

In League...



April – May 2017

A quarterly newsletter



The history of the MIT's Women's League is amazing — 100 plus years later, it strives to unite and connect women in the community through activities, interest groups, and volunteer service opportunities, enriching their lives and MIT as a whole!

On a personal level, I thank you, Sis, for your genuine support and encouragement as I recovered from my surgeries. I was in awe when you appeared at Rehab with a beautiful bouquet of flowers for me from the League. I might add after a substantial snowstorm!

While your lovely presence will be missed, your noteworthy dedication to your position has made a significant impact on the League. Retirement is a time to soar and travel, a time to relax. Enjoy your amazing garden. Each day is a bonus.

Love and Peace as you continue your life's journey, Ellen

P.S. I look forward to upcoming "garden tours" with you.

From The Chair — A Tribute to Sis de Bordenave

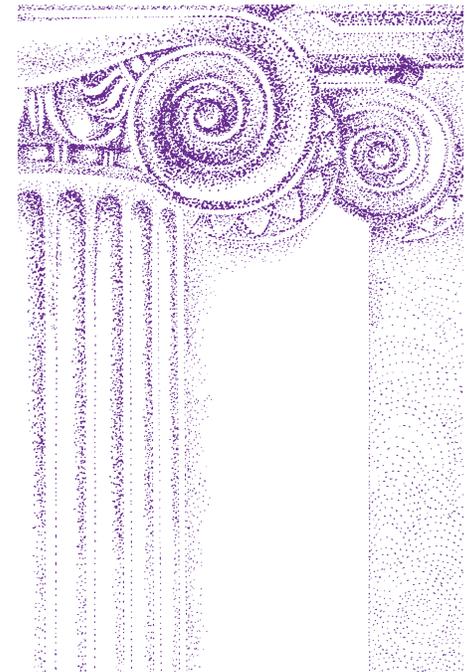
Our dear Sis is retiring after 24 years as Staff Associate of the MIT Women's League. If only the walls of the MIT Women's League Office could talk. What would they share?

I reflect on my positive experiences working with you, Sis, especially as chair from 2013–2017. What an honor it has been for me to serve as Chair of the League. I realized early on that you were the "GLUE" of the organization, always in a positive way.

It has been a joy to work with someone so passionate, calm and professional, all at the same time. I've watched you juggle numerous balls in the air with a cast of different personalities and I admired that you always displayed an air of calmness — how did you do that?

Your knowledge of the organization is to be admired. You never cast a negative opinion, only your thoughtful steady approach to solving unexpected situations. You proved it did not take a loud voice to accomplish a given task. Your unique meet/greet style — warm and friendly, in person, on the phone — make lasting first impressions!

I look back on the events we attended together, those times when we met an array of League scholars, fellows and award recipients. "Faces to Names." All were thrilled to join us for lunch before our monthly board meetings and give presentations about their work and express their appreciation for League financial support while attending MIT.





MIT Women's Chorale Spring Concert

Sunday, May 6 • 5:00 pm
Harvard-Epworth United
Methodist Church
1555 Massachusetts Avenue
Harvard Square

Under the direction of Kevin Galiè, the MIT Women's Chorale will perform as its featured work, *Hasse's Laudate pueri*, with string ensemble and organ. A lively setting of Psalm 113, this 18th century piece was written for the young women of one of the Venetian charitable institutions (Ospedali). With pianist Seoyon MacDonald, the Chorale will range in song "from tears of sorrow to the waters of spring": from the sorrow of the Virgin in a lovely setting of the hymn *Stabat Mater*, to nighttime rain in Latin America, to French ocean breezes, and to the oddly rhythmic rocking of a boat with its oars at rest.

The public is also invited to an **open dress rehearsal, Sunday, April 30, 1:00 pm** at the Metropolitan Waterworks Museum, 2450 Beacon Street, Cleveland Circle/Chestnut Hill, Boston, waterworksmuseum.org. The Chorale will sing in the Great Engines Hall of this museum, which has been described as a "cathedral of steam technology." In addition to the wonderfully preserved pumping engines, the Museum features the history of Boston's clean drinking water. In common with the Harvard-Epworth Church venue, the Museum is a remarkable example of Richardsonian Romanesque architecture.

Both events are free.

Commonwealth Museum Visit

Wednesday, April 5, 2017 • 1:00 pm
220 Morrissey Blvd, Boston

The Commonwealth Museum is one of Boston's hidden gems. Located on the campus of UMass Boston (across the parking lot from the JFK Library), it is filled with "treasures." It displays the Declaration of Independence and Bill of Rights, "John Adams" Massachusetts Constitution of 1780, and unique royal charters. The copper plate used by Paul Revere to engrave his image of the Boston Massacre is a featured piece. Interactive exhibits, personal stories, and a high tech theater bring history alive.

The exhibit "Our Common Wealth" tracks the Massachusetts experience through the colonial, revolutionary, federal, and nineteenth century reform periods. The sub-theme, "Tracing our Roots,"

tells the story of four representative Massachusetts families of Native American, English, African-American and Irish heritage. One reviewer commented: "Free and really cool!"

Come join us for our guided tour. Meet us at the Kendall T station on the inbound platform at noon to travel with a group or meet us at the Museum just before 1:00 pm. To get there on your own take the Red Line train to the JFK stop and then take the free bus to the Museum.

To reserve your place on the tour contact Sis de Bordenave at wleague@mit.edu or 617.253.3656 by noon Tuesday, April 4, and tell her if you plan to meet the group at the T or the Museum.



In the Treasures Gallery is Paul Revere's copper plate with his rendering of the Boston Massacre.

30th Anniversary
Stratton Lecture on
Aging Successfully

Tuesday

May 9, 2017

4:30 pm – 6:30 pm



All welcome

This program is free
and open to the public.

Wong Auditorium

The Tang Center
Building E51
70 Memorial Drive and
Wadsworth Street
Cambridge, MA



A source and resource for MIT women

Contact

Sis de Bordenave
617.253.3656
wleague@mit.edu
web.mit.edu/womensleague

Sleep: What You Need and How to Get It

Clinicians Discuss the Importance of Sleep As We Age



John R. Anderson



Andrea W. Schwartz



Edwin M. Trayner

A collaborative project of MIT's Medical Department, Age Lab and Women's League, the 2017 Catherine N. Stratton Aging Successfully Lecture features a panel of three practicing physicians who currently support patients and their families concerned about their sleep patterns, deficits, and disorders as well as helpful remedies and the kinds of assistance now available for these issues.

Panelists

John R. Anderson, MD, Moderator, Chief of Geriatric Medicine and Director of the Quimby Center for Geriatric Care at Mt. Auburn Hospital, as well as Assistant Professor of Medicine at Harvard Medical School, will offer a brief introduction and outline aspects of sleep for discussion. These will include sleep pattern alteration with age and disease, use of sleep aids, sleep pathology and sleep research.

Andrea Wershof Schwartz, MD, MPH, Physician and Educator with the Veterans Administration Boston Health Care System Geriatric, Education and Research Center, and Instructor at Harvard Medical School, will bring a geriatrician's point of view to sleep as we age, sleep disorders, the perils of pharmacologic sleep aids and primary care for better sleep.

Edwin M. Trayner, Jr., MD, a Sleep Specialist and Pulmonary Intensivist at Mt. Auburn Pulmonary Consultants, and Clinical Instructor at Harvard Medical School, will focus on normal sleep pathology, changes as we age, and common pathophysiologies that lead to abnormal sleep, including technologies used to assess sleep disorders, home sleep testing versus lab-testing, various therapeutic modalities and other ways to optimize sleep.

After the presentations and a short discussion among the panelists, Dr. Anderson will serve as moderator for written audience questions to be answered by the panelists as time allows.

Sleep: What You Need & How to Get It *continues the Catherine N. Stratton Lectures on Aging Successfully to honor Kay Stratton whose energy, grace and intelligence enriched the MIT community for more than seventy-five years. These lectures are designed to encourage attendees to become well-informed health advocates for themselves and their families.*



Cecilia Warpinski Stuopis, Director of MIT Medical



Annual Meeting

**Tuesday, May 16 • 12:00 pm
Emma Rogers Room, 10-340**

The Women's League annual meeting is held in May. On this occasion, a summary of the activities and business of the past academic year is given and new and returning Board Officers for the slate are introduced and presented for election. The meeting is also an occasion with a guest speaker.

This year we welcome Cecilia Warpinski Stuopis, Director of MIT Medical, as our guest speaker. After earning a Bachelor of Science degree in Aeronautics and Astronautics from MIT, she attended medical school at the University of Nevada School of Medicine. She completed her OB-GYN residency at The Ohio State University, and then settled in southern New Hampshire.

For the last 15 years, she worked at the Dartmouth-Hitchcock health system, first as a full-time OB-GYN, then eventually expanding into medical informatics, and most recently as the Executive Medical Director for the Dartmouth-Hitchcock Accountable Care Organization. She is happy to be back at MIT, where she hopes to enjoy new opportunities and challenges in a familiar place.

Please join us and meet this MIT alumna who is married to an MIT alumnus and is the mother of an MIT alumna!

Following her talk, enjoy a delicious lunch in the company of women with various affiliations in the MIT community. To reserve your place at the annual meeting, contact the League office at 617.253.3656 or wleague@mit.edu. The cost of the luncheon is \$15.00. Seating is limited.

Slate of Officers

Vote at Annual Meeting May 16

The Nominating Committee is pleased to announce the following candidates for elective officers for the Women's League Board for 2017-2019:

For two (2) years:

- Srirupa Mitra**, Chair
- Kim Watson**, Vice Chair for Programs
- Jennifer Sousa**, Vice Chair for Social Activities

With the acceptance of additional job responsibilities in the coming year, **Deborah Liverman** will step down as Vice Chair for Service Projects. **Alison Hynd** has agreed to serve the remaining year of Deborah's term.

Continuing their unexpired terms for one (1) more year are: Diana Strange, Treasurer; and Cheryl Vossmer, Nominating Chair

Additional nominations for the above positions may be made by endorsement in writing by twenty-five (25) active members and filed with the Women's League office ten (10) days before the Annual Meeting on Tuesday, May 16.

New names may be added to the appointed Board and a complete list of all Board members will appear in the 2017 Annual Report presented at the Annual Meeting. For further information, please contact Women's League Staff Associate Sis de Bordenave in the League office at 617.253.3656 or wleague@mit.edu.

Cheryl Vossmer, *Nominating Chair*

Springtime Tea

**Friday, May 19 • 3:30 to 5:30 pm
Gray House, E1
111 Memorial Drive, Cambridge**

Christine Reif and the MIT Women's League invite you to celebrate the season at a Springtime Tea at Gray House, the residence of MIT presidents since 1917.

Designed by William Wells Bosworth '89, architect of the 1916 campus, the house was built as a gift for the MIT President by Charles A. Stone '88 and Edwin S. Webster '88 and appropriately named The President's House. Landscape architect Mabel Keyes Babcock '08 designed the walled garden at the back of the house.

It was there, in the lovely Italianate house, President Richard Maclaurin, his wife Alice and their sons became the first residents. Told to "plan a house as exactly to their taste as though they were to own it themselves," they took the responsibility seriously, creating a residence where the "President's family lives in it all, without any sense of echoing spaces; the guests, whether hundreds at a time or only a handful, are conscious of being in a home." Exactly what the Maclaurins desired.

The house, renamed Gray House in 2002 in honor of former MIT president Paul Gray and his wife Priscilla, is the perfect setting for a spring gathering of League friends. Please join us and experience the sensibility created by the Maclaurins, amended over time by successive residents, and explore the garden.

Don't hesitate to embrace the spirit of the occasion and wear your favorite hat — cartwheel, cloche, toque, pillbox, turban, or fascinator!

Kindly reply by **May 9** to the League office if you plan to attend: 617.253.3656 or wleague@mit.edu.



From left: Sayuri Kakizaki, Emiko Shinozaki, Kitoshi Kai, Ritsuko Koide, Kiyoko Yasuda, Hiroko Sasaki, Kimie Shirasaki, Mariko Ueda, and Etsuko Hasegawa

English Conversation Classes and the MIT Japanese Wives Group Promote Friendship

Nine members of the MIT Japanese Wives Group gathered in Tokyo for a luncheon on November 23rd. This was a special occasion because the nine ladies who attended first met 30 years ago while they lived here in Cambridge and attended the English Conversation Classes sponsored by the Women's League. I was one of the nine. Our experiences at MIT were extremely meaningful.

We became good friends through the activities we took part in and enjoyed while we were here. We especially recall the English Conversation Classes. When we arrived with our families we could not understand English very well and we had difficulty adjusting to American culture. From the beginning our English teachers were warm and welcoming and helped us feel at home in the U.S.; and then they encouraged and supported our wish to learn more about the language and the culture.

To keep our connection with one another alive after returning to Japan, I established the MIT Japanese Wives Group in Tokyo to promote friendship through a variety of activities with other wives who enjoyed similar experiences while at MIT. Soon after, I came back to MIT and organized the MIT Japanese Wives Group in Cambridge, extending our group activities to visiting Japanese wives to help them become familiar with life here.

The Tokyo group has grown over time as our MIT group members return home. Today, those first members still maintain the relationship they formed many years ago and fondly remember the English Conversation classes that brought them together. It is our hope and desire to continue our long friendship into the future.

Kimie Shirasaki
Founder, MIT Japanese Wives Group

Notable / Books for discussion

4/26/17

Book Discussion:
Bound: A Novel
 by Sally Cabot Gunning

5/24/17

Book Discussion:
The Silk Roads: A New History of the World
 by Peter Frankopan

League Interest Groups and Classes

LEARN MORE

Book Discussion

Barbara Donnelly
 781.646.4617
 Nancy Hollomon
 nancyredsox@gmail.com

Chorale

Sharon Lin: hllin@mit.edu
 Sally De Fazio: de_fazio@alum.mit.edu
 web.mit.edu/womensleague/womenschorale

Looking Together

Ann Allen
 857.259.6007
 acallen@mit.edu

EXPAND YOUR WORLD

Japanese Tea Ceremony

Kyoko Wada
 chado@mit.edu
 web.mit.edu/chado/www/index.html

Middle Eastern Dance

Loni Butera
 617.491.5657, loni@mit.edu

WORK WITH YOUR HANDS

Informal Needlework

Beth Harling
 781.749.4055, oharling@mit.edu;
 Claudia LaBollita-James
 cljames@mit.edu

MIT Gardeners' Group

League Office
 617.253.3656
 wleague@mit.edu
 web.mit.edu/womensleague/gardeners

Women's League Community Craft Fairs

Brenda Blais
 bmblais@mit.edu

MAKE NEW FRIENDS AND CONTACTS

CitySide Dining

League Office
 wleague@mit.edu

MIT Japanese Wives Group

Kimie Shirasaki
 mitjwg@yahoo.com

Groups meet weekly, bi-monthly or monthly. Contact the above women to learn more about their groups.

Cleaning? Downsizing? Weeding out? The Furniture Exchange (FX) can help. A win-win situation!

Win #1

Because we need donations to help keep our inventory robust, we would love some good, usable furniture, especially sofas, chairs, tables, bookcases, desks, and dressers, as well as lamps, small appliances, cooking utensils, and dishes. Your generous contributions to our goods in stock are tax-deductible and arrangements can be made for the pick-up of large items.

Win #2

Proceeds from those donations benefit the MIT Women's League Scholarship Fund, a growing endowment that provides annual financial support to undergraduate women at MIT. It now supports three students each year.

From its modest beginning in a Westgate Apartment in 1958, to its present location at 350 Brookline Street (WW15), the FX continues to sell used furniture and housewares at bargain prices to students with limited budgets for setting up apartments. Over time it has extended shopping privileges beyond MIT to the Harvard, Boston, and Suffolk university communities. A valid university ID from those universities is needed to make purchases.

Find out more!

Contact Manager Julie Parker at the Furniture Exchange at 617.253.4293, email fx@mit.edu, visit the FX on a Tuesday or Thursday anytime between 10 am and 4 pm or on the first Saturday of the month from 10 am to 1 pm, or go to our website at web.mit.edu/womensleague/fx/ to learn more about this wonderful organization.

New Goings-on at the FX

With much interest and help from the volunteers we are constantly fixing up old, scratched furniture pieces and transforming them into painted and stained beauties! We also have a wonderful new handyman, Jay Piper. Jay has been a long-time volunteer and former manager of a Cambridge Starbucks so he is used to a fast-paced environment! We are so lucky to have him at the FX every day now.



Connections

April 13 • May 11

Our informal open house, **Connections**, meets on the second Thursday of each month during the academic year in the Emma Rogers Room (10-340) from 4 to 6 pm. We invite you to join us for refreshments and conversation. So much can be learned, discussed, and laughed about when thoughts and information are exchanged while sharing a cup of coffee or tea!

Feel free to bring a newcomer or colleague with you. Come when you can and stay for as long as you wish!

General Information

The MIT Women's League newsletter is published four times during the academic year. **The deadline for the September–October 2017 issue is August 1.** All items should be sent to the Women's League office.

Please call the League office for a hard copy of the newsletter and for answers to questions you may have. The office can also arrange for your membership.

Staff Associate Sis de Bordenave
League Chair Ellen Stordy
Honorary Chair Christine Reif
Design Tim Blackburn Design



**MIT Women's League
Massachusetts Institute
of Technology**

77 Massachusetts Avenue
Room 10-342
Cambridge, MA 02139-4307
web.mit.edu/womensleague

Contact

Sis de Bordenave
617.253.3656
wleague@mit.edu