

**VOLUME 4, ISSUE 2**  
**SUMMER 2019**

**Editor:** Bonita Chamberlin  
 Lapis27@aol.com

*President's  
 message*



*4th  
 of july* ★

sunscreen, barbeque, and fireworks; a day in which we collectively pause to celebrate our nation and its history. But, as we know, celebrating alone is not enough to keep a nation moving forward. We must also, as Thomas Jefferson once reminded us, be eternally vigilant. It is up to each of us to be an active citizen, to learn about the issues, to look at all sides, to discuss them civilly, and to determine what will help our country to become its best self.

Naturally as educators, those issues concerning education, women, and children are very important to many of us. It is with this in mind that the ***U.S. Forum Connection***, a monthly publication was created. This free newsletter is sponsored by the United States Forum of The Delta Kappa Gamma Society International. Those wishing to subscribe to this online newsletter should send a request to the editor Angela O. Bedenbaugh at [Bedenbaugh.Angela@gmail.com](mailto:Bedenbaugh.Angela@gmail.com).

Wishing you and our nation the very best,

*Doris C.*

Gamma Chi President and former history teacher

*What's  
 inside*

President's Message	1
<b>Focus on Gamma Chi</b>	
Gamma Chi Officers, Websites and Social Media	2
Outstanding Chapter Awards	2
6 <sup>th</sup> Grade Ancient Rome Birthdays	3
Fearless Female Fridays	4
Field Trip: San Diego County Public Art Exhibit	5
Outside the Box	6
Travel: Summer in Maine	7
San Diego Watercolor Society	8
Project Spotlight	9
Book Review	9
Calendar of Events	10
Past Now Future Events	10
Hands Across the Border	11



*Mission Statement*

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

*Vision Statement*

International  
 Key Women Educators Impacting Education

*Vision Statement*

DKG California  
 Educational - Professional - Making an Impact

FOCUS  
ON

Gamma Chi & Members



**Officers:**

**President**

Doris Christopher

**Vice President/Programs**

Bonita Chamberlin

**Recording Secretary**

Nancy Windus

**Corresponding Secretary**

Joyce Hackworth

**Treasurer**

Jean Kneisel

**Parliamentarian**

RoseAnne Goodrow

**Historian**

Carol Lockwood

**World Fellowship**

RoseAnne Goodrow

**Legislature**

Samantha Swann

**Scholarship**

Nancy Windus

**L.I.F.E.**

Joan Hosaka

**Editor**

Bonita Chamberlin

**Websites & Social Media**

**DKG CA:**

<http://dkgca.org>

**Area XVI:**

<http://www.dkg-areaxvi.org>

**Gamma Chi:**

[www.dkg-gammachi.org](http://www.dkg-gammachi.org)

**International:** [www.dkg.org](http://www.dkg.org)

**Twitter:**

<https://twitter.com/DKGareaXVI>

**Facebook:**

<https://www.facebook.com/dkg.areaxvi>

**DKG app:**

<https://itunes.apple.com/us/app/delta-kappa-gamma-society/id538108613?mt=8>



INTERNATIONAL SOCIETY FOR KEY WOMEN EDUCATORS

**DELTA KAPPA GAMMA**

May 10, 2019



Doris Christopher  
Gamma Chi President

Dear Doris,

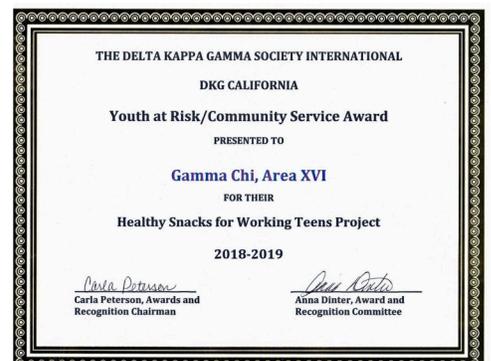
Congratulations to Gamma Chi chapter for your outstanding chapter newsletter, *The Communicator*, being selected as one of the top 10 newsletters submitted for the 2018 DKG California newsletter competition! Kudos to your Gamma Chi newsletter editor, Bonita Chamberlin!

We were pleased to recognize the winning newsletters in the 2019 DKG California Convention program and in a display for viewing by convention attendees. I am enclosing the newsletter that was displayed at the convention, which you may wish to pass along to your newsletter editor.

Gamma Chi chapter is commended for the outstanding quality of your newsletter and for the important communication that it provides for your members. Thank you for all you do for DKG!

Sincerely yours,

Virginia I. Williamson  
Editor, *California Connection*



# 6th Grade



My goal is always to incorporate art for each unit in 6<sup>th</sup> grade Social Studies. We study ancient cultures. This unit was ancient Rome. We created glass bowls using dura-lar and Sharpies for color. The Dura-lar had to be sculpted using a heat gun. I let my students tell me how intense they wanted the folds to be in creating the bowls. The art project was a bit of a stretch I don't believe they had begun to use glass yet in ancient Rome.

*Pam B.*



## Happy Birthdays!

June 3	Janet R.
June 9	Vivienne D.
June 13	Sandy B.
June 13	Ellie M.
July 29	RoseAnne G.
July 31	Araceli H.
August 12	Jean K.
August 30	Elizabeth F.
September 14	Sandra S.
September 21	Willa R.

You are  
powerful,  
beautiful,  
brilliant  
and brave.

# FEARLESS FEMALE FRIDAYS

## Female Fridays in Fourth Grade with Mrs. Romero

I started Female Fridays in Fourth Grade (alliteration! 😊) last school year, 2018-2019 because I had twelve students who were all females. Although I work at a private school which is co-ed, this year happened to be where there were only twelve fourth graders, all girls. At this age of 9-10, girls start becoming a bit more concerned with the social conformities and to be honest, they begin to be unkind to one other.

So after I noticed this happening often in my classroom and knowing that when they get older, these girls will realize how incredibly pertinent it is to be accepting of every 'woman' and to really empower one another instead of bringing one another down, I decided to start these days where

my twelve girls stayed in with me at lunch. We formed our desks into a circle in the classroom. I picked sticks that indicated where they would sit which helped break up the obvious event of 'good' friends sitting with each other. I would start with a prayer and then the girls would say a student prayer. Next, we would sit and eat! We would go around and tell what we were eating for lunch. That was fun because I love food! 😊 We would then discuss things such as what we would be doing that weekend or what we liked about this week. It was so nice to sit and enjoy our lunches together.

After we ate, we did several activities throughout the school year. We made Valentine's Day card to ourselves telling us how much we loved OURSELVES. We designed paper mirrors where we wrote positive affirmations to ourselves. We listened to empowering music. That is something I will never forget! As a matter of fact, I heard the song yesterday and it just brought me this biggest smile. The song is titled "Who

Says?" by Selena Gomez and let me tell you, it is a great song! My girls loved it. We sang at the top of our lungs. We meditated. We verbally complimented each other.

I did see change in their relationship with each other. They became

inclusive with one another and seemed to be getting closer with each other. However, I did also start seeing some of the unkindness start again. I suppose it's bound to happen with girls this age. It's normal. I just hope, and I actually know, that when my twelve girls I had in my fourth grade class, in the 2018-2019 school year, when I first started Female Fridays in Fourth Grade, get to be my age, they will remember the importance of empowering every female!



*Araceli R.*

4<sup>th</sup> Grade Teacher  
St. John of the Cross Catholic School



## Impressive Public Art Works at County Operations Center

San Diego may be one of the most beautiful places on the planet and a hotbed of research and creativity, but outside of UC San Diego's stellar, privately funded Stuart Collection and the vibrant, community-oriented murals in Barrio Logan, our assortment of public art is too often unrepresentative of our highest aspirations as a community.

On May 14<sup>th</sup>, Gamma Chi and friends toured the art at the County Operations Center, not to be confused with the Port of San



"Orbital Loops," by Joyce Cutler-Shaw  
 is funded by the county's policy that 0.5 percent of the estimated costs for certain public buildings will go to "original works of art integral to the project.")

Stellar large-scale sculptures in the entry lobbies of the main buildings by San Diego artists Joyce Cutler-Shaw, Anne Mudge and the Los Angeles-based Ball-Nogues



"Waterline," by Ball-Nogues Studio

Diego. The County of San Diego has done something right. In 2012 it dedicated \$1.7 million in public art — 22 works by 14 artists — at the new County Administration Center in Kearny

Mesa. (The art is funded by the county's policy that 0.5 percent of the estimated costs for certain public buildings will go to "original works of art integral to the project.")

Studio, among others, are the headliners in a



"Perhaps" anchors the collection. Left to right: Sharri, Jean, Carol, Jacque, RoseAnne, Bonita, Carol, Sandy, Carol

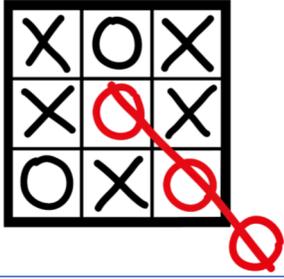
strong assortment of works that in large measure rise to the occasion. The county also commissioned the London-based sculptor Zadok Ben-David for an outdoor work to anchor the new complex.

Supervisor Ron Roberts and his committee deserve credit for showing that public art doesn't have to be contentious, divisive and ultimately disheartening; it can speak to who we are, even who we'd like to be.

*Bonita C.*



"Littoral Drift," by artist Anne Mudge



## Personalized Medicine - Understanding Human Microbiome

Larry Lee Smarr,

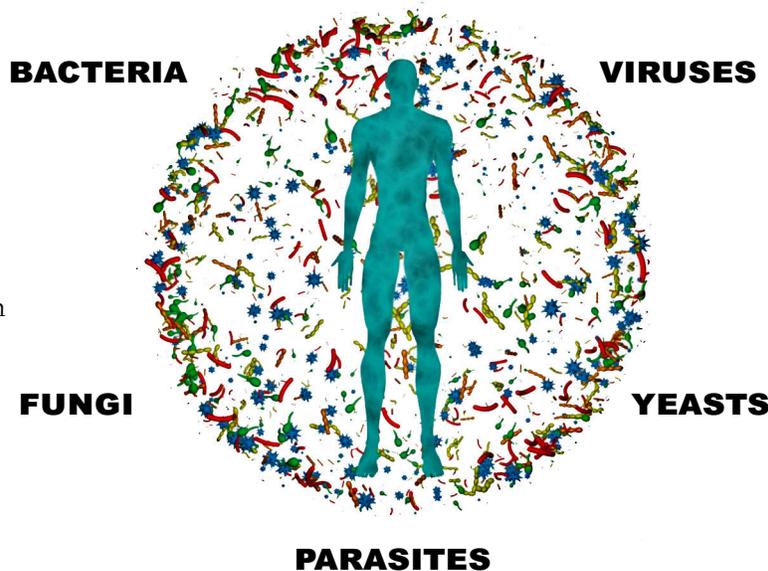
*UCSD, Physicist, supercomputer applications and scientific computing*

**Reality or science fiction?** My reaction was mixed in response to initial television encounter with Larry Smarr. His interest in research was intense and dedicated. His unique combination of bioscience and computers allowed a path to continue investigation and then to follow his personal data.

The following programs are available at [www.ucsd.tv](http://www.ucsd.tv) and enter Larry L. Smarr.

- ***The Human Microbiome and the Revolution in Digital Health***  
Using Supercomputers and Data Science to Reveal your Inner Microbiome. The human body is host to 100 (YouTube, 2014.01.14)
- ***“Laboratory One Researcher’s Quest to Personalize Medicine”*** The Atlantic Meets the Pacific” forum with Mark Bowden  
Determination to understand everything about his own body, and how that kind of knowledge will become standard in future of health care. (ucsd.tv Blog videos, 2015.06.16)
- ***Know Thyself: Quantifying Your Human Body and its One hundred Trillion Microbes. Degrees of Health and Well-Being***  
Interest in human microbiome has moved quickly from frontier science to public awareness. Larry Smarr describes the ways he uses technology to

### The Human Microbiome



gather body data to track his internal biomarkers and how research is blossoming at UCSD. (ucsd.tv2016.01.20)

- ***Decoding the Microbiome,*** Computer Primetime  
LS hosts UCSD Rob Knight, Prof. of Pediatrics, leading expert on microbiomes and bioinformatics who is widely renowned for his early and innovative investigations of the symbiotic

relationships between microbial life and humans, about how the unique cyber infrastructure resources or Big Data at UCSD will drive applications in the new frontier of microbiome research. (ucsd.tv, #29711, 2016.04.06)

- ***Future Patient: Larry Smarr at the Visualization Eric Topol***  
Recording of computer scientist presenting ten years of his personal health data on Visualization Wall at Calit2, UCSD. (ucsd.tv, 2018.06.08 Full Video UC Well Being Channel)

OUTSIDE THE BOX future topics:

- “Women in Leadership” programs,
- “The Perfect Predator” both book and UCSD presentation video,
- T’ai Chi, Internal Martial Art

*Sandy B.*



## My Summer in



For the eighth summer my sister, her family and I have trekked to a small coastal community in Southern Maine, where one niece, who is a Mainer, joins us. The six of us stay for two weeks, always in the same small cottage, and are steps from the Atlantic.

Ocean Park covers a one and one-half by one and one-half mile area and was founded by Free Will Baptists in 1881 as a Chautauqua-by-the-sea, communities unique to the New England area. The site was chosen for summer worship, learning and recreation. Most of the summer activities center around the Temple, hall and recreational building. These activities are enjoyed by families who have returned for generations. Ocean Park is one of the best kept secrets in Maine.

We make frequent visits to the two gift shops, small grocery/fabulous bakery/deli store and the soda fountain. A library, and shuffleboard courts are open during the summer. We had a great dinner at a new restaurant (byob) only. There you have Ocean Park in a nutshell.

We have had more rain and cloudy weather this year, cutting down on beach time. We all love to read and



play board games. TV stays off but plenty of soft music on a small stereo was provided by my niece. Each summer we frequent our favorite seafood restaurants.

Beach roses everywhere provide color and a wonderful scent.



On our walks, I love the flowers I don't see at home, including hydrangeas and peonies. I am fascinated with the New England style cottages, both small, one

story like ours, or the older two story cottages which have been passed down through generations.

The least favorite time is once again upon us. It is time to pack and hope the wonderful gift store purchases will fit in our suitcases.

*Ellie M.*



## THE SAN DIEGO WATERCOLOR SOCIETY

# Fruitful Directions

## A WATER-BASED ART SHOW

It has been a joy for me to be a member of the San Diego Watercolor Society (SDWS) for the last seven years. Art is a solitary endeavor and to be able to interact with such talent and warm personalities is thrilling. In 1965, a small group of 16 visionary artists first met in a library community room that has expanded 54 years later to 635 members and a 4,000 square foot gallery, education center, and library of books and DVD's. It is operated by an all-volunteer staff with a board of directors. It is a major mainstay of The Arts District in Liberty Station surrounded by many outstanding eateries and repeatedly named first or second favorite gallery in San Diego by the Union Tribune each year.

It strives to fulfill its mission statement as an ongoing recognized leader in expanding the appreciation of and involvement in water media painting through instruction, exhibition, community education and promotion. It does this by conducting monthly 4-5 day workshops for members by nationally known artists, monthly weekend workshops by local exceptional artists, monthly weekend workshops on a repeated cycle for beginners, and an educational outreach program to Liberty School, other schools, and senior centers throughout San Diego City. In addition, for plein aire artists, there is a monthly paintout on the second Saturday of each month led by a master painter, and a weekly paintout for those who do not like to paint in public places without company.



Show runs through  
July 27, 2019

**FREE ADMISSION**

**Wednesday-  
Saturday 10AM-  
4PM**

**Sundays Noon-  
4PM**



The gallery has a juried show each month for members showcasing a variety of water media. All artwork is for sale in the gallery or online at [www.sdws.org](http://www.sdws.org) where the public can see a slideshow of paintings as well as descriptions of workshop presenters and other activities. Greeting cards and show catalogues are also for sale. Each October we sponsor an International Show. Once an artist has been accepted into this show three times, s/he receives signature status, a high esteem.

The gallery is open to visitors Wednesday-Saturday from 10 to 4 and Sundays from 12-4. It is open from 5-8 the first Friday of each month with a festive reception of appetizers, wine, and music. Visitors may vote for their favorite painting, which receives the People's Choice Award at the end of each show.

Hundreds of visitors attend this as well as throughout the month. If you are interested in more detailed information, visit the website, or better yet, visit in person.

*Terri N.*



For a number of years, the Beta Gamma Chapter has been supporting Cuyamaca College's UP! Program, for foster youth, along with their CARE Program (Cooperative Agencies Resources for Education), for single parents. These specialized programs provide financial support and mentoring for vulnerable students. As key educators, we are supporting the education and graduation of former foster youth and single parents.

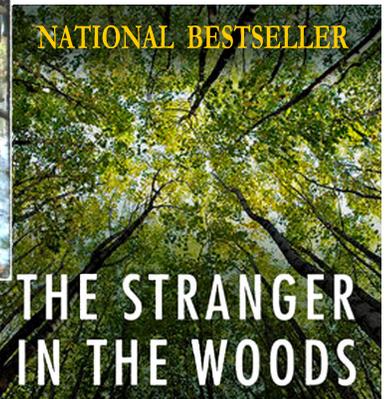
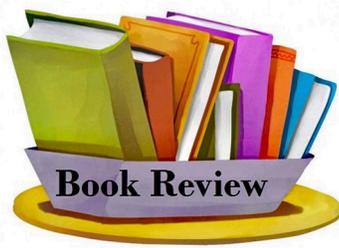
A number of months ago, our President, Dr. Susan Woods, came up with a great idea to support the children of single parents and former foster youth. Focusing on promoting literacy, we are now providing a "Lobby Library" for the children of these students. A large basket sits in the lobby of the EOPS office at Cuyamaca College, with children's

books for all ages. We are also providing coloring books and crayons. Children who come to this office with their parents may read the books while they are visiting and they can also take a book home with them!

The "Lobby Library" has really taken off. We have been filling the basket twice a month. Books go faster than we can keep up with! We would welcome any gently children's books from other chapters to support our cause. Thanks so much!

Sincerely,  
*Anita S.*

Beta Gamma Chapter and Liaison for UP! and  
CARE  
stirlingmediation@gmail.com  
619-665-5487



**THE STRANGER  
IN THE WOODS**

The Extraordinary  
Story of the  
Last True Hermit

**MICHAEL FINKEL**

"A meditation on solitude, wildness, and survival." — The Wall Street Journal

I belong to a library reading group. Each month we read a special book that was selected from suggestions by its members. These, of course, are as varied as the number in the group. There are books I'd pick up my own — others I've never consider!! This one was one I would have ignored. I was glad it was not a thick book — it was then under 200 pages — hurrah! Surprise! Surprise! Surprise! I loved it found it found it fascinating — could not put it down — a fast read.

Have you ever wanted to just get away from it all? Have you had "cabin fever" when you've had to stay home for a period of time by yourself? How did you feel? The book made you think — can I entertain myself? [I find I can get lost in a book Dash mystery – fantasy – western – sci-fi - spy novels - history - biography]

What is a hermit? Was this stranger in the woods real? No one saw him – but they "lost", missed items from their homes on Little North Pond in the woods of Maine for 27 years. Twenty-seven years! Yes, this is the true story of Christopher Knight who vanished in 1986 – not seen until he was finally caught stealing food from the Pine Tree Summer Camp.

The book relates how Chris could hide his camp/home all these years and not come in contact with a living soul in the area. It is a book of survival – a book of mystery – a book about "what causes a person to be a hermit?"

I give the Stranger my ★★★★★!

*Janet R.*

## Gamma Chi and Area XVI

Tuesday, August 13, 10:30 A.M., Gamma Chi annual picnic lunch.  
Presidio Park. Carpooling available.

Monday, September 2, Labor Day

Tuesday, September 10, 4:15 P.M., Gamma Chi meeting and presentation  
by Ellen Fancy on *How to Research Your Genealogy*, home of Doris C.

Saturday, September 14, Area XVI Leadership Meeting

Sunday, September 15, Theta Eta Fundraiser, Off Broadway Live Theatre

Saturday, October 26, 11:00 A.M. Hands Across the Border, Hilton  
Garden Inn, Mission Valley

Thursday, October 31, Halloween



### Legend

DKG Area XVI Gamma Chi General

## DKG Regional and International

July 16-20, 2019 SW Regional Conference,  
Costa Mesa, CA

Below left to right: Jean, Vivienne, Sandy, Joan, Doris, and Carol



### BOTANICAL EASTER EGGS

On Monday, April 1<sup>st</sup> Gamma Chi members came together at the home of Doris C. to learn how to make Botanical Easter Eggs. For those of you who were unable to attend, here are the directions.

1. Use a completely dry, inside and out, blown egg.
2. Brush the section you are going to work on first with a light coat of Mod Podge Matte Finish.
3. Put your flower or leaf on the area and brush over it with another coat of Mod Podge.
4. Let dry while you begin work on your next egg.
5. Continue going back to work on your eggs until they are completely covered with botanicals.

Things to know:

- Mod Podge goes on white but will dry clear.
- Brush strokes will disappear as it dries.
- Eggs will keep for at least one year but the colors on some botanicals may fade.
- Flowers and leaves can be pressed and dried ahead of using or they can be applied fresh.
- Some botanicals will not be completely flat on the egg but with additional applications of Mod
- Podge will stay put and give a 3-D effect.



*Doris C.*



23 years Celebrating Baja Schools  
**Saturday, October 26, 11:00am-1:30pm**

**Hilton Garden Inn San Diego Mission Valley Stadium**  
**3805 Murphy Canyon Road, San Diego, CA 92123**

**MENU**  
 Southwest Chicken Cobb Salad  
 (Vegetarian Entree Cobb Salad  
 without Chicken)  
 Avocado Ranch Dressing  
 Dessert  
 Ice Tea/Coffee



**ACTIVITIES**  
 Silent Auction & Raffle  
 Money Tree  
 Buck-a-Book  

 Selfie PHOTO BOOTH

Questions ??? : Phyllis Collins, [pjcollins@san.rr.com](mailto:pjcollins@san.rr.com), (858) 442-2369  
 or Sandy Barstow, [SDBarstow@aol.com](mailto:SDBarstow@aol.com), (619) 222-7283

**Make check for \$35 before 10/11/19 for each reservation payable to Delta Kappa Gamma Area XVI. \$40 after deadline and before 10/25/19. \$45 at door. No refunds after 10/11/2019.**

**Mail to: Sandy Barstow, 3333 Poe Street, San Diego, CA 92106**

**Table assignments are by chapter. However, if your reservation is made after the deadline (10/11) or you arrive without a reservation, you will be seated where there is space.**

Name: \_\_\_\_\_ Guest(s): \_\_\_\_\_ *Continue on back if needed*  
 Chapter, Area, Title/CSO Title (for name tag): \_\_\_\_\_  
 Email: \_\_\_\_\_ Phone #: \_\_\_\_\_  
*We will contact you by phone or email to confirm receipt of payment.*  
 Sponsor a Baja Sister:  Yes Vegetarian Meals \_\_\_\_\_ Total Res: \_\_\_\_\_  
 Total amount enclosed \_\_\_\_\_

I authorize DKG to photograph or video me and to use for educational or promotional purposes in any type of media.  
 Initial Here \_\_\_\_\_



Impromptu lunch at Casa de Pico on July 9<sup>th</sup>

Left to right: Jean, Sharri, Ellie, Sandy, Janet, Pam and Doris