Highlights email for updates and more information. Thank you.*

## FREEWHEELERS



In October the Freewheelers are going to visit **Bonton Farms!** An agricultural intervention in the South Dallas neighborhood of Bonton, Bonton Farms helps the community as it strives to restore lives, create jobs and ignite hope.

We will learn what Bonton Farms has accomplished in an area that was previously considered a food desert, and what their future plans include. We will see their fields of crops, eat at their Market Café, shop their fresh foods and produce, and hear about their new medical clinic.

When we confirm the exact date and time, we will let you know, **if you have signed up for Freewheelers.**

**Linda Willson and Stephanie Haley** at  
[fwc@utsouthwestern.edu](mailto:fwc@utsouthwestern.edu)

## MINDFULNESS MEDITATION



Mindfulness is the practice of paying attention to the present moment, on purpose and without judgment. Over the past 40 years, a multitude of research has demonstrated benefits of mindfulness practice, including stress and anxiety reduction, as well as increased focus and attention. Come explore these benefits!

These 30-minute sessions will be held the 3rd Saturday of each month at 9am. Whether you have experience or are new to the practice of meditation, these sessions are open and accessible to all.

Contact **Adrienne Bagley** at [fwc@utsouthwestern.edu](mailto:fwc@utsouthwestern.edu) to join, ask questions, and get meeting notifications.

## FACULTY WOMEN’S CLUB BOARD

### OFFICERS

- Co-President Kathy Peters (2020-2023)
- Co-President Jean Pennant (2019-2022)
- 1st Vice President/President Elect Pam Kimatian & Jennifer Vernino
- Recording Secretary Beth Morey
- Corresponding Secretary Laurie Clark
- Treasurer Kathryn Rosemeier
- Parliamentarian/Past President Ann Jones

### STANDING COMMITTEES

- Newsletter Editor Barbara Moses
- Graphic Design & Layout Havan Furmaga

## AREA CONNECTIONS

Looking forward to meeting other women who live close to you? Area Connections has divided FWC into 14 areas by zip codes.

We are suggesting each area have a Meet and Greet on September 21 from 5-6 PM.

We are looking for coordinators to help choose a location in their area and contact their group.

Watch for more information to come.  
If you are interested in helping, please contact us.  
This is a great way to meet your neighbors!

Thanks,  
Ann Hill and Cheri Whitten  
[fwc@utsouthwestern.edu](mailto:fwc@utsouthwestern.edu)

## MEMBERSHIP

The Faculty Women's Club welcomes women in the UT Southwestern Medical Center community who are faculty, administrators, or spouses/partners of faculty and administrators.

### We Welcome Newcomers

Good news: joining won't break the bank! A \$30 membership fee connects you all year to this diverse and dynamic community of women and events. Membership includes a group directory, Facebook access, and newsletters listing upcoming events. New Member Contact: **Hanne Sagalowsky** at [fwc@utsouthwestern.edu](mailto:fwc@utsouthwestern.edu)

## CONTACT FWC

**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)

## OUR FEATURED MEMBER



**Adrienne Bagley, MD**, moved to Dallas in 2015 with her husband Carlos, Director of the UTSW Spine Center. She has been a part of the Communications Committee since 2019 and created the Mindfulness Meditation interest group in 2020.

Adrienne completed her undergraduate and medical training at Johns Hopkins. As a pediatrician, she worked in a number of different healthcare settings, including a city health department, a tertiary care center, and a community health center.

In 2010, Adrienne transitioned from her pediatric practice to pursue other interests related to health and wellness. She completed the Mindfulness Based Stress Reduction program at Duke Integrative Medicine in 2012 and has maintained a personal meditation practice since this time.

In 2020, she joined Mastermind, a Dallas-based meditation consulting team, deepening her commitment to teaching & sharing mindfulness with others.

Adrienne and Carlos have one son, Marshall, a rising 8th grader at St. Mark's School of Texas. Adrienne enjoys volunteering at school, and she is excited to serve as a class representative for the upcoming school year.

In her spare time, Adrienne enjoys spending time with her family, which includes vacationing on the beach and traveling to Durham to cheer on the Duke Blue Devils basketball team.