

# MOUNT HOLYOKE CLUB OF SOUTHWEST FLORIDA

# NEWSLETTER

**WINTER 2021-2022**

## **PRESIDENT'S MESSAGE**

The workings of the Mount Holyoke Club of Southwest Florida may seem hidden from view. The Board plans events that just happen, and the members attend. But the mechanism for our success (even in pandemic times!) is encoded into the club Bylaws and through the dedication of the Board.

With regard to the Bylaws, the Board has worked diligently in the last year on updating those. **Past President Sue Simpson '68, chair, Vice-president Leslie Farrand '77, and Treasurer Diane Elliott '69** have nearly completed their work. The Board will have one last review of the new language at its next meeting, February 23rd. (With the assistance of **Susan Holderness '69** in auditing our books, Diane will submit the healthy financial picture of the club at that session as well.)

Key to our many efforts will be welcoming alums into Board and non-Board positions currently open: Membership Chair, Newsletter Editor, and Nominating Chair. Would you like to join us? We are a congenial group who all have the best interests of the club at heart. Need a little more Mount Holyoke in your life?? Email me at [mhcswfl@gmail.com](mailto:mhcswfl@gmail.com).

*--Joyce Gleason '69, President*



### **IN THIS NEWSLETTER:**

**PAGE 2:** Info and registration slip for the Thursday, January 20th luncheon and presentation by Luz Corcuera, executive director of UnidosNow. Palm Aire Country Club, Sarasota. Smith Club Invitational.

**PAGE 3:** Info for the Wednesday, February 16th Zoom presentation by Stacie Colombo Steinke, Class of 1982, on "OPTIMIZE YOUR VOCAL HEALTH." Register at [mhcswfl@gmail.com](mailto:mhcswfl@gmail.com).

**PAGE 4:** In case you missed our November 10, 2021 presentation by Jeri Sedlar, "Don't Retire, Rewire!"

**PAGE 5:** In case you missed our Sarasota Honey Company Tour and honey sampling on December 9th.

**PAGE 6:** Program notes for the rest of our 2021-2022 season.

### **You're Invited to Board Meetings!**

Any member is invited to attend Board meetings -- with "privileges of the floor", i.e., you may speak but not vote. Many past and current Board members have begun their involvement in this way.

**Please let President Joyce Gleason '69 know at [mhcswfl@gmail.com](mailto:mhcswfl@gmail.com) of your interest and she will provide details.**

**MOUNT HOLYOKE CLUB OF SOUTHWEST FLORIDA**

**The Smith College Club of Sarasota invites us to a Luncheon and Presentation by Luz Corcuera of UnidosNow Thursday, January 20, 2022 at 11:30 am, Palm Aire Country Club Clubhouse**



Luz Corcuera,  
Executive Director, UnidosNow

The vision and mission of **UnidosNow** is to empower Latinos to achieve their American Dream and to elevate the quality of life of the growing Hispanic/Latino community through education, integration and civic engagement. Among the many programs developed by UnidosNow is its College Prep Series which empowers the leaders of tomorrow to be agents of social change through college preparation, leadership training and community service.

**Luz Corcuera** was born in Peru and moved to Florida from Toronto, Canada, in August 2000. Luz is passionate about education, health, cultural competency, and understanding the social determinants influencing socio-economic well-being. Her significant work includes developing and overseeing diverse community-based initiatives to empower underserved and at-risk communities via prevention and education. As an immigrant woman, Luz knows firsthand the challenges of integrating into a new community and sees education as the path out of poverty. She also understands the struggles of talented young people who may not have had the same opportunities that her children had to realize the American Dream. She is committed to working with any individual and organization that promotes these opportunities for our young population.

**Directions:** Palm Aire is situated 2 miles east of U.S. 301, and 2 miles west of I-75 on the north side of University Parkway. From U.S. 301 or 41, proceed to University Parkway, go east and turn left into the Palm Aire community entrance (Whitfield Avenue). Proceed north on Whitfield Avenue and turn left (west) at the first traffic light (Country Club Way), and follow the signs to the clubhouse. From I-75, take Exit 213 to University Parkway, go west 2 miles and turn right into the Palm Aire community entrance (Whitfield Avenue) and follow the signs to the clubhouse.

The Palm Aire Country Club Clubhouse is at 5601 Country Club Way, Sarasota 34236. Luncheon is \$30 per person and there is a choice of entrees (see form below). Annual Mount Holyoke Club dues are \$20, and may be paid with your reservation or in person at any of our Club's events. Send reservations and payments to Club Treasurer Diane Elliott at 10594 Alvarado Ct, Seminole, FL 33772, (phone 727-642-5354). Checks payable to "Mount Holyoke Club of SW FL." Guests are welcome; just indicate name(s) on the form. **R.S.V.P. by Thursday, January 13th.** Please follow federal, state, local Covid guidelines.

**Note: Don't have a printer? Just replicate the info below on paper & mail it in with your payment.**

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**Thursday, January 20, 2022, 11:30 AM: UnidosNow, Palm Aire Country Club**

Name: \_\_\_\_\_ Class: \_\_\_\_\_  
Address: \_\_\_\_\_  
Preferred Phone: \_\_\_\_\_ Email address: \_\_\_\_\_  
Guest(s) Names(s): \_\_\_\_\_

2021-2022 MH Club Dues @ \$20 \$ \_\_\_\_\_  
Chicken Blanquette \_\_\_\_ @ \$30 \_\_\_\_\_  
Vegetarian Plate of the Day \_\_\_\_ @ \$30 \_\_\_\_\_  
TOTAL \$ \_\_\_\_\_

Mail to : Diane Elliott  
10594 Alvarado Ct  
Seminole, FL 33772

- I am new to the Club (attending for the first or second time).
- My contact information has changed. (Use reverse side to provide changes. Thank you!).

**ZOOM WORKSHOP**  
**“OPTIMIZE YOUR VOCAL HEALTH” with Stacie Colombo Steinke**  
**MHC Class of ‘82**  
**Wednesday, February 16, 2022, 1PM**



“Every individual has a ‘voice print’ as unique as their fingerprint. Helping students to discover the instrument within them is one of my life’s passions.”

– Stacie Steinke

We are pleased to welcome fellow alumna **Stacie Columbo Steinke**. She will help us to understand how the voice works and guide us to use the body to produce sound in a healthy way. Stacie has provided vocal instruction, performance in musical theater, jazz standards and classical music, and music direction for performance productions for over 25 years.

Stacie graduated from Mount Holyoke in 1982 with a degree in English and earned a Masters in Music in Vocal Pedagogy from Catholic University of America, with a firm foundation in Bel Canto-style singing and performance. She has also received extensive training in Contemporary Commercial Music at the CCM Institute of Vocal Pedagogy at Shenandoah University, with studies in Jazz with Allison Crockett and Marcelle Gauvin.

As a Yoga Alliance Certified 200 HOUR Yoga Instructor, Stacie conducts lessons and workshops that contain guided breath and body experiences to help the student understand how to access the full vocal potential.

Stacie is the Vocal Music Teacher at Shorecrest Preparatory School in Saint Petersburg. Her website is <https://staciesteinkemusic.com>.

**PLEASE NOTE:**

**PARTICIPANTS SHOULD BE PREPARED TO BEND, STRETCH AND MOVE IN SPACE. WEAR COMFORTABLE CLOTHES!**

All Florida MHC alums are invited to join us. The event is free, but please email [mhcswfl@gmail.com](mailto:mhcswfl@gmail.com) to make a reservation and you will receive a Zoom link one week before the event. You will not be admitted without a reservation. Guests are welcome, but need to register as well. You don't need a Zoom account to participate.

**Sign-up deadline is Tuesday, February 8th.**

**Thank you to Elizabeth Russell ‘70, Program Chair, and Maria Mandler ‘74, Social Chair and Zoom host.**

**MOUNT HOLYOKE CLUB OF SOUTHWEST FLORIDA**

**In case you missed Jeri Sedlar’s Presentation, “DON’T RETIRE, REWIRE!” on November 10, 2021:**



On November 10th, several Club members joined GEMS, a women’s group of the Sarasota Yacht Club, for lunch and presentation by Jeri Sedlar. Jeri, along with her husband Rick Miners, are the authors of “Don’t Retire, Rewire” which is now in its third edition. Jeri expressed her excitement to be speaking with others “around a table” for the first time since February 2020.

Jeri has been giving presentations about retiring around the world. Universally, retirees realize that being financially secure is not enough. We need to think about how to use that most valuable commodity- time! What did I do?, what am I doing now?, what can I do in the future?

Jeri recounted some events that led to the development of the concept of rewiring: that is, taking your energy and applying it to something new. The goal is to select how and where to apply your energy. To do this, ask the question, Why did I work?, financial considerations aside. Based upon research, they compiled a list of 30 “drivers” (such as significant accomplishments, be part of the action, be connected to others) and determined that one should identify their top 5 motivators.

Based upon these key drivers, get involved in the things that turn you on! Then evaluate your ROPI - Return on Personal Investment. Evaluate where you are spending your time, energy, effort, and money. Are you getting the return on your investment that you need? If not, re-evaluate your top drivers. Do not fear failure; try something else!

We all deserve fun and fulfillment in this stage of life! *Carpe Diem!*  
By Diane Elliott ‘69, Editor, Leslie Farrand ‘77



In case you missed the tour of the Sarasota Honey Company on December 10, 2021:



On December 10th, twelve of our Club members and guests attended a presentation and tasting event at the Sarasota Honey Company on University Parkway. Alma Johnson, founder and owner, introduced us to the fascinating and amazing world of the honeybee.

Built in the 1940's, the property is the last original building still standing on University Parkway. Family-owned and community-driven, the apiary can house anywhere from 300–450 colonies, with 60,000 –120,000 bees per hive! Initially Alma decided to create a victory garden after surviving cancer. She soon realized that the garden was not achieving its full potential due to insufficient pollination. Other members of her family had created successful enterprises utilizing honeybees, so Alma decided to follow suit and is now a proud beekeeper. Promotion of honeybee awareness is a key objective, and they also have a strong commitment to the special needs community. Many of their products are made by and benefit people with special needs. Environmentally responsible, the honey production is all locally sourced from Sarasota and Manatee gardens.

Alma described the honey making process which entails an elaborate mating ritual in which the Queen produces 1500–2000 eggs daily! The bees communicate via pheromones, which also delineate the identity of the hive. They are highly sensitive to scent and also attuned to the moods of humans. Anger may provoke a swarm, as will any product that is malodorous to them!

Bees are critical to the continuity of humanity, and they are dying. If they disappear, the human population would decline in 4 years! Raw honey contains up to 80 substances that are necessary to human nutrition, and it takes 2 million flowers to produce 1 tsp. of honey! The proliferation of pesticides and modern farming techniques have significantly reduced the bee population and, if we do not make major modifications to our agricultural practices, we risk the loss of this key component to our survival.

Sarasota Honey offers a wide range of delicious local honey in assorted flavors, as well as candles, health products and bee-related gift items. We tasted seven varieties of the indigenous honey and it was difficult to choose a favorite! Sarasota Honey provides yet another reason to love living in this wonderful region.

*by Leslie Farrand '77*



**MOUNT HOLYOKE CLUB OF SOUTHWEST FLORIDA  
2021-2022 PROGRAM SCHEDULE**

**Thank you to Program Chair Elizabeth Russell '70!  
Here's what in store for the rest of the 2021-2022 season:**



**Thursday, January 20, 2022, 11:30 am:**

The Smith Club of Sarasota has invited us to hear **Liz Corcuera** and luncheon at Palm Aire Country Club, Sarasota, about **UnidosNow**, an organization that prepares young Latino students to engage in our community and be able to move on to traditional higher education. **See page two of this newsletter for sign-up details.**

**Wednesday, February 16, 2022, 1:00 pm:**

**“Optimize Your Vocal Health.” Stacie Steinke, MHC Class of 1982,** speaker. **Via Zoom.** We are pleased to welcome fellow alumna Stacie Colombo Steinke. She will help us to understand how the voice works and guide us to use the body to produce sound in a healthy way. **See page three of this newsletter for sign-up details.**



**March 2022:**

**Forty Carrots, an in-person private tour, 1500 S. Tuttle Avenue, Sarasota.** Founded in 1993, Forty Carrots Family Center is guided by a vision that all parents will provide their children with experiences and environments that are emotionally and physically safe so that they can grow into capable and caring young people. Details will be announced in the next newsletter.

**Friday, April 8, 2022, 11:30 am:**

Wellesley Club Invitational. Join Seven Sisters clubs for luncheon and a speaker from Mote Marine Laboratory & Aquarium at the Sarasota Yacht Club. Details to be announced.

***All events subject to change--Check our Club website calendar for updates!***

It's not too late to pay your dues for the 2021-2022 season. Although dues are voluntary, we rely on them to underwrite Club expenses such as honoraria and travel for speakers, newsletters, website, and support of MHC students and potential students from our local area. Thank you!!!



**DUES REMITTANCE SLIP 2021-2022**

Name: \_\_\_\_\_ Class: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Preferred Phone: \_\_\_\_\_ Email address: \_\_\_\_\_

Club Dues @ \$20 \$ \_\_\_\_\_

Mail to : Diane Elliott, Treas.  
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