



FACULTY WOMEN'S CLUB

NEWS BULLETIN – FALL 2024



Please join us for our annual
FALL WELCOME LUNCHEON

For a chat with fashion designer and owner of
NARDOS Couture
NARDOS IMAM

Thursday, September 26th, 2024 - 11am - 1:30pm
T. Boone Pickens Biomedical Building
14th Floor, UTSW North Campus
6001 Forest Park Rd

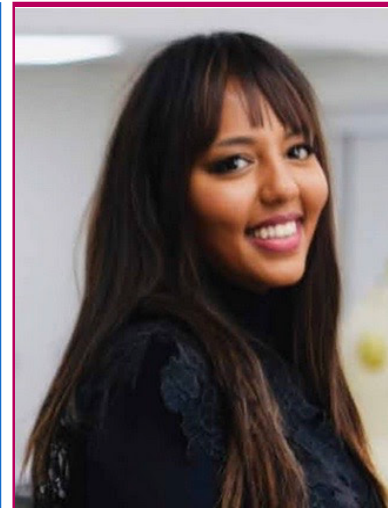
Cost: \$20/person

Registration Deadline: September 24th, 2024

Register & make payment online at

www.utsouthwestern.edu/facultywomensclub

Questions - **Mary Beth Brennan** - jkm2cp@aol.com



NARDOS IMAM

Message from the Co-Presidents



Welcome to a new year of the UTSW Faculty Women's Club! We are officially kicking off our membership drive for 2024-25 and we hope you will join or renew your membership.

Thank you to all of our board members who are in the process of planning events. We are looking forward many fun, fall activities, including our much-anticipated annual Fall Welcome Luncheon. This luncheon is a wonderful opportunity to meet and fellowship with a group of diverse and dynamic women.

We are "Women Helping Women." Please join us!

Your Co-Presidents,

Adrienne Bagley (adriennebagley@gmail.com) and Sawsan Seikaly (s.seikaly@gmail.com)

FWC Fall Membership Drive

Registration OPEN for 2024-2025

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

Membership Dues
ONLY \$30

Kick back and have
some fun with us!!!

Thinking of becoming a new member but have
questions:

Contact: Hanne Sagalowsky at HanneSag@me.com

2 Easy Ways to Join or Renew

ONLINE: Use the link
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.



SEND US YOUR PHOTOS

We archive photos of FWC
events!
If you have photos from FWC
events, interest group/
committee/board meetings,
please email them to
fwc.copresident@gmail.com
Put "photos" in the subject
line, include name & date of
event, and names of persons
in the pictures.

EMAIL

fwc@utsouthwestern.edu

WEB

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

FACEBOOK

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

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 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

Jenny Stokes jenestokes@gmail.com



Cultural Diversity

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

The Cultural Diversity group has many exciting events planned for the 2024-2025 year. Looking forward to seeing you all this year!



We will attend a Jewish cooking class in early Fall, hold the annual cookie exchange in December, and a Nowruz (Persian New Year) celebration including a flower making class in March. Questions? Email fwcdiversitygroup@gmail.com

Barbara, Sukh and Kelseanna

Freewheelers

We mix the fun of exploring Dallas/surrounding areas with the delightful company of our fellow FWC members—newcomers and veterans. This past year, we toured the US Bureau of Printing and Engraving in Fort Worth and made glass pieces at Vetro Glassblowing Studio in Grapevine.

Stephanie and Linda are currently scouting out prospective adventures, looking ahead to our fall outing. Sign up to receive our emails.

Linda Willson lw248@sbcglobal.net

Stephanie Haley 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!



[We are looking for 2 coordinators!](#) Please contact **Adrianne Bagley** (adriannebagley@gmail.com) or **Sawsan Seikaly** (s.seikaly@gmail.com) if you're interested.

Mah Jongg

The Mah Jongg group provides an opportunity for members who are new to "Mahj" to learn how to play as well as for experienced players to come and play.

We meet on **Wednesdays** (weekly) and **Saturdays** (once per month) from 1:00pm-4:00pm. Come join us for fun and mental stimulation!

Bethany Hampton bethanyhamptonphd@gmail.com

Carol Burns drmomb@hotmail.com



Garden Exchange

We welcome everyone - whether you are a new or experienced gardener or someone who would just enjoy getting together and visiting special gardens or nurseries in the DFW area. We usually meet at two or three locations a year, including the Dallas Arboretum and others. The group also benefits from helping one another by exchanging garden tips and resources. We hope you will join us!

Mary Greene mary.greene39@yahoo.com

Nunu King nunungeking@gmail.com



Mindfulness

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

In-person sessions are organized around a specific topic (e.g., compassion, patience, acceptance, gratitude) and typically include a guided meditation and discussions bringing awareness of these attributes into our daily lives. All levels of experience are most welcome!

We meet on the **3rd Sunday from 1-2 pm.**

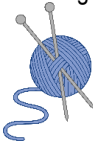
For questions and to RSVP, please email **Krystyna Isaacs** (krysisaac@gmail.com).

Adrianne Bagley and Krystyna Isaacs



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

Women Faculty Network

We bring female faculty together in casual events on and off campus. We look forward to welcoming all female faculty working throughout the UT Southwestern system.



Faculty Networking Group Dinner on Wednesday Oct 23rd at 6 pm.

Sawsan Rashdan sawsan.rashdan@utsouthwestern.edu

Mili Khandheria Mili.Khandheria@utsouthwestern.edu