



FACULTY WOMEN'S CLUB

NEWS BULLETIN – SPRING 2025

Please join us for our annual

FWC Couples Event

WINE TASTING

Join Scott Dyer from the Dallas Tastings for a tour of the Mollydooker wines from the Australian McLaren Vale region

Saturday, February 22nd, 2025 -- 5-7pm

Home of a FWC member

Address will be provided prior to the event

Cost - members: \$35 per person; non-members: \$45 per person

Register & make payment at

<https://www.utsouthwestern.edu/about-us/faculty-womens-club/activities/upcoming-events.html>

Questions? - Susan Bezerra, Monika Scherer, Kathy Peters

kbpeters12@gmail.com

Heart Saver CPR Class

Thursday, February 20th
8:30 a.m.

UTSW Brookriver location

Cost: \$60

To RSVP, email Adrienne

adriannebagley@gmail.com

SAVE THE DATE

April event on Cyber Security

Learn how to protect yourself and devices from cyber criminals. Event will be on the UT Southwestern campus.

Message from the Co-Presidents

As we enter 2025, we welcome another year of amazing FWC programs. Our Couples Event promises to be a lovely evening together with spouses, significant others, and friends. We are also looking forward to educational enrichment around the topics of CPR and cyber security, as well as an exploration of culture and community in events organized by our Cultural Diversity group, Freewheelers, and Garden Exchange. We invite you to meet and network with other female faculty and moms. Finally, we hope you choose to take some moments to pause, reflect, create, and play in our Mindfulness, Book Group, Needle Arts, and Mah Jongg interest groups.

Thank you to all of our hardworking board members who plan, organize, and make these events possible.

We are "Women Helping Women." We hope you will join us!

Your Co-Presidents,

Adrianne Bagley (adriannebagley@gmail.com) and Sawsan Seikaly (s.seikaly@gmail.com)

FWC MEMBERSHIP DRIVE

Registration OPEN for 2024-2025 – Time to join the FUN!

Member Benefits:

- * Discounted prices on FWC events
- * Bi-annual News Bulletin
- * Monthly Highlights Email Newsletter
- * Access to Interest Group activities
- * Membership Directory
- * Access to FWC Facebook page

2 Easy Ways to Join or Renew

Online: www.utsouthwestern.edu/about-us/faculty-womens-club/

Mail: Return the enclosed Membership Application with a check made payable to FWC to the address provided on the form.

Annual Fee
\$30

Thinking of becoming a new member...

Contact Hanne Sagalowsky HanneSag@me.com

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/about-us/faculty-womens-club/

FACEBOOK

facebook.com/groups/utswfwc

Interest Groups

Parkland Wish List Project

Purchasing donations for Parkland patients has become easier! Use the Parkland Child Life's Amazon wish list link below. Purchases will be delivered directly to Parkland.

https://www.amazon.com/hz/wishlist/ls/17RS7SNW1JPOY?ref=wl_share

Donations provide the neediest patients with essential items. The Parkland nurses expressed their sincere appreciations for ALL the donations. Thank you for your generosity.

Kathy Peters kbpeters12@gmail.com

Mah Jongg

Our group provides the opportunity for members familiar with the game to come play with members new to "mahj" and those that want to learn how to play. ALL experience levels are welcomed. We meet in different members' homes on scheduled Wednesday or Saturday afternoons 1-4 p.m. The host of each game can provide instruction as needed.

Come join us!

Bethany Hampton bethanyhamptonphd@gmail.com

Carol Burns drmomcb@hotmail.com



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 a.m. with a book discussion starting at 10 a.m.

PM Book Group

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



Jean Kennerly jbkennerly@gmail.com

More for Moms

Calling All Moms! Whether your kids are little, grown, or somewhere in between, this group is for YOU!

We're here to support ALL moms by offering opportunities to connect, relax, and have fun with and without the kids. We host both family-friendly gatherings and mom-only nights, about 2 to 3 times a year.

Join us to celebrate the New Year with empowering and fun experiences!

Hana Ma hanaxma@outlook.com

Shasha He shasha_he@mail.harvard.edu



Cultural Diversity

Our group seeks to promote diversity and celebrate the cultural heritages of our members. We have many exciting events planned for the 2024-2025 year. Join us!

Our Spring event will be a celebration of **Nowruz**, the Persian New Year and festival of the vernal equinox, with a floral design class - everyone takes home their centerpiece! The class will be held on Tuesday, March 18th from 6-8 p.m. at Lizzie B's floral shop (506 Lockwood Dr #200, Richardson, TX 75080). Cost \$35. Food and beverages will be provided. Only 12 spots available. To RSVP, email fwcdiversitygroup@gmail.com and pay \$35 via Venmo @Sukh-Makhnoon.

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 evidence-based benefits, including stress and anxiety reduction, increased attention and focus, and greater connection and compassion.

We meet monthly in-person on a Sunday from 1-2 p.m. Each session is organized around a specific topic and typically includes a guided meditation and discussion of bringing greater awareness into our daily lives.

The remaining sessions for this spring will be on **February 9th, March 9th, and April 27th**.

ALL are welcome! Questions and RSVP, email Krystyna Isaacs krysaacs@gmail.com.

Adrianne Bagley and Krystyna Isaacs



Freewheelers

Friday, March 7, 2025: MEOW WOLF is our destination!

When a small collection of artists in Santa Fe decided to share their works in a public display, their collaboration blossomed into the immersion museum Meow Wolf. Another one has now opened in Grapevine. We hope you'll join Freewheelers in stepping through the portal to the **Real Unreal!**

Linda Willson lw248@sbcglobal.net
Stephanie Haley haleysk@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 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 p.m. **Anne Andersen** gramanne1@hotmail.com

Garden Exchange

Garden Exchange is for anyone who enjoys gardening - or just getting together and visiting notable gardens and, occasionally, a good nursery. We share garden tips and sometimes plants and seeds. On **March 25th**, we will celebrate spring when we meet at the Dallas Arboretum for "Dallas Blooms." We hope you will join us!

Mary Greene mary.greene39@yahoo.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. Save the date for **March 27th at 6:30 p.m.** for a mix/mingle event.

Mireille Bitar Mireille.Bitar@utsouthwestern.edu

Mili Khandheria Mili.Khandheria@utsouthwestern.edu

