

# In League...

MIT  
WOMEN'S  
LEAGUE

April – May 2015

A quarterly newsletter



## From the Chair

### Dear MIT Women's League Supporters and Friends,

By the time you receive our quarterly newsletter, hopefully, the grueling winter of 2015 will have ended. Spring will have sprung and crocuses will have popped their heads through the ground. **Rebirth of a season!**

### Your Kindness

On behalf of the Women's League I want to express my sincere gratitude for your generous donations in response to our annual appeal. In the event you have not contributed there is still time to do so.

### WL Programs and Interest Groups

Warm thanks to all who contributed to the Women's League with commitments of time, energy and financial support. They play a distinct role in the Women's League ongoing mission **to strive to connect to MIT Women and to MIT as a whole.**

Ellen Stordy, Chair



## Spring Cleaning? Recycle Your Treasures at Furniture Exchange

### Who We Serve

University students always need to furnish their living spaces on a minimal budget and the MIT Student Furniture Exchange (FX) began addressing this necessity in 1958. The FX continues to sell used furniture and housewares at bargain prices today. Located at 350 Brookline Street in Cambridge (WW15), it's open to the MIT community as well as the Harvard University, Boston University, and Suffolk University communities.

*To make purchases, a valid university ID from the previously named universities is needed.*

### How You Can Help

**Downsizing? Weeding out? Tidying up?** We would love some good, usable furniture, including sofas, chairs, tables, bookcases, desks, dressers, and cabinets, as well as lamps, rugs, small appliances, cooking utensils, dishes, children's items, and bikes. They keep our inventory robust! Whether you are moving and can't take everything with you, or you are just in the mood to purge, we will happily accept large donations in good condition. Donations are tax-deductible and arrangements can be made for the pick-up of large items or a substantial donation.

*Unfortunately, we are unable to accept used mattresses, box springs, drop-side cribs, used stuffed animals, and older style televisions.*

**All proceeds benefit the MIT Women's League Scholarship Fund, a growing endowment that provides annual financial support to undergraduate women at MIT.**

### Find Out More!

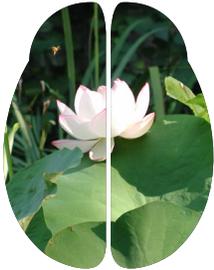
Contact Manager Julie Parker at the Furniture Exchange at 617.253.4293, email [fx@mit.edu](mailto:fx@mit.edu), visit the FX on a Tuesday or Thursday anytime between 10 am and 4 pm or on the first Saturday of the month from 10 am to 1 pm, or go to our website at [web.mit.edu/womensleague/fx/](http://web.mit.edu/womensleague/fx/)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

### New Goings-on at the FX

The placement of a new front counter has opened up our existing space and given us some much needed room for drop-off donations. Also, with much interest and help from the volunteers, we have been rehabbing furniture on a regular basis.

## Stratton Lecture on Aging Successfully

**Tuesday**  
**April 21, 2015**  
**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

# Mindfulness, Creativity and Healthy Aging: New Science, Old Traditions

Join a Cognitive Neuroscientist, and the Directors of MIT's Media Lab and Dalai Lama Center to learn how Mindfulness Meditation can change our brains and enhance our lives



Maryanne Kirkbride



David Vago



Joichi "Joi" Ito



Tenzin Priyadarshi

A collaborative project of MIT's Medical Department, Age Lab and Women's League, the 2015 Catherine N. Stratton Aging Successfully Lecture brings together distinguished experts in the scientific study and contemporary practice of mindfulness meditation.

This ancient tradition has gained popularity in supporting creativity, focus and ethics at high-tech companies and even MIT's own Media Lab. Drawing from current neuroscience research and Buddhist contemplative practices, the program will highlight new ways mindfulness practices are being used to support creativity, concentration, and well being as well as healthy aging.

### Moderator

**Maryanne Kirkbride**, Clinical Director for Campus Life, is the leader of Community Wellness at MIT Medical focusing on health and wellness programs serving the entire MIT community. Kirkbride will outline our topic and facilitate both the panel discussion and audience questions that follow the panelists' presentations.

### Panelists

**David Vago, PhD**, Neuroscientist at Brigham and Women's Functional Neuroimaging Laboratory and instructor at Harvard Medical School, brings his study of mindfulness-based interventions in clinical settings. Vago will share his research on the basic neuroscientific mechanisms by which mindfulness-based practices function.

**Joichi "Joi" Ito**, Director of MIT's Media Lab, is currently exploring how radical new approaches to science and technology can transform society in positive ways. Soon after arriving at MIT, he sought to bring mindfulness meditation to the Media Lab. Ito will discuss the contribution that awareness and focus bring to creativity and innovation, and with Tenzin Priyadarshi, share experiences from their Fall, 2014 graduate seminar.

**The Venerable Tenzin Priyadarshi**, Founding Director of MIT's Dalai Lama Center for Ethics and Transformative Values, actively promotes contemplative learning beyond religious boundaries. The Center is dedicated to inquiry, dialogue and education on the ethical and humane dimensions of life. Its programs emphasize responsibility and examine meaningfulness and moral purpose between individuals, organizations and societies. Priyadarshi will take the audience through a guided mindfulness meditation.

A question and answer period will follow the presentations.

*Mindfulness, Creativity and Healthy Aging: New Science, Old Traditions 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.*



## Museum of African American History Visit



**Saturday, April 25 • 10:30 am – 11:30 am**  
**46 Joy Street • Boston**

The Museum of African American History is dedicated to conserving and interpreting the contributions of African Americans. With its preserved historic sites and two Black Heritage Trails in Boston and on Nantucket, the museum tells the story of organized black communities from colonial times through the 19th century — how they “worshipped, educated their children, debated the issues of the day, produced great art, organized politically and advanced the cause of freedom.”

Our tour will begin at the Abiel Smith School at 46 Joy Street on Beacon Hill in Boston. It is the first building in the U.S. built for the sole purpose as a school for black children. Funded by the legacy of philanthropist Abiel Smith, Boston’s black children began attending this school in 1835, replacing the earlier school in the African Meeting House (above photo). The school remained Boston’s black public school until public schools were integrated in 1855.

Following a 20-minute historic talk by a National Park Service Ranger, we’ll view a 17-minute film about Boston’s black history. Afterward, we’ll explore the two floors of the school to learn more about the individuals and events captured in exhibits there.

We’ll then go around the corner to the newly renovated African Meeting House built by free black laborers in 1806. Considered the oldest surviving black church building in the United States, the building served as the center of religious, social, education, and political activity for Boston’s free black community in the 1800’s. William Lloyd Garrison founded the New England Anti-Slavery Society there in 1832; Frederick Douglas spoke there; and it was a recruitment station for the 54th Massachusetts Regiment during the Civil War.

To reserve your place on the tour, contact the League office at 617.253.3656 or email [wleague@mit.edu](mailto:wleague@mit.edu). The Museum fees are: Seniors (62+) - \$3; Adults - \$5 each, Ages 13–17 - \$3; and Children 12 and under - Free.

### Notable

**4 / 22**

Book Discussion:  
*The Skin of Our Teeth*  
 by Thornton Wilder

**5 / 20**

Book Discussion:  
*Not a Penny More,*  
*Not a Penny Less*  
 by Jeffrey Archer

**6 / 24**

Book Discussion:  
*Talleyrand*  
 by Duff Cooper

## League Interest Groups and Classes

### LEARN MORE

#### Book Discussion

Barbara Donnelly  
 781.646.4617  
 Nancy Hollomon  
[nancyredsox@gmail.com](mailto:nancyredsox@gmail.com)

#### Chorale

Sharon Lin: [hllin@mit.edu](mailto:hllin@mit.edu)  
 Sally De Fazio: [de\\_fazio@alum.mit.edu](mailto:de_fazio@alum.mit.edu)  
[web.mit.edu/womensleague/womenschorale](http://web.mit.edu/womensleague/womenschorale)

#### Looking Together

Ann Allen  
 857.259.6007  
[acallen@mit.edu](mailto:acallen@mit.edu)

### EXPAND YOUR WORLD

#### Japanese Tea Ceremony

Kyoko Wada  
[chado@mit.edu](mailto:chado@mit.edu)  
[web.mit.edu/chado/www/index.html](http://web.mit.edu/chado/www/index.html)

#### Middle Eastern Dance

Loni Butera  
 617.491.5657, [loni@mit.edu](mailto:loni@mit.edu)

### WORK WITH YOUR HANDS

#### Informal Needlework

Beth Harling  
 781.749.4055, [oharling@mit.edu](mailto:oharling@mit.edu);  
 Claudia LaBollita-James  
[cljames@mit.edu](mailto:cljames@mit.edu)

#### MIT Gardeners’ Group

League Office  
 617.253.3656  
[wleague@mit.edu](mailto:wleague@mit.edu)  
[web.mit.edu/womensleague/gardeners](http://web.mit.edu/womensleague/gardeners)

#### Women’s League Community Craft Fairs

Brenda Blais  
[bmblais@mit.edu](mailto:bmblais@mit.edu)

### MAKE NEW FRIENDS AND CONTACTS

#### CitySide Dining

League Office  
[wleague@mit.edu](mailto:wleague@mit.edu)

#### MIT Japanese Wives Group

Kimie Shirasaki  
[mitjwg@yahoo.com](mailto:mitjwg@yahoo.com)

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



## MIT Women's Choral Spring Concert

**Saturday, May 2 • 6:00 pm**  
**Harvard-Epworth**  
**United Methodist Church**

The Choral, directed by Kevin Galiè, will perform a set of wonderful pieces by Johannes Brahms, *Four Songs for Women's Chorus, Two Horns and Harp*, and will also sing a second piece with this unusual instrumentation, by the contemporary New Zealand composer, David Hamilton. The concert will also include the exquisite *Five Hebrew Love Songs*, for chorus, violin and piano, by the widely acclaimed American choral composer, Eric Whitacre.

The Harvard-Epworth United Methodist Church is located at 1555 Massachusetts Avenue, Harvard Square, Cambridge. Free admission. A reception will follow. See our website ([web.mit.edu/womensleague/womenschorale/](http://web.mit.edu/womensleague/womenschorale/)) for directions, including directions for discounted Harvard parking.

## Springtime Tea

**Wednesday, May 13 • 3:30 to 5:30 pm**  
**Gray House, E1**  
**111 Memorial Drive, Cambridge**

After a long, snow-filled winter, 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.

The Italianate style house was designed by William Wells Bosworth Class of 1899, architect of the 1916 campus, and built by Charles A. Stone and Edwin S. Webster, members of the Class of 1888, in 1917 as a gift for the MIT President, the President's House. President Richard Maclaurin and his wife Alice and their two sons Rupert and Colin were the first residents. In 2002, the house was renamed Gray House in honor of MIT President Paul Gray and his wife Priscilla.

The Maclaurins were told "to plan a house as exactly to their taste as though they were to own it themselves, and they took this responsibility very seriously... 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. For this is what the Maclaurins desired."

The back of the house opens on a walled garden, originally designed by Mabel Keyes Babcock Class of 1908, landscape architect and teacher. Her work on the garden was expanded to include Killian Court and the entire campus.

We hope you can join us for this gathering of League friends at this lovely jewel on the MIT campus. Our fingers are crossed that the weather will cooperate and May flowers will indeed be in bloom so we can explore the garden. Don't hesitate to embrace the spirit of the occasion and wear your favorite hat — pillbox, turban, fedora, cocktail, or fascinador!

Invitations will follow.

## Connections

**April 9 • May 14**

Meets from 4 to 6 pm on the second Thursday of each month during the Academic Year.

**Connections** is an informal monthly open house, which provides League members with the opportunity to welcome new arrivals to the MIT community and stay in touch with friends.

Light refreshments are served along with conversation. Join us and bring a newcomer or colleague with you. You meet the nicest people! Come when you can and stay as long as you wish.

## Annual Meeting

**Tuesday, May 19 • 12:00 pm**  
**Emma Rogers Room, 10-340**

The Women's League holds its annual meeting in May to report on its activities and business over the past academic year to members and to introduce returning Board Officers and present new officers for the election slate. It's also an occasion to hear from a guest speaker. We will advise you by email as soon as we receive final confirmation from our speaker.

To reserve your place at the annual meeting and lunch, contact the League office at 617.253.3656 or [wleague@mit.edu](mailto:wleague@mit.edu). The cost of the luncheon is \$15.00. Seating is limited.



## Slate of Officers

### Vote at Annual Meeting May 19

The Nominating Committee announces the following slate of elective officers for the Women's League Board for 2015–2016:

For two (2) years:

**Ellen Stordy**, Chair  
**Kim Watson**, Vice Chair for Programs  
**Srirupa Mitra**, Vice Chair for Social Activities

Continuing their unexpired terms for one (1) more year are Deborah Liverman, Vice Chair for Service Projects; Diana Strange, Treasurer; and Suzanne Collins, 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 **May 19**.

New names may be added to the appointed Board and a complete list will appear in the 2015 Annual Report presented at the Annual Meeting. For further information, please contact the League office at 617.253.3656 or [wleague@mit.edu](mailto:wleague@mit.edu).

Suzanne Collins, *Nominating Chair*



Photo: Len Rubenstein

## Breakfast Series with Professor Miho Mazereeuw

**Friday, May 22 • 8:00 am**  
**Emma Rogers Room (10-340)**

The Women's League hosts its popular Breakfast Series program for women in the MIT community twice yearly. At these informal "breakfast talks" the role of women in the academy is explored by women faculty and administrators who share personal accounts of their professional accomplishments.

Architect and landscape architect Miho Mazereeuw, an assistant professor of Architecture and Urbanism at MIT and the founder of the Urban Risk Lab, is our Spring guest speaker.

Half Japanese and half Dutch, Professor Mazereeuw has roots in two countries that have dealt with floods, earthquakes, and typhoons. "Ever since I was back in Kobe, Japan, volunteering in the aftermath of the earthquake in 1995, I've been researching how the city can be designed better to prepare for such events. Urban developers focus on livability and economic vitality, but risk factors rarely come into that dialogue."

Her work recently brought her to the White House for a discussion on Disaster Response and Recovery, which focused on the most effective uses of technology to better prepare communities for a disaster.

Initiating a community dialogue, in fact, is the center of Mazereeuw's approach. Community-based awareness, concern and pre-emptive planning form the cornerstones of her approach. We need to look at our schools, churches, parks, and everyday public places through the community asset lens. "It is important to recognize the dual purpose of many community features, and better yet, when planning an urban environment, build in dual purposes preemptively," she says.

"We have little control over the hazard," she says, "but we have great control over the living part — where we live, how we plan, and how we build and structure our cities."

Breakfast seating is limited. Tickets are available on a "first-come, first-served, basis" at a cost of \$12.00 and can be purchased from Sis de Bordenave in the League office, 10- 342.

Breakfast is served promptly at 8:00 am.



## Looking Together • Spring 2015 • Museum of Fine Arts Boston

Last fall the Looking Together interest group encountered many of **Francisco Goya's** (1746-1828) changing ideas on art-making, meaning, and human psychology that he used to express his embattled world. His innovations raised the bar on visual literacy in ways that pleased/teased the Courts and shocked the witnesses of war for all time.

In our spring session, we'll create a short epilogue for Goya to find how he continued to inspire artists around the world. To do so we'll examine a slice of his esthetic sensibility and his overarching theme of war into the 21st century in four paintings.

We'll then turn to three artists who also defined the modern world. The "**Hokusai**" (1760-1849) exhibit showing in the Gund Gallery is a comprehensive display of mixed media by the first Japanese artist to be internationally recognized. His iconic woodcut *Under the Wave off Kanegawa* from the legendary series *Thirty-six Views of Mount Fuji* is just one example of the "most famous images in Japanese art." Other images in paintings, woodblock prints, illustrated printed books and other surprises are also on view.

Viennese **Gustav Klimt** (1862-1918), considered among the most important

Secession artists of the early 20th c., makes his MFA debut with *Adam and Eve* (c1917) as part of the museum's "Visiting Masterpiece" series. The painting displays his stylized, sensuous approach to over life-sized figures and explores the realm of human consciousness and desire at a time when Freud also lived and worked in Vienna.

The **Gordon Parks "Back to Fort Scott"** exhibition is a groundbreaking array of photographs focusing on the realities of life under segregation during the 1940's. Parks (1912-2006), much celebrated during his time for his photo-essays, was the first African American photographer to be hired full time by *LIFE* Magazine. Other temptations, including **Leonardo's Drawings** and a survey of **American Ceramics**, await as time allows.

There are four Looking Together sessions:

- **MIT Group (122)** meets Thursday afternoons on April 23, 30 and May 7, 14 from 1:00 pm to 2:30 pm.
- **Lexington Group (121)** meets Tuesday afternoons on April 21, 28 and May 5, 12 from 1:00 pm to 2:30 pm. [You may occasionally shift groups if you have a conflict in your schedule.]

To register please call the Box Office 800.440.6975 with your credit card; the fee is \$120.00 for the four sessions, plus additional \$3.00 processing fee per ticket. You will be asked you for your beginning date and your instructor's name. For questions about the classes, call Ann Allen 857.259.6007 or [acallen@mit.edu](mailto:acallen@mit.edu). Other questions contact Kristen Hoskins at 617.369.3587 or [khoskins@mfa.org](mailto:khoskins@mfa.org).

### General Information

The MIT Women's League newsletter is published four times during the academic year. The deadline for the September-October 2015 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

### Email update

If you have recently become an email user and would like to receive our notes and reminders **OR** if your email address has changed, please advise the League office at [wleague@mit.edu](mailto:wleague@mit.edu).



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