

Newsletter of The Faculty Club - October 2023 University of Utah

Connect with Us This Month:

We have an expanding menu of activities for you: we want you in our club. Bring your fun! Bring your ideas!

Our Near Future

More new activities are coming. Check them out...

Inform Us

Tell us what you would like to see from your club! We are listening.

Join Us

Head to our website facultyclub.utah.edu/join/

We want a vibrant club for you and your colleagues.

We want to grow!

Mindfulness Moment

To Your Health



This Fall We Are On The Move!

Hello Faculty Club!

What a fall we are enjoying! We are introducing a newsletter this academic year, hoping it is a great way to stay in touch, keep our Faculty Club Family apprised of our goings on, and solicit your insights.

Any time you want to send feedback or suggestions, please reach out to John Barbuto (current President john.barbuto@utah.edu) or Shawn Steidinger (Past President shawn.steidinger@utah.edu). We are here to build fun and opportunity for you.

Connect with us

We have one more October Faculty Club event! *On* October 29, we will be hosting a kids' costume and pizza party at Jump Around Utah! Bring your children and come celebrate Halloween! The registration link went out on our listserv recently - if you missed it, contact shawn.steidinger@utah.edu for more information.



Also, check out our near-future activities:

Opportunities to gather and socialize are on our [Faculty Club Calendar](#). Make plans to join us! We'd feel so special if you added more of our events to your calendar.

- Watch for some added options to get tickets for Pioneer Theatre Company's productions.
- We are exploring the possibility of creating accounts with two coffee shops on campus (perhaps one on Main campus and one on the Health Sciences) to serve as meeting places for friendly collegial discussion (details not yet determined).
- Have you noticed that Faculty Club members are hosting events in their home? Perhaps you've attended a potluck or a wine tasting and had a great time. We would love for you to host an event at your home - let us know!

Inform Us

We have a goal this year to expand our reach to more faculty and departments across campus. As such, we'd love your feedback about what kinds of activities you'd like to attend. Please let us know!

Join us

We'd love to have you! And, we have a special need at this time: a new member for our Board of Directors and Social Director. Our fabulous Rebekah Shrader has needed to pull back. We need a Social Director who can fill this Board opening. We are also looking for 2-3 people who will support the new Social Director as the Social Committee. The amount we can offer club membership depends directly on having people to help with organization and delivery of our activities. So, we need you! If you are interested to find out more please contact John Barbuto (john.barbuto@utah.edu) or Shawn Steidinger (shawn.steidinger@utah.edu).

Mindful moment

We came across a couple of articles we thought might be intriguing to some of you:

- NYT best-selling author Neil Pasricha has a [two-minute, research-based morning practice](#) that he says has massively improved the quality of his days. Curious?g Community about the ways mindful movement actually improves our lives.
- The Ohio State University published a great piece on How [kindness and mindfulness change you](#).