



INTERNATIONAL SOCIETY FOR KEY WOMEN EDUCATORS
DELTA KAPPA GAMMA

International Conference in Iceland



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Thanks to everyone for their contributions. Don't forget to look at our website, www.dkggb.org.uk, which our webmaster, Diana Bell, keeps up to date in a most impressive style. Of course we both welcome your contributions, so keep `em coming!

Our next State Conference will take place the weekend of 24-26 April 2020. Do put the date in your diary now—details of how to book will be in the next edition of GB News and on the website.

Contributions for the next edition should be with me by **15 December**, please, reports in Word and photos in jpg format, attached to an email to:-

dibillam@hotmail.com.

It would be great to have reports on all Chapter activities, including any Christmas celebrations if possible. The more photos the better!

The photo on the front cover shows our members who attended the European Regional Conference in Iceland: from left: Diana Bell (State Vice-President) Evelyn Goodsell (our State President), Unity Harvey, Liz Day, Di Billam, and Lavinia Soul.

Evelyn Goodsell

STATE ORGANISATION PRESIDENT 2017—2019



As I write this, two months after returning from the International Conference in Iceland, I feel I gained a little more confidence in my approach to the task that lies ahead. Following Kathy as State President is a hard act to follow, she was so confident and competent! I have belonged to DKG for thirty years and being State President has never been my ambition. Nevertheless, I shall endeavour to do my best and try not to let you down.

My first important task was to find a venue for our State Conference to be held next April 2020. After visiting several hotels, the general consensus was that we return to the Holiday Inn in Wrotham. It will be a weekend conference this time, Friday afternoon - Sunday morning. **Please put 24-26 April 2020 in your diaries.** I do hope that as many of you as can will come for the whole weekend as it is a great opportunity to get to know each other better, but of course as you know, members and guests are welcome to come for as long as they can.

It has been pleasing to see to see progress being made with our Revitalisation programme. The Committee are very enthusiastic and will be evaluating the progress already made so far before deciding on their next move. It is vital that we increase our membership if we are to continue. One of the many things emphasised in my training was to encourage all members to become involved in their Chapters, however reluctant they appear at first, as it is also a good way to become aware of the many advantages of being a member of DKG.

At recent meetings it has been pleasing to see the improvement in the health of Kate and Gloria, long may it continue. Sadly Sheila Roberts has been suffering severe problems with her back, but has continued enthusiastically with Revitalisation, and we wish her a speedy return to a pain free life. Liz Malik has faced family worries and we are full of admiration for the way she has coped in the face of adversity.

Both Chapters have full, and interesting, programmes for their forthcoming meetings to which I hope all members will give as much support as is possible. My ambition for my Biennium is to increase the membership. As Kathy once said "We know the challenge ahead we simply have to rise to it".

CANTERBURY AWARD

Now is the time to think of applying for the award!

The Canterbury Award has become well-established over the years with the aim of helping members develop both as educators and as enthusiastic members of the Society. Members have undertaken diverse and interesting projects.

There are two avenues members might follow to be considered for the award. Either it will subsidise an **educational project** that you would like to pursue, or the money could go towards expenses for first time **travel** to a Regional or International Conference. In 2020 the International Conference is to be held in Philadelphia. It should be most stimulating and lots of fun!

Please look at the [website \(Documents section\)](#) where you will be directed to information and application forms. **The deadline is January 4th 2020.**

Gloria Redston (Chair of Canterbury Award Committee)
gloriaredston@gmail.com

MARY WARDROP MIXES WITH ROYALTY

On Wednesday, 29th May, Mary was invited to a Buckingham Palace Garden Party. She was nominated several years ago by her daughter, Alison, for all of the voluntary work she has done since retiring in the mid-1990s from a primary head teacher's post:

- Sherbourne Close Sheltered Housing; management committee and Chair for 8 years
- Reading to blind resident
- Tunbridge Wells town planning; representing Hawkenbury
- Founding member with Nick, her husband, of Hawkenbury Village Association
- Neighbourhood Watch representative
- Delivering newsletters and being a local liaison contact linking up with the Police.

The invitation was received while she was in Sevenoaks Hospital following a fall. However, nothing was going to prevent Mary from attending if Alison, her daughter, had anything to do with it! A new dress was ordered (see photo of Mary looking very glamorous), a wheelchair arranged, and off they set – Alison driving all of the way to Buckingham Palace. Despite slightly inclement weather – this is England, after all – Mary had a wonderful day, as you can see from the

photograph. Of course, the hospital staff were also very excited at having a celebrity in their midst and wanted to hear all about the day when she returned. Thanks must be given to Alison for providing the photos and captions and, of course, being the Instigator of the entire day. What a daughter!

Update: Mary is now home and walking very well, aided by her zimmer frame. They even walked to church on Sunday. Mary hopes soon for her stair lift to be installed – do these require a pilot's licence?



Kathy Hodgson (Gamma Chapter)

JUDITH SUTTON

Judith Sutton received her 40 years pin a short while ago, but in fact she has been a member of DKG for 42 years. She was initiated in November 1977 at the founding of GB State. There were 10 founding members and eight additional Alpha Chapter Charter members, these included Judith. She was then Second Vice President and her great friend Ellen Rosier, also a Charter Member, was recording secretary. Judith became Alpha Chapter President 1980 – 1984.

DKG was not new to Judith. In the summer of 2001 Judith wrote an article in GB News about her visit to an International meeting in Georgia and a re-visit to Florida to see her friend Callie Brown. In 1957 Judith had been to Delray Beech Florida on a teaching exchange, her opposite number was Callie. Judith went to DKG meetings in Florida and later she and Callie became friends.

In the 2002, 25th Anniversary Edition of GB News, we were reminded that both Judith and Ellen had been very enthusiastic, loyal, friendly and active members in Alpha Chapter for 25 years. They had attended many state conferences and the Regional Conference in Malmo. In summer 2004 GB News Judith wrote an article about Ellen, who was initiated with her and was celebrating being 90 years old.

Ellen and Judith were renowned for their hilarious comedy acts such as 'Doggies' (from a collection of duologues called 'Deck chairs'). They were unforgettable, and showed what these two 'dark horses' were capable of. As Judith said 'in response to the audience's laughter we went a bit 'over the top'.



Judith wearing her
40 years pin

We caused quite a stir and became notorious because no-one imagined we could be so 'racey'!

Judith has become a reserve member, but still keeps her interest in DKG. She wrote to Barbara about our revitalisation, 'I was thinking back over the years and all the things we have done. Although we have always been low in numbers members have achieved so much, particularly internationally. I do hope the new revitalisation initiative is beginning to bear fruit'.

It is lovely to still hear from Judith (Judy), usually a cheery card with a note. She moved to the Isle of Wight around 2005 where she still resides.

Diana Bell (Alpha Chapter)

International Conference in Iceland July 2019

What an experience this was for the 6 Brits who attended: our State President, Evelyn Goodsell, Diana Bell, Liz Day, Unity Harvey, Lavinia Soul, and myself. Our hotel was next to the old airport, now superseded for international flights by Keflavik Airport, and the conference room was very spacious and well lit.

As Evelyn was attending training as State President, I had a couple of days to explore the city, and found walking round it very pleasant, visiting the extensive city museum, and the culture centre in particular. Iceland has an unusual history for Europe, as it was not inhabited until the 9th century, and habitation has always been concentrated around its coasts. Tourism is booming, and new developments are going up whichever way you look, many of them very impressive. It is also blessed – or cursed – by frequent visits from enormous cruise ships.

Everything at the conference was well organised, and our Icelandic sisters are to be congratulated on a stimulating and enjoyable event. The printed programme included abstracts of talks, and photos of the speakers, and details of the 7 or 8 workshops available in each of the four workshop sessions. The title of the conference was 'Professional Research and Practices in enhancing the Learning Community and the 6 Cs: Character education, Citizenship, Collaboration, Communication, Creativity, Critical Thinking'. We should remind ourselves that apart from us Brits and some Americans and Canadians, the remainder of the 250 delegates were operating in a foreign language. What an achievement,

and how humble it made us feel.

The talks were all of interest: `Preparing our students for their Future, not our Past` particularly interested me, as did `Changing perspectives on education in the course of an academic career`, by a Professor Emeritus, and `Guidance and Orientation for Adult Learners: results from a European project at policy level`. I particularly enjoyed two workshops: `Using Small Robots to develop student skills in different subjects`, where I got to use a small robot and programme it to perform a pre-set task! What fun, and what a good way to attract the attention of students. The other was `Young Female Role Models in the Oasis of Siwa`, which is in Egypt. The Norwegian members who have worked there first went 13 years ago, travelling on donkey back, and learned so much about life for women there. They set up a training school for traditional handicrafts, and students also wanted to learn English so that they could talk to tourists, so they did this, and offered micro-loans to start businesses. The language there is non-written, and not related to Arabic. Some students have even been successful in training as teachers, and setting up schools. One silversmith trainee, married at 17, 3 children, husband unemployed, is now teaching women aged 16-60 to read and write Arabic. She has also been offered a shop in Siwa Tourist Centre for her silver, and an upstairs workshop. One Norwegian DKG chapter supports another woman. It was obvious, talking to the Norwegian members, that they felt they had gained as much as they had given by this collaboration.

There were fascinating outings to enjoy as well. Do look up reports, photos etc on dkgerc2019.weebly.com for more information, and enjoy the reports from those of us lucky enough to attend.

Diane Billam (Gamma Chapter)



EXPERIENCE OF ICELAND

I am thrilled that DKG tempted me to Iceland . It was probably a once in a life-time visit since it is horrendously expensive due to flight cancellations (737s were grounded), hotel prices and not least the price of food and particularly alcohol, but excitingly different.

Perceptions of a Conference Delegate:

The European Conferences are always an interesting way of seeing the host country, through the eyes of resident members, as opposed to just a tourist experience.

The short, efficiently run, conference provided an interesting insight into teacher training and school systems in a small country, with a population of 300,000. It was a trip back in time to hear teachers and lecturers advocating practices that I enthused about in my early teaching career like drama in Education and open plan classrooms. In fact my first Education conference in the 1960's introduced me to Dorothy Heathcoat's practice of using Mantel of the Expert (Heathcote worked in Newcastle), ie creating a simulation where learners adopted roles of imaginary experts and argue and negotiate for their preferred outcome. What happened to this immersive teaching methodology in the UK, that is being advocated now in Iceland?

We also heard about using their outdoor environment to offer skiing tuition to every primary school child. Hopefully we too make good use of the opportunities in our neighbourhoods, though it's unlikely to be learning to ski. A particularly inspiring young man, with an enviable job title of 'Chief Innovation Officer', also described how he questioned the use of technology as he observed the learning of young children in classrooms in the sparsely populated north of Iceland. He advocated increasing breadth in the curriculum, encouraging imagination more than memory and collaborative, creative pursuits. He appeared to be an inspiration to his young teaching team, but was about to set off for pastures new in California – a bigger stage for his performance.

It was interesting to hear that the current Prime Minister was previously the Minister for Education and Culture, so Education is high on the national agenda. Speakers frequently cited leading British, Canadian and American researchers, to substantiate their practice, demonstrating how Iceland looks for a lead to internationally recognised research.

We were told by University staff about the recent move to increase teacher

training from 3 to 5 years, which resulted in an immediate drop of applicants, which made policy makers initially a little nervous, in an effort to attract more highly qualified professionals into teaching. Then they have the same challenges as us of keeping them.

An experienced Secondary teacher explained how she aimed to keep the Professional Development of teachers meaningful through collaborative Action Research Projects, based on Guy Claxton's Action Reflection Cycle. (G.Claxton works at IOE in London). She believed that time to observe, reflect and analyse teacher's own practice resulted in improvements. All very familiar to me since I devoted the last 5 years of my career to developing teacher's practice in the same way through a Masters Programme.

We did hear about a more challenging project of attempting to identify appropriate individuals who had failed to complete upper secondary school and to provide them subsequently with training opportunities. While I appreciate the desire to showcase what works well in their education system, I would have been interested to hear more about how they overcome difficulties, perhaps the relative isolation of communities, extremes of climate, dark winters, expensive overseas visits.

But this is only my overseas visitor perception of a relatively remote community. Icelanders may well identify their strengths and challenges quite differently.

Liz Day (Alpha Chapter)

WORKSHOP: COMMUNICATING THE LANGUAGE OF VALIDATION

When I read the title of this workshop I had no idea what it meant, so I stayed to find out.

This vital older woman, Dr Muriel O'Tuel, started by telling us a little bit about her life story. She was one of eight children from a poor family and lived in the 'back woods'. They had no books or paper in the home. Getting on the school bus changed her life. Her first teacher asked her a question about Humpty Dumpty but Muriel had no idea who this was and even wondered why anyone would call a child that! The teacher got down in front of her at eye level and said, "We have a lot of work to do this year". At that point Muriel decided she would become a first grade teacher like her. On Muriel's first day at school, her teacher later said she "shot me out of a cannon" realising her calling to teach and Muriel was her, "target of opportunity".

Muriel told us how she had wanted to be a beauty queen and ride on a float in the pageant waving to people. This was not to be until a man who sold fertilizer asked her to ride on the fender of his truck in the parade and wave at the crowd. As Muriel said there is more than one way opportunity knocks! More than one person will help you get there but you must be open to opportunity.

Later in life she made a list of all the people who had helped her and touched her life and she visited them, a few each year. She said that 1% of the population seems to be born with the ability to put others down, fortunately about 79% want to be helpful. Muriel says she is a 'maximizer', she 'grows things', she intentionally makes it happen. One lady who had been her secretary could not manage any time to meet so Muriel met her at someone's funeral. Validation has to be genuine and come from the heart. Muriel gave us the opportunity of validating someone we knew, a good experience. I spoke to and 'celebrated' an inspirational friend who has added value to my life.

Muriel told the lovely story of her granddaughter coming into her bedroom and wanting to get into bed with her. Muriel couldn't pull her nightie fully down over her varicose veins quickly enough, but was pleased when her granddaughter said "I just love your tattoos". Muriel was stressing that we should try and be with people who "lift you up and don't drag you down". "Find people who lift your soul and validate them by telling them".

She met the fertilizer boss, a Mr Williams, later in life at a Board of Trade party when the local school was closing, and told him the story of the fertilizer truck and what it had meant to her. He had no idea of the importance of that act in her life. She validated him.

Over Christmas she validates her whole family, one at a time she speaks to them. It must be an amazing experience. What a motivator and such an inspiration.

Diana Bell (Alpha Chapter)



FLOWERS

Walking around the grey buildings of central Reykjavik, a municipal flowerbed struck me with its vibrancy and beauty - strong double marigolds, rust-free large pale yellow antirrhinums and golden but-tercups. Walking further I saw red and orange montbretia, purple kale and dark pansies used too. The beds mimicked the hot volcanic colours and I pay tribute to the skilled selection and horticulture practice of the plants men. At the edge of the central pond, the natural foliage was pale green and I speculated whether the colours of the northern lights might be tried in some beds next year. A little pink with perhaps more blue might be incorporated.



Unity Harvey (Alpha Chapter)

NORTHERN ICELAND ADVENTURE

Excitement and adrenaline motivated Diana, Lavinia and me to rise early to catch the 7 am plane to Akureyri for our day long exploration of the north of Iceland. Tiny gaps in the cloud cover tantalized us as we tried to see volcanoes in the ice cap below. Then two caldera enabled us to distinguish the ice from the clouds, just for seconds.

On alighting from the plane, which looked a bit like a catamaran with the wheel housing far out on the wing, we boarded a minibus with our guide and other tourists. We crossed the estuary, climbed the mountain road and looked back at the fishing port and the giant liner moored nearer the sea. An iso-



lated shop and small farm had established a toehold on the many acres of angular rocks thrown by the recent eruption 2,300 years ago so we purchased picnic extras before going on to Godafoss, the waterfall of the Gods. The enormous water supply from the melting glacier had cut deep, forming a canyon but I was captivated by fascinating rock shapes which remained in the river water.

On to Lake Myvatn named after the insects that make the area a favourite breeding ground for birds like Bewick's swans and White fronted geese. It was beautiful but sadly for the birds, we were told there were far fewer insects this year. From there we passed the "gold building," protected from radiation and where there is multinational research on the Northern Lights in progress. For me the next stop at Selton and Badstofa was the highlight of the tour. We witnessed surface level geothermal energy and ground alteration. Steam dominates the area so we saw steam vents, boiling hot springs and sulphur



mounds together with mudpots and fumaroles. Cairns of stones, built on steam vents, were in various states of disintegration. This activity was quite unlike anything I had seen before in other parts of Iceland and in America where there are geysers spouting.

On again to Dettifoss, Selfoss and Hafragilsfoss all in a canyon 25 km long and up to 120m deep. Selfoss is said to be the biggest in Europe. I've never seen water carrying so much sediment. There was easier walking terrain at Asbyrgi National Park where we reached a small lake via pretty undergrowth and birch trees. Our energy was flagging so on our return to the coach we mocked the driver's estimation of 2



or 3 minutes to reach it, a time too short even for a fit young man. Even so, it was a beautiful place, a green oasis in the mostly barren neighbourhood so well worth the effort. Around Husavik was a thermal spring where Diana and Lavinia enjoyed a swim overlooking the sea and I enjoyed apple cake. We were energised to walk again at Vesturdalur where there were cliffs, honeycomb weathering and caves with strange acoustics together with prominent unique basalt columns formed as the lava was forced up through vents.

On to the coach once more for our journey back to Akureyri via short cut through a mountain tunnel 8 kms long, newly opened last December. Then, after our flight and subsequent journey back to our apartment, we arrived feeling exhausted but confident to highly recommend the tour to others.

Unity Harvey (Alpha Chapter)

REFLECTIONS OF BEING A TOURIST

Our tourist experience, due to high hotel prices, was planned to be short. My husband and I hired a car to drive round Iceland's ring road- Route 1, about 800 miles, in 4 days. We got a sense of the spectacular grandeur of the mountainous areas, the huge volcanic lava fields, covered in moss, the miles of inaccessible coast, geothermal activity and many, many spectacular waterfalls. I loved the greenness of the countryside - all colours of bright green, lime green, sage green, covered in wild flowers as if it was spring. This greenness contrasted with the icy white glaciers and moraine leading to pounding waterfalls. It was quite surreal to soak in a geothermal lake at 36C looking out on a treeless landscape.



Most of our hotels, offering somewhat basic hostel accommodation, with shared bathrooms, at high international prices, were built in small farming communities (there are only two towns on Iceland, Reykjavik and Akureyri) with a church, a few houses, a collection of farm buildings, mainly farming cattle and sheep, and hotels built for the large numbers of international travellers. There

were coach groups, very small hired camper vans, tough walkers with their small tents and independent travellers like ourselves, all descending on Iceland in the short summer season. After 24 hours of predictable heavy rain, keeping everything green, we had a few days of sun and cloud with an invigorating temperature of 14C and then on our last day the temperature crept up to 23C, which a farmer despaired of - 'much too warm for me!'. There are lots of interesting museums all round the ring road, catering for tourists in inclement weather perhaps, but providing fascinating insights for us into historic and current volcanic activity, the history of settlements told through the stories of the Icelandic Sagas, and

housing and transport museums describing the challenges of Icelandic living and communication.

Positioned in the north Atlantic as it is, Iceland is part of the Scandinavian countries alliance to the East, but also looks West to Canada and USA, although Scotland is nearer and frequently visited. The airport, situated on the American airbase built after the war, is now essential for international communication (despite the hour long drive across a treeless lava landscape to get there) Iceland's unique position and climate is sought after by scientists and tourist alike. Having visited, I shall read about tests for inter-galactic vehicles on a martian-like landscape and the increasing signs of climate change recorded in Iceland, with renewed interest.



Liz Day (Alpha Chapter)

A BRIDGE BETWEEN TWO CONTINENTS

It was raining, the wind was strong and the sky was heavy with low, dark grey clouds as we left the Birthday Luncheon to join our tour to cross the Reykanes Peninsula of SW Iceland. Following the coast road, we caught sight of the ships in the harbour, as we passed through Hafnarjordur. This excellent natural harbour has become one of Iceland's largest fishing centres.

A short distance from Hafnarjordur we turned inland to cross the barren lava fields in the middle of the peninsula, fascinating to observe as a geographer. When it rains they are green as in many places they are covered with moss and lichen. When it is dry they are grey and brown.

Our first stop, in spite of the weather, was delightful. Clambering over the rocks and braving the wind and the wet, we were rewarded with stunning views of Kleifarvatn Lake, even catching a glimpse of the mountains shrouded in mist in the distance. Kleifarvatn, the largest lake in SW Iceland, is incredibly deep – 318 feet at its deepest point located on the fissure zone of the mid Atlantic Ridge, it is interesting because it has no surface rivers running into it or from it. The level of the lake changes with the ground water. In 2000 two earthquakes struck

Southern Iceland causing a fissure to open in the bottom of the lake and a 4 metre drop in water level. The fissure has since closed and the lake is slowly filling up again.

A short distance from the lake, we reached the “painted” landscape of Seltun. A multi-coloured geothermal area. The result of sulphur interacting with other minerals in the soil. A short boardwalk took us over Solfataras -- bubbling mud pools and furnaroles – steaming hot springs. We could have been on Mars or the Moon! Steam was rising in the air, the earth beneath was coloured red, grey, brown, silver blue yellow and white, while the hissing from the vents in the boiling mud all added to the atmosphere.



We journeyed on to Grindavik, a small fishing village on the southern coast, we stopped for refreshment at a fisherman’s café. Coffee, cake and Lobster soup was on offer. I had the cake and the soup! It was delicious. Cosy inside, a gale was howling outside. Another short drive took us to the southwestern most tip of the peninsula. An excellent place for a geology lesson. The stunning views of cliffs and sea stacks were explained for us in detail with information boards! Formed from a single volcanic episode we could see all the different phases of the eruption, in the different exposed rocks forming the cliffs.



We observed the layers of Tuff and Pillow lava. Tuff is hardened volcanic ash that has cooled quickly. Having had no time for crystals to form it is composed of volcanic glass. Pillow lava, apparently one of the commonest rocks on earth, forms when lava flows under water or ice causing a glassy coating to form over the magma as it quickly cools. A statue of the now extinct Great Auk stands overlooking the cliffs,

at the place where the last bird was killed in 1844. A magnificent bird it was hunted for food and although a proficient swimmer it was flightless and easy to catch. A timely reminder of how easy it is for man to destroy the natural world. From here we could see the lighthouse of Reykjanesviti, the oldest lighthouse in Iceland.

Continuing our journey across the peninsula we reached our final stop. A large

fissure in the lava fields, connected by a bridge named “The Bridge between two continents”. The Mid Atlantic Ridge which runs across the centre of Iceland is pulling apart the North American and Eurasian tectonic plates at a rate of 2.5cm per year. The fissure has formed because of the movement of these two plates. We crossed from side to side walked down into the rift, and in seconds walked



from Europe to America. I like the Bridge’s alternative name “Leif the Lucky Bridge” a very apt name in honour of Leif Erikson, who according to sagas, was the first European to set foot in North America more than a 1,000 years ago.

Lavinia Soul (Alpha Chapter)

(Editor note: this was the week when temperatures reached 33 degrees in England!)

ALPHA CHAPTER REPORT

Alpha has enjoyed another year of meetings and outings.

Our focus this year has been on Revitalisation which was launched in October 2018 and our restructured programme includes three Business Meetings throughout the year (October, February and July) to ensure that we are on target. To date Alpha has hand delivered the agreed DKG Welcome Book Packs, including an introductory letter, a postcard with DKG contact details and a gift of 2 books, to 16 selected schools and we hope soon to deliver the final sets. We now have to plan the next steps.

Our annual outing in June took us to Pitzhanger Manor and Gallery in Ealing. The Gallery is currently hosting an exhibition of unique sculptures by the artist Anish Kapoor. Pitzhanger Manor itself, built by Sir John Soane between 1800-1804, was originally his country residence and has recently re-opened after a 3-year renovation. The annual visit to the Royal Society Summer Science Exhibition in July was as usual full of fascinating glimpses of the future with lots of interactive exhibits for young and old alike.

We shall be holding 3 **Main Business Meetings** with a timed agenda. Members should email in advance if they wish a topic to be on the agenda. Important elements will be added where necessary.

Alpha Chapter Meetings:

19 October. Business Meeting, 2.00pm. Dulwich Hamlet Junior School, Dulwich Village, SE21 7AL. Bring and Share lunch 12.45 pm. Raffle.

23 November. 2.00pm. Holy Trinity Church Hall, Bryan Road, Rotherhithe. **Anne Goldstein**, will be taking the theme '**Inspirational Stories**' and will share some favourite stories from different world faiths, as well as some from her own Jewish family history. Q&A session to follow. Lunch 12.45, bring and share.

14 December. Walk to Canary Wharf to see the Christmas lights. Lunch first at Weatherspoons close to the Museum of London: Docklands.

18 January. Speaker tbc. 2.00pm. Dulwich Hamlet Junior School. Bring and share lunch from 12.45.

15 February. Business meeting. Holy Trinity Church Hall, Rotherhithe. Bring and share lunch from 12.45.

14 March. 2.00pm, Dulwich Hamlet Junior School. Speaker tbc, probably Anna Evans on the feedback from her trip to Nashville. Lunch arrangements as before.

24/26 April. DKG GB Annual State Conference, Wrotham.

16 May. 2.00pm Dulwich Hamlet Junior School. Speaker tbc, arrangements as before.

20 June. Alpha Outing.

1st week July. Royal Society Summer Exhibition visit.

18 July. Business meeting, 2.00pm. Holy Trinity Church Hall, Rotherhithe. Lunch arrangements as before.

Penny Kinnear (*Alpha Chapter President*)

ALPHA CHAPTER VISIT TO PITZHANGER MANOR AND GALLERY



Alpha's summer outing this year was to Pitzhanger Manor and Gallery in Ealing. The Grade-1 listed Manor was the country home of British architect Sir John Soane built by him between 1800 and 1804 in the then rural Ealing. Following a 3 year conservation and renewal project the Manor has been returned to Soane's original design for the first time in over 150 years. The current exhibition in the Gallery is a series of sculptures by Anish Kapoor. Within the newly restored gallery, with its

three circular skylights, Kapoor's sculptures challenge our traditional notion of form and space by disorientating the viewer and transforming their surroundings. In the Manor House itself we came across a couple of researchers who were working on a project recording everyday sounds in different places around the house. These were being digitised and saved on a computer to be used for another project to bring the house to life. Barbara volunteered to take one of the recording devices and recorded a variety of sounds as she walked around – one of these was the sound of a door handle opening.

Penny Kinnear

“John Soane, the architect of Dulwich Picture Gallery fame, owned this villa from 1800 - 1810. He rebuilt it for entertaining and for his family. He looked to pass it on to his son who we gathered turned out to be a disappointment to him. My favourite room, the upper drawing room, has a beautiful painted ceiling and Chinese hand-painted wallpaper with colourful birds - no two alike. The villa was set in a garden which we walked around admiring many of the vegetables and plants grown there. There was a gate through to the park behind. We were also able to enjoy the Anish Kapoor (of the red 'helter skelter' sculpture/structure at the 2012 Olympics) exhibition. This was fascinating, with beautifully crafted mirrors which were not quite what they seemed. They slightly disorientated us and made us wonder exactly where we were - wonderful.”

Diana Bell

“I was interested in the architecture at Pitzhanger Manor and it was quite an eye opener for me. I purchased a card showing Tetra, Hexa and Octa styles . However I could not see any based on the Fibonacci sequence or Golden Rectangle

which, I felt, made it “heavy,” but maybe I was wrong and just could not see it. Also, I enjoyed the exhibition of Anish Kapoor's art with beautifully made reflecting mirrors with different focal lengths and colours. I found most of them made me curious but the three linked large mirrors made me feel rather queasy looking at them. They made me think of science fiction, as if they could be beamed to an enemy to defeat them.

Later we visited a local Italian restaurant where we had lunch and the Lasagne was the best I have ever tasted - homemade - everything fresh including the pasta.”

Unity Harvey

“There was a delightful, unexpected ending to our visit to Pitzhanger. When we arrived at Ealing Broadway to begin our journey home we found the whole station crowded, not just with travellers. Transport for London was celebrating the 150th anniversary of the opening of this District Line to Ealing Broadway. We had arrived just in time to see the last Victorian underground steam train puff into the station to be welcomed by a brass band and a crowd of people dressed in Victorian costumes. A very jolly finish to an enjoyable summer outing.”



Joan Carroll

BREATH OF LIFE: SINGING FOR BETTER HEALTH

Breath of Life is practical, therapeutic and creative, to help better breath management for people with breathing problems.

At an Alpha Chapter meeting we had Sue Aldred and two of her colleagues, Pat and Doreen, talk to us about “The Benefits of Singing for Better Breathing”. These ladies belong to the “Breath of Life” group which aims to help those with COPD (Chronic Obstructive Pulmonary Disease). Anyone with this or any other breathing problem is welcome to join – no singing experience needed. Members normally join through GP referral or “word of mouth”. Research has shown significant improvements in those who participate but as always funding is an issue.

The group is reliant on donations, contributions and weekly subscriptions. Fund-raising is key.

The group originally started with three members, one of whom was Pat who was diagnosed with COPD after a chest infection which didn't clear up. This has now crossed over with asthma, needing inhalers and steroids. Doreen didn't have a specific problem, but decided to join the group after talking to a fellow patient whilst in hospital for an operation. Ironically she now has Interstitial Lung Disease as a result of accidentally inhaling vacuum dust which exploded in her face. However, she says the endorphins from singing are GREAT! Sue herself was a professional singer and was diagnosed with a breathing problem when she stopped singing, so started singing again. Sue, Pat and Doreen are not Facilitators at their meetings – they are Participants, as Facilitators need to be trained, which is expensive. An interesting fact is that many singers have asthma.

Our session with Sue, Pat and Doreen started with us going through a number of exercises and stretches to loosen and relax the body, ranging from shoulder shrugs to pulling silly faces. This then progressed to placing our hands on our stomachs and feeling how the diaphragm works as we breath in different ways. Finally, we sang a variety of phrases led by Sue, which we copied. We were complimented by Sue on our wonderful singing. In fact she agreed that as we were so good we could have a go at a “Canon”, splitting us into two groups. A great session, great fun and most of all extremely informative. The sessions run by this group would be a bonus to anyone not just those with breathing problems.



Penny Kinnear (Alpha Chapter)

THE FUTURE FOR PESTALOZZI VILLAGE

On Saturday, 8th June, Sue Walton, CEO of Pestalozzi International Village Trust, visited us once again to let us know about future developments of the charity.

Since 1957, they have occupied a beautiful site in Sedlescombe, East Sussex.

Until now, the Trust has been supported through charitable donations, legacies, income from trusts and local fundraising. Sadly, although the estate had been valued at around £3 million, the charity was asset rich but cash poor. There were fears that it was possible that there would not be sufficient funds to allow current students to complete their course. As a consequence, early in 2018 the trustees began to investigate solutions to the problem. The obvious was to sell the valuable site, but there was also a need to continue the Pestalozzi ethos. Eventually a buyer for the site was found. Not only did they make a very generous financial offer, but the grounds will continue to be used for educational purposes. PGL Limited, provider of school activity courses and summer camps for children, are the new owners of the site.

Pestalozzi will now be known as the Pestalozzi International Foundation. Selection of students will continue in partnership with United World Colleges (UWC) International and the first cohort will attend Atlantic College in the Vale of Glamorgan, South Wales in the autumn. Currently, this college has 78 different nationalities attending. When asked what the students felt was most important about being a Pestalozzi student, the response was the international community spirit. Atlantic College will supply this and more.

Access to the funding has now opened other avenues. In future, Pestalozzi alumni will be able to apply to a new fund – the Pestalozzi Development Fund – for seed capital to set up charitable projects in their own countries. The projects are already happening, but often struggle without funding. This will enable these projects to continue without unnecessary delay due to lack of funds at specific times. The task now is to maintain the Pestalozzi link within UWC, and to ensure that the name, the valuable work and the ethos of the organisation, that has existed since 1947, continues.



Kathy Hodgson thanks Sue Walton for her talk

Evelyn Goodsell and Kathrin Hodgson (Gamma Chapter)

GAMMA CHAPTER REPORT

I can't believe it's the end of our `academic year` already! When I look back we have shared some rich and fascinating meetings on wide and diverse topics. Talks by Jean Brushfield on body language, Liz Strang on Picasso, and Tracy Harvy on Portage were reported in the Summer Edition of GB News. We had a practical meeting in May when Sue Constance explained the origins of `Circle Dance` and then we all had the opportunity to learn some. It was great fun, and meant that we all had at least some exercise that day! Our meeting in June was a mixture of sadness and excitement – sadness that the Pestalozzi Village as we know it will cease to exist, but excitement at the prospect of the regeneration of the organisation in new premises. Watch this space ...

Our main aim now must be to maintain the momentum for the revitalisation project. We need to evaluate the success of our initiative and plan what our next steps will be. I still find this an incredibly exciting and challenging time in our history. We must all think about and be prepared to discuss ideas for the future. The future looks bright and exciting. See you there!

Carole Stirling (Gamma Chapter President)

Meeting Dates 2019-2020

12 October: Graeme Lothian will be talking about his life as a War Artist, and he is going to bring along some examples of his work and other memorabilia. Don't miss it!

23 November: Becs Dean-Skinner will talk to us about her passion for beading. This will be a practical session and you will have the opportunity to make a Christmas item, and buy some of her exquisite beading. Her Christmas decorations and jewellery will make wonderful Christmas presents.

14 December: Our Christmas meeting will be at Sheila Roberts` house. Harry (Sheila's husband) will share his experiences of the life of an oil man in the Sahara and the Australian Outback. This will be followed by a Christmas lunch/party. Details to follow.

2020

19 January: Our own Joyce Evans will be talking about Artificial Intelligence (AI). This is a topic which she has researched for her own personal interest. A fascinating subject.

29 February: tbc.

21 March: Forest Schools. A talk by Laura Korvina. Laura runs her own company and is employed by schools to come in and run Forest Schools as part of their curriculum.

24-26 April: GB State Conference

16 May: tbc

20 June: tbc.

July: Summer outing.

AT THE END OF THE CONFERENCE IN ICELAND THIS SUMMER, OUR FINISH SISTERS, DRESSED IN THEIR BEAUTIFUL NATIONAL COSTUME, ISSUED A WARM WELCOME TO THE DELTA KAPPA GAMMA EUROPEAN REGIONAL CONFERENCE IN 2021, WHICH THEY WILL BE HOSTING.



(Editor's note: anyone know why we have never had a national costume in England, although they have in Scotland, Wales and Ireland?!)

DKG Opportunities for all members

- * **Share and learn together in an international society especially for women in education.**
- * **Enjoy annual international conferences with colleagues and friends from many different countries.**
- * **Develop personal and professional skills, including leadership.**
- * **Become an international speaker in North America or Europe with all expenses paid.**
- * **Opportunities include:**
 - * **Regular meetings with great speakers on interesting topics in London and Kent.**
 - * **Scholarships available for individual projects.**
 - * **Outstanding leadership & management training at The University of Texas. (Golden Gift).**

There are many more opportunities available – view the DKG websites for the full list.

International Headquarters: www.dkg.org

Details of GB meetings are on the website

Great Britain: www.dkggb.org.uk

Find out more about DKG in Europe

Europe: www.dkgeurope.org

Mission Statement

The Delta Kappa Gamma Society International promotes professional and personal growth of women educators and excellence in education.