

# MOUNT HOLYOKE CLUB OF SOUTHWEST FLORIDA NEWSLETTER

**SPRING 2022**

## UPCOMING PROGRAMS

### JOIN US FOR MARCH AND APRIL 2022 EVENTS!

**The Wellesley Club of Sarasota has invited us to luncheon to hear Dr. Katie McHugh of the Sarasota Dolphin Research Program** based at Mote Marine Laboratory. **Friday, April 8, 2022, 11:30 am** at the Sarasota Yacht Club. Details and registration slip on page 2.

**The Yale Club of the Suncoast has invited us to three events as follows** (registration details on page 3):

- **Wednesday, March 23rd, 2022, 11:30 am:** Luncheon at the Sarasota Yacht Club to hear Yale Law Professor **Akhil Reed Amar**, one of Yale's most engaging and dynamic speakers..
- **Sunday, April 10, 2022, 5:00 pm:** Sunset Dinner Cruise on the Marina Jack Yacht.
- **Tuesday, April 12, 2022, 11:30 am:** Luncheon at Sarasota Yacht Club to hear University of South Florida professor, Dr. T.H. Culhane, speak on water quality, red tide, and the Piney Point spill.

## PRESIDENT'S MESSAGE

Dear Members,

At the virtual Board meeting on February 23rd, the club's Bylaws were updated. This culminated nearly a year's work by the ad hoc Bylaws Committee, composed of **Susan Simpson '68, Past President and chair, Diane Elliott '69, Treasurer, and Vice-president Leslie Farrand '77**. Since last April, they have led us in a review of the Bylaws from 2015. It was time for an update! Anyone who has ever worked on Bylaws knows this is arduous and unforgiving work. Each member has our thanks and gratitude.

We now have approximately one year to compose the next Board for the club. My term as your president ends on June 30, 2023. It has been the tradition of our club to have five-year terms. Initially I committed only to three but, with the support of your wonderful Board, five was a go. Many on the current Board have served that and longer, often in other positions. In this club we grow our own and also gladly welcome new members. Often volunteer members shift to other positions on the board, as they bring their experience and skills into new areas. We all benefit from these talents. During the February meeting, Board members reviewed job descriptions for their current positions. This was preparatory to the Nominating Committee filling positions for 2023-2028.

At the next Board meeting, scheduled for May 11th at New College and set to be "hybrid" as well, the Nominating Committee will begin its year of work to fill positions. I am happy to talk with any interested member about what nominating entails and what is involved with each position. I cannot emphasize enough how much I personally have gained from my years with successive club Boards. It is my intention to continue to serve the club in some capacity. Please email me at [mhcswfl@gmail.com](mailto:mhcswfl@gmail.com) or call (941-637-5921) to discuss the new bylaws and/or your interest our volunteer Board.

**Need a little more Mount Holyoke in your life? Please join us!**



--Joyce Gleason '69

**SARASOTA DOLPHIN RESEARCH PROGRAM**  
**Luncheon and Presentation by Dr. Katle McHugh**  
**Friday, April 8, 2022 at 11:30 am**  
**Sarasota Yacht Club**  
**HOSTED BY THE WELLESLEY CLUB OF SARASOTA**

**Dr. Katherine (Katie) McHugh** is a staff scientist employed by the Chicago Zoological Society and based at Mote Marine Laboratory as part of the Sarasota Dolphin Research Program (SDRP), a partnership to engage in dolphin research, education, and conservation action. Katie works on research aimed at understanding and mitigating adverse human-dolphin interactions. She is also responsible for overseeing behavioral research, as well as coordinating training programs for undergraduate interns and international trainees.



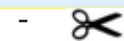
Dr. Katie McHugh



**Sarasota Dolphin Research Project's** desire with each research or conservation project in Florida or elsewhere is to contribute to a better understanding of the structure and dynamics of populations of small cetaceans — dolphins, whales, and porpoises — as well as the natural factors and the factors of human origin that impact them. SDRP uses an interdisciplinary and collaborative approach as they conduct studies of bottlenose dolphins within their main study area, Sarasota Bay, a unique long-term natural laboratory.

The Sarasota Yacht Club is at 1100 John Ringling Blvd., Sarasota 34236. Luncheon is \$40 per person (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 Friday, April 1st.** We will update you on any Covid protocol soon.

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



**Friday, April 8, 2022, 11:30 am: Sarasota Dolphin Research Project, Sarasota Yacht Club**

Name: \_\_\_\_\_ Class: \_\_\_\_\_

Address: \_\_\_\_\_

Preferred Phone: \_\_\_\_\_ Email address: \_\_\_\_\_

Guest(s) Name(s): \_\_\_\_\_

2021-2022 MH Club Dues @ \$20 \$ \_\_\_\_\_

Luncheon \_\_\_\_ @ \$40 \_\_\_\_\_

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!).

## MOUNT HOLYOKE CLUB OF SOUTHWEST FLORIDA

### YALE CLUB INVITATIONAL EVENTS

Please note that all Yale Club events are following the Sarasota Arts Communities Covid protocols, and require either proof of vaccination or a recent negative Covid test. Masks are required indoors if not eating or drinking.

- **Wednesday, March 23rd, 2022, 11:30 am:** Luncheon at the Sarasota Yacht Club to hear **Yale Law Professor Akhil Reed Amar**. Cost is \$35 (non-member price). Guests welcome.

Professor Amar is one of Yale's most engaging and dynamic speakers. Akhil Reed Amar is Sterling Professor of Law and Political Science at Yale University, where he teaches constitutional law in both Yale College and Yale Law School. After graduating from Yale College, summa cum laude, in 1980 and from Yale Law School in 1984, and clerking for then Judge (now Justice) Stephen Breyer, Amar joined the Yale faculty in 1985 at the age of 26. He is Yale's only currently active professor to have won the University's unofficial triple crown — the Sterling Chair for scholarship, the DeVane Medal for teaching, and the Lamar Award for alumni service.



Professor Akhil Reed Amar

Please register for the Professor Amar event and the two events below directly on the Yale Club of the Suncoast website. Enter [yaleclubofthesuncoast.org/events](http://yaleclubofthesuncoast.org/events) in your browser and click on the event(s) you would like to attend. Click on "Purchase Tickets" and enter your information and pay. If you prefer to RSVP in person, please email Dr. Bruce Ballard at [blbecb1@verizon.net](mailto:blbecb1@verizon.net) to reserve the number of people, and he will arrange for you to pay at the door.

**CHECK IN WITH MOUNT HOLYOKE CLUB PRESIDENT, JOYCE GLEASON, WHEN YOU ARRIVE AT THE EVENTS!**

Information and sign-up for the following two April events is also available on the Yale Club of the Suncoast website, [yaleclubofthesuncoast.org/events](http://yaleclubofthesuncoast.org/events). As for the Dr. Amar event, you can also email Dr. Bruce Ballard at [blbecb1@verizon.net](mailto:blbecb1@verizon.net).



- **Sunday, April 10, 2022, 5:00 pm:** Sunset Dinner Cruise on the Marina Jack Yacht. Semi-outdoor event. An annual favorite! \$65 non-member rate.

- **Tuesday, April 12, 2022, 11:30 am:** Luncheon at Sarasota Yacht Club to hear Dr. T.H. Culhane speak on water quality, red tide, and the Piney Point spill. Dr Culhane, Associate Professor at the Patel College of Global Sustainability at the University of South Florida, is the Director of the Climate Change concentration. \$35 non-member rate.



Dr. T.H. Culhane



In case you missed us on February 16, 2022:

**OPTIMIZE YOUR VOCAL HEALTH  
with Stacie Colombo Steinke '82**

On February 16, 2022, members of the Mount Holyoke Club of SW FL and guests participated in a lively workshop presented by one of our own, a radiant Stacie Steinke Class of 1982. Maria Mandler '74, Social Chair, hosted the Zoom session. Graduates from the '80s decade exchanged fond greetings online. Stacie mentioned she'd just starred in "Gilligan's Island" in Gulfport, in the role of Marianne. She had two of the best songs!

Elizabeth Russell '70, Club Program Chair, introduced Stacie as a vocal professional who not only performs but also teaches voice and musical arts at her studio, "Body Breath & Soul Vocal Studio," in St. Pete. She received her BA in English from MHC, and Masters of Music in Vocal Pedagogy from Catholic University of America. She also teaches at Shorecrest Prep in St. Pete.

At the time of her move to Florida in 2017, Stacie encountered vocal issues, and learned through yoga that body and breath are the key to vocal health. She explored the movements to help one's sound not only in performances, but also for Zoom calls, speaking engagements, anywhere.

Stacie helped us understand how the body produces sound and what we can do to keep our vocal health as we age. We explored spaces in the body that create sound. We learned exercises based on yoga to fill our lungs to capacity and relax neck muscles. We learned to "speak from the diaphragm" to give us more stamina and more of a sense of presence. Stacie led us through "90 Seconds to Presentation Power," a yoga routine to perform before a speaking engagement. We did make some beautiful noise!

When requested, Stacie treated us to a verse of "The Sound of Music" to great applause. Please visit Stacie at [www.staciesteinkemusic.com](http://www.staciesteinkemusic.com) to view the wonderful offerings at her studio.

--Georgia Walters '70



Some of our Zoomers. Stacie is in the upper right.

## MOUNT HOLYOKE CLUB OF SOUTHWEST FLORIDA

### In Memoriam ~ Claire Friedenbergl Levin '52

We are sad to report the loss of longtime club member Claire Levin on October 23, 2021. Born in Mount Vernon, New York and raised in Manhattan, Claire lived in Sarasota for forty years. Among her most prized accomplishments, was a directorship of the Jewish Federation of Sarasota-Manatee. In 2004 she was honored at The Federation's Triple Crown Gala, in celebration of contributions to the arts and human services. The Sarasota Herald-Tribune has Claire's full obituary. Quite an accomplished woman--she will be missed.

### FIND YOUR PEOPLE!

The **Mount Holyoke Alumnae Association** has a wonderful **Alumnae Directory** where you can search for and connect with other alumnae. In your computer's search engine, type in "Alumnae Association of Mount Holyoke College Find Your People" and click to log in or register. If you need help, call the Association at 413-538-2300 during business hours.

In the "**Alumnae Search**" function, you can search by first name, last name, undergraduate last name, and year. Under advanced search, you can search by town, major and/or industry. If the alumna has posted the information, addresses, phone numbers, emails, education, and employment history are listed.

### CONNECT THROUGH FACEBOOK!

Did you know we belong to the "Mount Holyoke Alumnae: West Central Florida" Facebook group started by Jeanne Egan '87? It's more than 80 members strong and it's a great way to receive and share up-to-date information with other members. If you are on Facebook and would like to join it, search for the group via the name in quotes above and ask to join.

It's a "closed" group which includes:

- 1) Alumnae living in Hillsborough, Pinellas, Pasco, Polk, Manatee, and Sarasota counties,
- 2) Students/future alumnae from these counties, and
- 3) Current members of the **Mount Holyoke Club of Southwest Florida!**



**"SEE YOUR NAME IN PRINT!"** Please consider contributing an article for the Newsletter. Perhaps you have fond memories of the College to share, insights on women's education today, comments on one of our programs, member spotlight, **event of interest you may be presenting**--the possibilities are endless. Photos welcome too! Email Georgia at [mhcswfl@gmail.com](mailto:mhcswfl@gmail.com).

### 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. The next meeting is tentatively scheduled for May 11, 2022 at 1:00 pm. **Please let President Joyce Gleason '69 know of your interest at [mhcswfl@gmail.com](mailto:mhcswfl@gmail.com) or (941) 637-5921, and she will provide details.**

WEBSITE <http://new.alumnae.mtholyoke.edu/swfl/>

EMAIL [mhcswfl@gmail.com](mailto:mhcswfl@gmail.com)