



Forum in Focus

FALL 2003

Incoming President's Letter

Dear Forum Members,

For me, the Southwest Foundation Forum is built on legacy. It is hard to imagine that I have the honor of serving as President this year. Yet, at the same time, I was practically raised as a member of this organization. My relative, **Dottie Block**, was the founding Forum President and my mother, **Barbara Dreeben**, was one of the original members. I remember my mother's energy and enthusiasm when she, too, served as Forum President. I remember being so excited when **Walton Gregory** called asking me to serve as a Forum Trustee because I knew immediately, that's what I wanted to do. And I remember being equally happy when I learned a few years later that my sister, **Allison Zeller**, agreed to serve on the board as well.

The Southwest Foundation Forum has been a part of my past and present and I am honored to be a part of it's future with this energetic board and dedicated membership. We have an exciting year ahead of us thanks to our enthusiastic board, many of who have already been busy working over the summer.

The Treasurer's committee recently met to establish and discuss the budget for the coming year. **Susan Heinemeyer** and **Cathy Randall** are diligently working on this process and we are thankful for their efforts. Also hard at work this summer are the Forum in Focus team of **Heather**



Lisa Sechler, 2003-2004 President

Hunter and **Cynthia Miller** who have gone above and beyond in creativity and subject matter to ensure it will be the best newsletter we have ever had. **Terry Gouger** and **Nancy Torgerson** are working on our year-book, so be on the lookout for yours to arrive soon.

The Fall Lecture Luncheon will be held on Wednesday, November 19 at The Argyle. **Francie Calgaard** and her assistant, **Tricia Steves**, have arranged for **Dr. David W. Martin** to speak to us on his recent studies using monies awarded to him by the Forum. This is certain to be another enlightening discussion, so mark your calendars now to enjoy his speech as well as a delicious lunch.

We are excited to announce the return of our *Bering's Holiday Shopping Party* in early December. Chairs **Karen Heydenreich** and **Allison Zeller** are planning this

festive evening for members and invited guests to enjoy another extravagant shopping quest with proceeds benefiting the Forum.

We begin once again our Science Education Awards process. This exciting opportunity for area high schools to be eligible for grant dollars will be organized by **Joy Fuhrmann** and **Estee Kellogg**. The winning schools will be announced at our Spring Lecture Luncheon.

The 2004 Gala Team — Chairman **Christy Gulley**, Co-Chair **Jill Rosenthal**, Gala Assistant **Debbi Chesney** and their committee — are already working to create another triumphant evening. Please mark your calendars for Saturday, May 1. We ask you to continue following the newsletter as we unfold the exciting details of what is sure to be a night to remember!

Karen Kalter and **Julie Whitaker** are organizing the Foundation Student Tours. I encourage each of you to call our chairmen and volunteer to accompany students from area high schools as a Forum hostess. It is a truly rewarding and educational experience. The Foundation Evening Tour is scheduled for Wednesday, March 10, 2004. **Melinda Young** and **Phyllis Viola** have begun planning this informative and insightful evening so we can learn first-hand of the Foundation's outstanding biomedical

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Good Times Gala Brings Big Rewards

“Laissez Les Bons Temps Rouler” means “Let the Good Times Roll,” and this theme perfectly described the evening enjoyed by the nearly 500 people who attended the Southwest Foundation Forum Gala on Saturday, May 3, 2003.

Over 90 members of the hard working Gala committee magically transformed the grounds of The Argyle to a French Quarter theme. Horse drawn carriages greeted guests, giving the black-tie attired couples enchanting rides through the quaint neighborhood. In and amongst the New Orleans street signs and lavish decorations, guests enjoyed winning fabulous prizes as they played blackjack and various themed games. While enjoying cocktails, hand-passed hors d'oeuvres and visiting with friends, a Jazz ensemble, mime and caricature artist entertained the attendees. The highlight of the evening was a spectacular dinner under the stars and a sparkling dessert — topped with fireworks, while winners of the attendance prizes and special event drawing were announced.

Attendance prizes included generous donations of a two-night stay in a deluxe room with breakfast at the **Adam's Mark Hotel**, a 17.9 carat pear shaped loose amethyst stone and gift certificate from **Luxor Jewelry, Inc.**, a hand woven wool rug from **Anatolian Treasures** and gift baskets from **Rio Cibolo Ranch**, **Saks Fifth Avenue** and **Don Strange Ranch**.

The special event drawing consisted of kindhearted donations including a dinner for eight with wine from **The Argyle** and **Richard Rogers**; rounds of golf at San Antonio's finest country clubs and golf courses, including **The Dominion**, **Sonterra**, **Fair Oaks**, **Oak Hills** and **The Quarry**, as well as a **BudCo** golf bag and head covers. Additionally, **Carroll Dorsey Walker** kindly bestowed an original **Bejeweled** multi-strand, semi-precious stone cross necklace, bracelet and earring set; and **La Mansion del Rio Hotel** donated a lovely riverside room, which included dinner at the **Plaza Club** and two dozen roses from **The Rose Shop**.

One lucky winner received a week long Hummer rental from **Ken Batchelor Cadillac** and a South



Texas dove hunt, courtesy of **Lincoln Heights Animal Hospital** and **Deborah and Lewis Radicke**, while **Kathy and Al Biedenhorn** garnered a trip for two to New Orleans complete with airfare, deluxe accommodations and Jon Hart luggage courtesy of **Sally Ann Smith**. Interestingly enough, the Biedenhorn's honeymooned in New Orleans and are more than delighted to be able to celebrate their anniversary this October in the city and *exact* hotel where their union officially commenced. Congratulations, Kathy and Al, and may this trip to New Orleans be a memorable, magnificent second honeymoon.

The guests danced under the stars to the festive beat of live music and, in the process of this magnificent evening, raised unprecedented dollars for the Southwest Foundation for Biomedical Research. On August 20, **Dr. Frank Ledford** was presented a check in the amount of **\$85,000**, which serves as seed money for select research projects.

Jennifer Sparr, Gala Chair
Cathy Randall, Gala Co-Chair
Sarah Quirk, Gala Assistant
Walton Gregory, **Prissy Kent** and **Vicki McLaughlin**, Gala Advisors
Heather Hunter and **Barbara Leininger**, Corporate Table Co-Chairs
Deborah Radicke, Prizes Chair
Margie Rust, Amusements Chair

A Good Time Was Had By All



Fall Lecture Luncheon to Feature Dr. David W. Martin

On Wednesday, November 19, the Southwest Foundation Forum will host its Fall Lecture Luncheon at The Argyle. The guest speaker is Southwest Foundation for Biomedical Research scientist, **Dr. David Martin**.

Dr. Martin is a premier researcher in Herpes viruses, a fascinating group of viruses associated with a number of human diseases ranging from eye infections to cancer. His studies provide insight into the biology of Herpes viruses, thereby furthering the development of new therapies against them. Moreover, Dr. Martin was one of the two scientists who each received \$25,000 from last year's Gala proceeds and he is eager to share with us the exciting research and findings these monies have enabled him to conduct.



Dr. Martin's presentation begins at 11 a.m. with lunch immediately following. The cost is \$35 per person. For reservations, please contact **Francie Calgaard** at 822.7315.

Get Ready to Shop 'til You Drop

Back by popular demand, we are pleased to announce the *Bering's Holiday Shopping Party* as this year's special event! In early December, Bering's will remain open exclusively for Forum members and our guests. With great food, wine and the store to ourselves, we'll be able to finish our holiday shopping in no time.

Our generous friends at Bering's will contribute a portion of the money we spend to benefit the Forum, which gives us even more reason to shop 'til we drop! So be looking for your invitation in November to begin planning for a night of shopping, socializing, chatting and charity.



Small Talk About Big Things

How often have you been asked to briefly describe the purpose of the Southwest Foundation for Biomedical Research? Or perhaps you have wanted to share the incredible, life-changing work to your friends and associates, but not certain as to how to even begin describing the SFBR's many research projects and successes?

It can be challenging to attempt a concise reply while nibbling on a canapé at a cocktail party or other venue, but the SFBR's Chief Development Officer, **B. Corbett Christie**, graciously provides us with brief talking points that will enable us to easily share the vision and purpose. So read on, and speak with confidence about the SFBR, knowing that more than 60 scientists are hard at work finding cures to life-threatening diseases and, thereby, positively impacting each and everyone's lives in so many ways.

"It is clear that SFBR would not be in the strong position it enjoys today without a rich history of philanthropic support. The Southwest Foundation Forum, both as a group and as individual members, has been a constant partner in this history...from raising public awareness...to pilot study funding...all the way to funding major initiatives. We are together in Tom Slick's grand vision of making a difference in our world," says Christie.

The Message

The Southwest Foundation is one of the nation's leading independent biomedical research institutions in the United States.

1. We have some of the best and most productive scientists in the nation.
2. The Foundation's extraordinary resources enable our scientists to excel in:
 - Genetics
 - Infectious, metabolic and cardiovascular diseases
 - Neonatal development
3. Tom Slick's philanthropic vision created the Southwest Foundation for Biomedical Research more than 60 years ago and philanthropy sustains it today.

Please be sure to attend the Foundation Evening Tour on Wednesday, March 10, 2004, where you will learn about and see for yourself the incredible progress the SFBR scientists are making. It is an experience you will never forget, and one that will make you a true ambassador.

Young People At Risk for Adult Coronary Heart Disease

Dr. Henry C. McGill Jr., senior scientist emeritus in SFBR's Department of Physiology and Medicine, has been collaborating with investigators across the country on a research project called "Pathobiological

Determinants of Atherosclerosis in Youth Study." This study has recently produced startling evidence of coronary heart disease and its risk factors already beginning to develop in some adolescents.

With autopsy specimens and information collected from adolescents and young adults aged 15-34 who had died of external causes, such as car accidents, researchers have examined the effects of obesity and body fat distribution on early signs of coronary heart disease. Alarmingly, they found that people are developing these types of health problems at a younger age than previously thought possible. In adolescent and young adult males, results showed obesity to be associated with both fatty streaks and raised lesions in the right coronary artery and with actual blockage in the left coronary artery. In young females, obesity was not associated with coronary atherosclerosis, but there was evidence that increased abdominal fat played a role in the early development of atherosclerotic lesions in the coronary arteries.

Because it shows how excess body fat can negatively impact human health even at a young age, this study has been cited by the American Heart Association as further evidence of the need for increased public health efforts to reverse the recently identified epidemic of childhood obesity in the United States.

Award-Winning Genetics Research Sheds Light on Susceptibility to Osteoporosis

Dr. Michael Mahaney, scientist in SFBR's Department of Genetics, received the first Ralph S. Paffenbarger Jr. Poster Award at the 17th International Puijo Symposium in Kuopio, Finland, this summer. Scientists and physicians from 50 countries participated in this symposium where the focus was "Physical Activity and Health: Gender Differences and Lifespan." Dr. Mahaney received the award for his presentation titled "Genotype by sex, age and physical activity interactions on bone phenotypes in a human genetic isolate." The presentation detailed his application of statistical genetics approaches developed at SFBR to detect and measure interactions between genes and environmental factors in the determination of bone mineral density in the hip, lower back and forearm in more than 700 members of a large family living in rural South Dakota. Bone mineral density at any age is the most reliable predictor of a person's future chance of experiencing osteoporosis, a disease resulting in decreased bone strength and increased risk of fractures among the elderly.

Baboons Provide a Promising New Model for the Study of Alzheimer's Disease

Dr. Gene Hubbard, scientist in SFBR's Department of Comparative Medicine, co-authored a paper in the *Journal Interdisciplinary Topics in Gerontology* revealing that the baboon is a promising new model for research on Alzheimer's and similar diseases. Through studies with SFBR's own animal colony, scientists have found that some baboons accumulate abnormal tau proteins in the brain, causing impaired brain function. This same pathology is found in human patients who suffer from Alzheimer's disease, as well as related diseases like Pick's disease, progressive supranuclear palsy and argyrophilic grain disease. It also occurs in hereditary conditions known as frontotemporal dementia and Parkinson's disease linked to chromosome 17. This genetic link underscores the significance of tau dysfunction to the development of neurodegeneration and dementia in humans. Now that a similar pathology has been found in baboons, scientists hope this new animal model will provide valuable information not yet available from human studies on these devastating diseases. With its unique pedigreed baboon colony, where family groups have been monitored for six generations, SFBR, in particular, is in a good position to study genetic influences on these diseases, hopefully leading to early diagnosis and better treatments.

Outgoing President's Letter

Dear Forum Members,

Your enthusiastic participation, combined with the energy and talent of our hard working Board of Trustees, resulted in an extraordinary 33rd year for the Forum. Thank you for the privilege and honor of serving as your President in 2002-2003. Together, we continued the legacy of outstanding programs and events to support our mission of community relations, volunteer service and fund raising efforts benefiting the Southwest Foundation for Biomedical Research.

We started a year ago with a focus on growth. **Francie Calgaard**, our membership chairman, began working in the summer of 2002 and throughout the year building our membership with the help of the board through the Friend-to-Friend Campaign, January's membership coffee and tour and the new and improved renewal forms. She reached out to our new members with a welcome package to get them informed and involved and her extra touches and efforts made for an extraordinary year with membership growing over 30%!

Right on schedule, the yearbook followed, through the exceptional efforts of **Terry Gouger** and **Angela Zarnoti**. They also worked throughout the summer so we could begin the year prepared and connected.

The presses kept rolling as the first issue of the Forum in Focus was delivered in September, due to the tireless efforts of **Cynthia Miller** and **Shelly Beck**. They kept our membership informed of our events and accomplishments through three issues of our newsletters. We appreciate them chronicling the year so beautifully.

Karen Kalter guided the volunteers to our many areas of focus. Thank you, Karen, for helping members who inquired find a way to get involved. Our two lecture luncheons set new records for the Forum, while informing our members of the amazing research underway at the Foundation. In the fall, **Dr. Jean Patterson** enlightened more than 100 women of her studies on anthrax and our preparedness against the threat of bioterrorism, and, in the spring, **Dr. Laura Cox** explained to more than 120 women how the genetic makeup of women ties back centuries and helps with the identification of gene mark-

ers to better understand many hereditary diseases. **Lisa Sechler** and **Allison Zeller** did a spectacular job of showcasing the vast and relevant research talent at the Foundation. Both lunches were beautifully planned and graciously hosted by the sensational sisters.



Lisa Blonkvist, 2003-2003 Forum President, passes the gavel to Lisa Sechler, 2003-2004 Forum President.

Our special event brought style and revenue to the Forum this year. In early December, the Bering's Holiday Shopping Party brought more than 60 members to enjoy a luxurious evening. Thank you to **Lisa Thurmond** and **Susan Wise** for organizing an event where we could all enjoy one of our favorite sports — shopping, while also benefiting the Forum through Bering's generous gift of 15% on all purchases.

Our first historical tour of The Argyle and the guest suites took place at our membership coffee in January. Thanks to **Joy Fuhrmann** for gathering the attendance prizes, and **Mel Weingart**,

Nancy Moorman and **Richard Rogers** for guiding the tours and to all of the members who supported this captivating and interesting walk through the rich history of The Argyle. Also in January, the student tours of the Foundation began under the dedicated leadership of **Christina O'Neill** and **Phyllis Viola**. Area high schools had the privilege of touring the Foundation campus and interacting with Foundation scientists as they learned about the research in progress. Thanks to Christina and Phyllis and all the Forum ladies who volunteered to host the tours!

The Foundation Evening Tour's fall weather delay proved to be a blessing, as spring brought another record crowd. Many thanks are due to **Carolyn Thornton** and **Julie Whitaker** for arranging this remarkable event — *twice*. The evening in mid-March was perfect, beginning with lovely weather, excellent food and intriguing updates on current research in progress as small groups toured the facilities. Thanks to **Ann Lakey-Reeks** for making the arrangements and ensuring a successful event.

The Science Education Awards were a sensation this year under the capable and entertaining leadership of **Debbi Chesney** and **Jill Rosenthal**. Five area high schools were awarded distinguished grants from the Forum and the **V.H. McNutt Memorial Foundation**. The winners were:

Outgoing President's Letter

1st Place, Holy Cross High School; 2nd Place, Cibolo Schertz Alternative School; 3rd Place, Robert E. Lee High School; 4th Place, Texas Military Institute; and 5th Place, Allison Steele Enhanced Learning Center. All schools that submitted entries were given a participatory award from the **L.D. Ormsby Foundation**. As always, we are especially grateful to **Ann Lakey-Reeks** for coordinating the Foundation scientists to serve as judges, the scientists, **Valerie Guenther** of the V.H. McNutt Memorial Foundation and **Claiborne Gregory** of the L.D. Ormsby Foundation for making this possible each year.

Helping us capture all of these events and activities throughout the year were our two photographers, **Christy Gulley** and **Kimberly Jacobs**. They were a sure shot at capturing the memories for the newsletter, historian's album and the website. Thank you for always being there!

Michelle Brady and **Julie Collins** guided us into the world of technology as they shaped the first Forum web page, which is connected to the Foundation's website. Thanks to both of you for breaking new ground and paving the way to more efficient communications and accessible information.

Our Historian, **Laura Moorman**, captured the year by creating the exquisite 33rd scrapbook. We appreciate her excellence in portraying this year's events and accomplishments.

Our Parliamentarian, **Dee Ann Wilson**, was on call when we needed direction to keep us on track in our meetings. Thanks for being available and willing. Also, ready in the wings, were our three Mailing and Phone Chairs, **Vivienne Bathie**, **Karen Hamilton** and **Lynne Hennessey**. Thank you, ladies, for your years of service.

With all our activities and events, **Joy Fuhrmann** was busy keeping us in the news! Thanks to Joy, our energetic and always cheerful publicity chairman, for contacting the press and making sure we were covered. Another special thanks to **Margie Rust**, society columnist with the North San Antonio Times, for her excellent coverage of our mission and events.

Susan Heinemeyer and **Trish Najim** worked all year to fine tune and streamline our accounting process. Thanks to a great treasurer team for your hard work throughout the year.

Communication was another key ingredient in our many successes this year. The Recording Secretary, **Brooke Connolly**, did an exceptional job in preparing and sending out minutes after each meeting, while **Kathryn Dehlinger** corresponded on our behalf. You were both exceptional. Thank you!

Several other extraordinary ladies, beginning with my Advisor and Past President, **Maureen Mimari**, supported my presidency. No words could aptly thank Maureen for

always being there to clarify and encourage. She handled nominating with ease and efficiency. Always smiling and supportive, she guided me and supported me all year. I will always treasure her friendship and appreciate all I have learned from her gracious leadership style.

My advisors, **Barbara Dreeben**, **Cari Hill**, **Walton Gregory** and **Margie Rust** were always there when I needed assistance. These ladies have been an inspiration to me and I thank each one for their guidance and leadership. Our honorary trustees, **Ruth Bates**, **Graciela Cigarroa**, **Marilyn Ledford**, **Harriett Romo**, **Linda Freeman-Shade** and **Jane VandeBerg** have been faithful in supporting the board throughout my presidency and over the years. Each is appreciated and admired.

We finished the year inspired by the outstanding efforts and amazing accomplishments of the Gala Girls — **Jennifer Sparr**, **Cathy Randall** and **Sarah Quirk**. Their enthusiasm and can-do attitude produced a historic event as we returned to our roots — The Argyle — for the 2003 Gala. The “*good times did roll*” with an Evening at the French Quarter on Saturday, May 3, as we gathered for a celebratory night of gaming, dancing and outstanding cuisine. With nearly 500 people in attendance, a good time was definitely had by all. Every detail was richly enjoyed down to the surprising dessert that sparkled and glowed in the dark! Thanks to Jennifer, Cathy and Sarah and their amazing and dedicated committee for delivering a spectacular evening, which will long be remembered.

My special thanks to our outgoing Board of Trustees for their many contributions during their term of office: **Vivienne Bathe**, **Shelly Beck**, **Karen Hamilton**, **Lynne Hennessey**, **Carolyn Thornton**, **Lisa Thurmond**, **Maureen Mimari**, **Trish Najim**, **Susan Wise** and **Angela Zarnoti**.

It has been an honor to be your Forum President this past year and a joy to work with our outstanding Board of Trustees. We have all been privileged to share such a worthy pursuit — to provide support for the Southwest Foundation for Biomedical Research so it can continue unlocking more scientific mysteries and make a lasting difference in all of our lives. I am confident the Forum has an outstanding future ahead under the capable leadership of the current President, **Lisa Sechler**. With your continued support, the extraordinary Board of Trustees and Lisa's leadership, we can look forward to another exceptional year.

With warm regards,



Lisa Blonkvist
2002-2003 President

Incoming President's Letter

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research efforts, as well as their many successes.

Thank you in advance to all our Forum trustees who are sure to keep us on track for this exciting year. **Lynne Berryman** will keep our name and events in the media, while our photographers, **Kimberly Jacobs** and **Christina O'Neill** will be documenting the year. Our Website liaison, **Laura Moorman**, will continue to bring the Forum into the computer age. Our mailing and telephone support team, **Sharon Bray** and **Sarah Quirk**, are always there to help. **Dee Ann Wilson** will keep our meetings in order as Parliamentarian, and Historian **Nancy Barnes** will compile and track our efforts throughout the year. Our Volunteer Liaisons, **Michelle Brady** and **Kim Shepperd** are sure to be busy, as I am certain each of you will contact them during the year regarding the assorted SWFF volunteer opportunities.

A special thank you to **Lisa Blonkvist**, last year's President, for the generous gift of her time and endless energy. Also, I thank her in advance for serving on this year's Nominating Committee. A heartfelt thank you for the continued support of our Honorary Trustees, **Ruth Bates**, **Graciela Cigarroa**, **Marilyn Ledford**, **Dr. Harriett Romo** and **Jane VandeBerg**. And, of course, special and sincere thanks to **Ann Lakey-Reeks**, who is not only a friend, but also our trusty and invaluable Foundation liaison. Lastly, to my expert Advisors, **Barbara Dreeben**, **Tena Gorman**, **Cari Hill**, **Jane McFarlane** and **Jane Satel** who have already answered many questions and guided me in the right direction ... many thanks.

As we begin the new year of the Forum, it is my goal to get YOU involved. As you now know, there are **innumerable** volunteer opportunities and I encourage you to find your area of interest and contact the appropriate chairman to volunteer. Or you can call one of the Volunteer Chairs to assist you. Not only is it an informative and worthwhile experience, but also a wonderful

way to meet new people and make new friends. I am very proud to be serving as your 2003-2004 Forum President and following in the legacy set before me in support of the Southwest Foundation for Biomedical Research.

Sincerely Yours,

Lisa Sechler

Southwest Foundation Forum Board Members 2003-2004

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