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SABBATICAL REPORT FOR SCHOOL YEAR 1974-75

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Foreward

I would like to express my gratitude to the Board of Trustees and to all those who made my sabbatical year possible. It was one of the most rewarding events in my life. Not only did I gain professionally, educationally, and culturally, but also, personally. My family and my country became dearer to me. I learned to appreciate our school in a new way. The sabbatical enabled me to recharge my enthusiasm and zest for teaching in ways I trust will make me a better teacher.

Gratefully,

Delia Gene Wilson

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TABLE OF CONTENTS	PAGE
Purpose	1
Precís of Sabbatical	4
Results	9
Plays Attended, Theatres and Dates	14
Lectures and Lecture Recitals Attended, Places and Dates	15
Concerts Attended, Places and Dates	16
Operas and Operettas Attended, Places and Dates	17
Sightseeing and Educational Opportunities in Chronological Order, Places and Dates	18

Purpose

After having completed thirteen years of teaching at Mt. San Antonio College, I realized that I needed re-charging. Although I was still receiving positive reactions from my students and colleagues, I felt that at times I was flat. I had worked very hard on forensics, going many week ends with Mt. SAC students to speech contests all over Southern California. However, the contests themselves, although they entailed traveling after having taught all week, judging round after round of speeches, and making arrangements for my family to be without me, were not all of my commitment. They were a culmination of hours of recruiting, training, drilling, conferring with students, suggesting how each speech could be made better. This is an exhausting process. I needed to get away and look at my job and myself objectively.

I had read about biofeedback and wanted to see what application could be made to speech students. However, press of classes, duties on the Faculty Senate, various campus committees (some with off campus groups), as well as the aforementioned forensics activities left no time to pursue the research. I had read that biofeedback studies had been done in England and was eager to get to the British Museum to read what they had done in the area of speech students. I anticipated a wealth of material about experiments performed there and wanted to do a comparative study of the hardware used and the results achieved.

From my limited reading, I had formed two theories which I wished to prove or disprove. The first was that students who suffer from excessive tension in speaking situations can be helped through biofeedback. Since through biofeedback, persons can be taught to isolate one cell in the spinal column and can "teach" that cell to send off more or less electrical current by thinking, I feel that students can be trained through biofeedback to control the physiological symptoms of their disability. For example, if a student's symptoms are dripping palms, then when he learns to control the sweat glands, his psychological problem that caused the symptoms is over come. The same would be true if the symptoms were shaking hands or knees, dry mouth or knotted stomach. Since biofeedback can teach control of glands and muscles, as well as electrical output of cells, this is feasible.

The second theory I wanted to test was that through training, students can be taught to eliminate accents that stand in the way of their success as overseas business people, airlines stewardesses and stewards or people serving in diplomatic service. Frequently, the way one speaks overshadows what he says. If English without objectionable accent were to be put on tape which would cause a line of light to go across a screen, then a person could lose his accent by causing his own voice to cause a like pattern on the screen. With training, then one could learn an "international" pattern of speech, thus eliminating that which is most objectionable in the British, Australian, Canadian, as well as the dialects in the United States.

In addition to doing research, I also felt the need to be a student again. Therefore, I planned to take three courses in London: Poetry Reading, Voice and Diction, and Play reading and Play Going. After having spent so many years on the teacher's side of the lectern, I needed to put myself in the place of the student to regain an understanding of that point of view.

Since I had never been abroad, I felt I should enlarge my horizons by living out of the country. The roots of our language, much of our art, music and drama are in Europe. I needed to go to the fountain head. Fortunately, the Arts are well subsidized and so tickets are relatively inexpensive in England.

Most of my life, I have read of other countries and peoples, but had never tested the notions I had formed. Regardless of how much I have read, I felt I needed to see, to taste, to hear, to feel for myself.

Precis

My family of six left Ontario Airport on 29 August, 1974, traveling to Washington, D. C. Because our children needed to be in London to begin school, we left Washington on 2 September to go directly to London without the proposed stay in New York. (We subsequently made that stop on the way back to Los Angeles.) We lived in London and in a London suburb from 3 September, 1974 until 23 May, 1975. During that time we took advantage of cultural, educational and travel opportunities both in England and on the continent.

In London, we saw twenty-one plays, attended four operas and operettas, attended seven concerts, five lectures on oral interpretation, movement, etc., and saw numerous presentations, including Dame Edith Evans in her last public appearance of poetry reading, and attended the chorus and readings at St. Paul's Cathedral. Other than in London itself, or in England, we attended six operas (two in Vienna, two in Prague and two in Barcelona), and four concerts (two in Vienna, one in Moscow and one in Prague) for a total of ten operas and operettas and eleven concerts.

Since I attended the City Literary Institute of London in the West End twice a week, we had opportunity to visit many places of cultural, as well as academic interest. A few of these are:

The British Museum (and two branches of it), Tour of the Thames River, Tower of London (with the crown jewels, etc.), Petticoat Lane (perhaps the most famous flea market in the western world), St. Paul's Cathedral, St. Mary's, Harrow-on-the-Hill (where we rubbed brasses), Royal Naval College in the Greenwich section of London; Cutty Sark (the famous ship), Gypsy Moth IV (in which Sir Francis Critcheton sailed around the world alone), National Maritime Museum, Royal Observatory, Westminster Abbey, Hyde Park, Speakers' Corner, House of Commons (where we heard the debate on the National Oil Company and North and North Sea Oil deposits off Scotland), Royal Arcade, Burlington Arcade, Kew Gardens (with Kew Palace and the Queen's Beasts), Richmond Deer Park, Isabella Plantation as well as many churches and museums, 10 Downing Street and many other historical places. (See detailed list of places in Sightseeing and Educational Opportunities).

In addition to London itself, we toured in England: Oxford, Cambridge, St. Albans, (Cathedral, Verulamium, Museum, Theater, Town House), Canterbury (Tower, Cathedral and Norman Castle), Stonehenge, Windsor, Clivedon House and Gardens, Claydon House and Gardens, The Maltings at Snape, Aldeburgh, Harlech Castle in Wales, Stratford-upon-Avon, (Ann Hathaway's cottage, Shakespeare's birth place) The Broads and Lowestoft, Norfolk and Suffolk Area, Bobby Burns house in Meuchline, Scotland, Urquhart Castle near Loch Ness and Toured Huntly Castle in Scotland. (See dated list of places in Sightseeing and Educational Opportunities).

We took four "week-ender" tours to the continent, consisting of four or five days in each of four countries: Vienna, Austria; Barcelona, Spain; Moscow, Russia; and Prague, Czechoslovakia. Over Easter, we took a sixteen-day coach tour of six countries: Belgium, West Germany, Austria, Italy, Switzerland and France. En route home, we drove our British car in Cornwall, Wales, Scotland, Norway, Sweden, Denmark, West Germany, East Germany (as far as East Berlin), Holland and Belgium. In all, we visited 18 countries (places are listed in detailed itinerary in Sightseeing and Educational Opportunities).

From the beginning of the school year in September, I was enrolled at the City Literary Institute of London, taking courses in Play Reading and Play Going, and Reading Poetry for Pleasure. (Because of lack of funds, the Voice and Diction class was not offered last year at the City Literary Institute). These courses met twice a week for two and a half hours each session. In addition to class time, the class went to plays and discussed the playwright and read other plays by him or plays in the same genre as those seen. I also took part in a program to be aired on BBC's Open University. I presented six and a half minutes of a thirty minute TV program of poetry reading.

Although I had hopes of bringing data about biofeedback and its use in speech, no data were in the British Museum, nor in the science or medical branch, nor in four other libraries consulted. The library personnel were very helpful in aiding my search through reams of biofeedback reports, but the hoped-for connection with speech did not materialize. All agreed experiments should have

been done and generously offered to put a book or report on the subject into the library should I want to write one. Subsequent follow up in San Francisco at early September, 1975, at a conference where all of the major book publishers were represented was also unsuccessful. Several offered to publish such a book if I would write it. I have already had a meeting with Irv Colt to see if we can write a program to obtain funds for work in biofeedback. I envision the application for this grant to be made for the program for the handicapped. Because of the dearth of information in my research area, we expanded the travel section of the sabbatical proposal.

The most benefit to me (and in turn to Mt. San Antonio) was in the opportunity to live in a different culture for nearly a year, to study, to do research, to take advantage of cultural and educational events. I learned to appreciate other peoples (even those in countries we visited for only a few days at a time), their ways, and life, but even more, I learned to look at my own country, our culture, and our way of life with new appreciation and respect. We have the finest, most envied country in the world, and by looking at it from the midst of another country, I came to realize this acutely. I believe the wealth of experience and ideas gleaned from my sabbatical year will help make my classes and students better, not only scholastically, but also in appreciation of what we have here.

Even after returning to California, I continued to represent Mt. San Antonio this summer. On 30 July, I was the main speaker

for the installation of new officers at the Hablemos Toastmistress Club at the Hacienda Heights Country Club, and attended the annual convention of the American Political Science Association in San Francisco for four days in September. Here I consulted the publishing companies about biofeedback and speech.

I have brought back materials gathered in the courses I took, from the libraries consulted and the plays and lectures I attended that will help me to teach in Speech IA, Speech IB, but will particularly aid in Readers' Theater and Oral Interpretation. Overall my sabbatical year was one of the most profitable ones I have had and Mt. San Antonio College will benefit as I use new skills and knowledge in teaching my classes, sharing ideas and materials with colleagues and in serving the community in the name of our college.

Results

1. Getting far away from home and spending a year in another culture did enable me to come back with new insights, plans, materials and zest for teaching. I worked hard at learning while we were overseas, but the change in environment gave me a great lift.

2. Although my research showed that there were no publications to confirm or deny my theories about biofeedback, because of discussions abroad and in San Francisco after returning to the United States, I am even more convinced that they have merit. Many knowledgeable people have concurred that the theories are plausible and have encouraged me to continue to investigate the relationship between biofeedback and speech. I am determined to work to establish them. The fact that primary research has not been done in either of these areas may prove to be of value to Mt. San Antonio College. If we get the equipment, then there is no reason why we can not do the experiments necessary and publish the results. That would bring recognition to the college for both the psychology and the speech departments.

3. The courses I took and the recitals, discussions and lectures I heard broadened my vision of courses I teach. They also furnished me with a wealth of material. My empathy with my students has deepened because I was a student for a year. I realized all

that I had hoped for in planning to be in class again with a truly fine teacher.

4. The enrichment I received personally is incalculable. The adage that one can fail to appreciate what he has until he no longer has it is applicable to my appreciation of the educational system here and of the United States in general. Being in classes there and having two children in high school there gave me insight on what we can learn from British methodology. Efficiency is one thing we did not find within their system. It took us seven weeks to get our children into school because we could not see the person who could make a decision to let them attend. He was never available, so we saw many underlings who agreed with us, but could do nothing about our dilemma. Finally it took a threatened court procedure to get the borough office to agree with what the headmaster had decided weeks before. The "rules" are inflexible and if something has not been done for years, the British are reluctant even to try anything new. This obstinancy keeps progress at a minimum.

5. Getting to the roots culturally was one of the most fulfilling things in my life. To hear music in countries where the music was composed lent a magic to it I had not known before. To see plays with British actors gave me new insight into interpretation and a freshness I could not have gotten here in the United States. I heard and saw artists in both music and drama I could not have witnessed here. One example is that of Sir John Gielgud and Sir Ralph Richardson in Pinter's new play, "No Man's Land" which I saw at the Old Vic Theatre. I talked personally with Robert Morley for about

fifteen minutes after one of his lectures. I heard Dame Edith Evans in her last recital. Guilgud, Richardson and Evans will never again perform in the United States so in order to take advantage of viewing their talents, I had to be in London. Also, the price of tickets to plays, concerts, operas and recitals is a fraction of what those tickets would cost here. The Arts Council determines what areas will receive subsidy and how much, but for a small country the money granted far outweighs any given in the United States.

To walk through cathedrals or along Watling Street and Drury Lane, places filled with atmosphere and historical significance gave me an indescribable feeling of being THERE. Reading I had done all my life came alive and I drank deeply from a heretofore unattainable fountain.

6. One of the results that I had not thought about before going was the change in my opinion of peoples and countries. I had preconceived notions about how the British people would be, but my stereotyping was false when set beside actual experience. I had assumed that the people would be distant, forbidding, cool to strangers; I assumed that they would do things efficiently, "straight away," properly and in a far superior manner to us. In fact, I found that my neighbors in London to be far friendlier and warm than my neighbors in Upland. The only efficient person we had business dealings with was the manager of the Lloyds Bank. The others, the real estate agent, the local shop keepers and the borough school board were inefficient, short sighted and, many times, rude. None of these people could hold a job in the United States for a month

unless they changed completely. Although I found the homes of neighbors and friends well run and clean, the city itself was dirty and unkept^m. Trash from the stores was simply pushed outside where it might stay for a week awaiting pick up from the "dust men".

My London neighbors had warned me about how filthy the Spaniards would be, but the people in Barcelona were out at 8 o'clock in the morning on hands and knees, scrubbing not only the shops and the side walks in front of the shops, but all the way to the street. The hotel was not up to the standard of those in Vienna or Lugano, but it was clean.

All of the communist cities we visited were clean except Prague. That is a defeated city with a hang dog attitude on the part of the people. Moscow, on the other hand, had a sprightly atmosphere, and the people acted as if they were on the wave of the future. In East Berlin, there was an effort for the same kind of esprit de corps, but in contrast to the progress made in West Berlin, this effort was somewhat fruitless.

Only in France was my stereotyping almost completely vindicated. I had thought that Paris would be fascinating and it is. I had read of the antipathy of the French people toward those who do not speak French and this was confirmed while we were there. Clerks in stores simply turned their backs on me when I tried to make a purchase by asking the price in English.

All in all, I feel that the shaking of my beliefs about other countries was extremely healthy. I am no longer willing to make

such broad generalizations without having personal evidence to back them. I learned much about countries who fed into the melting pot of the United States. I now know that simply reading about a place or a people is not enough. The sabbatical has whetted my appetite to visit more countries, to learn more and to appreciate more world wide.

Plays Attended	Theater	Date
"Birds of Paradise"	Garrick	4 Sept. 1974
"Who Saw Him Die"	Royal Theatre at Haymarket	5 Sept. 1974
"Play Mas"	Phoenix	9 Sept. 1974
"A Ghost on Tiptoe"	Savoy	10 Sept. 1974
"Streetcar Named Desire"	Picadilly	11 Sept. 1974
"Sleuth"	Fortune Theatre	19 Sept. 1974
"The Mousetrap"	St. Martins	8 Oct. 1974
"Spring Awakening"	National Old Vic	24 Oct. 1974
"Three Penny Opera"	Watford	28 Oct. 1974
"No Sex Please, We're British"	Strand	1 Nov. 1974
"Round and Round the Garden"	Globe	13 Nov. 1974
"Heartbreak House"	City Lit Theatre	4 Dec. 1974
"Living Together"	Globe	11 Dec. 1974
"John Gabriel Bokman"	National Old Vic	29 Jan. 1975
"The Tempest"	Windham's Theatre	19 Feb. 1975
"She Stoops to Conquer"	Claremont	11 Mar. 1975
"Mr. Kettle and Mrs. Moon"	City Lit Theatre	12 Mar. 1975
"Billy"	Royal Theatre at Drury Lane	21 Mar. 1975
"A Little Night Music"	Adelphi	23 Mar. 1975
"Doctor's Dilemma"	Mermaid	30 Apr. 1975
"No Man's Land"	National Old Vic	5 May 1975
Total Theaters	17	
Total Plays	21	

Lectures and Lecture Recitals	Place	Date
Edith Evans and Her Friends (Dame, actress)	Phoenix Theatre	4 Oct. 1974
Christmas Program of Music and Readings	St. Paul's Cathedral	23 Dec. 1974
Lecture by Robert Morley (actor)	City Lit Theatre	24 Jan. 1975
Lecture by Rose Bruford (Oral Interpretation; founder of the most important speech school in England)	City Lit Theatre	12 Feb. 1975
Lecture by Dame Ninette de Volois (Royal Ballet; Movement expert)	City Lit Theatre	5 Mar. 1975

3 Lectures

2 Lecture Recitals

Concerts	Place	Date
Beethoven String Quartet by the Amadeus String Quartet	Theatre Royal at Windsor	6 Oct. 1974
Schubert's Die Winterreise sung by Hans Hotter	Claydon House	13 Oct. 1974
Handel's Messiah, London Philharmonic Orchestra	Royal Albert Hall	6 Dec. 1974
Royal Choral Society Choral Concert	Royal Albert Hall	21 Dec. 1974
Berlioz L'Enfance du Christ, London Symphony Orchestra and Chorus	Royal Albert Hall	22 Dec. 1974
Mozart Coronation Mass, Vienna Choir Boys	Hofburg Kapelle Vienna	1 Jan. 1975
New Year's Concert, Vienna Philharmonic	Great Music Hall, Vienna	1 Jan. 1975
Red Army Choir and Dance Ensemble	House of Congresses Moscow	1 Feb. 1975
Bach Concert, B B C Symphony Orchestra	BBC Concert Hall	22 Feb. 1975
Sibelius Concert, conducted by Colin Davis	BBC Concert Hall	8 Mar. 1975
Concert of New Composers	Dvorak Hall, Prague	15 Mar. 1975

Operas and Operettas Attended	Place	Date
Wagner's "Twilight of the Gods"	The Maltings at Snape	27 Oct. 1974
Three Penny Opera	Watford	28 Oct. 1974
Mozart "The Marriage of Figero"	Royal Opera at Covent Garden	23 Dec. 1974
Die Csardosfursten	Volksoper in Vienna	29 Dec. 1974
Don Giovanni	Oper in Vienna	30 Dec. 1974
Sicilian Vespers	Barcelona Opera House in Barcelona	5 Jan. 1975
Macbeth	Barcelona Opera House in Barcelona	6 Jan. 1975
Orpheus in the Underworld	Claremont Auditorium	4 Feb. 1975
Tanhauser	Royal Opera at Covent Garden	25 Feb 1975
The Secret	Czechoslovakia State Opera House in Prague, Czech.	15 Mar 1975
Russalka by Dvorak	Czechoslovakia State Opera House, Prague	16 Mar 1975

Operas 19

Operettas 2

Sightseeing and Educational Opportunities	Date
City Tour of London by coach	4 Sept. 1974
Thames River Tour	7 Sept. 1974
Petticoat Lane	22 Sept. 1974
Windsor Castle	6 Oct. 1974
Clivedon House and Gardens	6 Oct. 1974
Claydon House and Gardens	13 Oct. 1974
Oxford (Colleges, Blackwell's Book Store)	7 Oct. 1974
British Museum	24 Oct. 1974
The Maltings at Snape	27 Oct. 1974
Aldeburgh	27 Oct. 1974
St. Paul's Cathedral	23 Dec. 1974
St. Stephens Cathedral in Vienna, Austria	29 Dec. 1974
Schonbrunn Castle in Vienna	30 Dec. 1974
Haydn's House in Vienna	31 Dec. 1974
Beethoven House in Vienna	31 Dec. 1974
Kloister Neuburg near Vienna	1 Jan. 1975
Danube River Tour	1 Jan. 1975
Grinzing near Vienna	1 Jan. 1975
Tour of City of Barcelona, Spain	6 Jan. 1975
Montserrat Tour, about thirty-five miles from Barcelona	7 Jan. 1975
St. Mary's, Harrow-on-the-Hill (brass rubbing) W London	21 Jan 1975
Red Square, Moscow, USSR	31 Jan. 1975
Tour of the cathedrals in the Kremlin	1 Feb. 1975
Armory Museum Tour	1 Feb. 1975
Tour of Lenin's Tomb	2 Feb. 1975
Tour of St. Basil's Cathedral	2 Feb. 1975

Sightseeing and Educational Opportunities	Date
City Tour of Moscow including: New Maiden Convent, ski lifts at Moscow State University	2 Feb. 1975
Visited Gum's, Melodie and Book store in Moscow	3 Feb. 1975
Tour Royal Naval College, <u>Cutty Sark</u> , <u>Gypsy Moth IV</u> , National Maritime Museum, Royal Observatory in Greenwich	6 Mar. 1975
Walking Tour of Old Town and New Town, Prague, Czechoslovakia	15 Mar. 1975
Smetana Museum, Prague	15 Mar. 1975
Tour Strahov Monastery and Library, Kradcany Castle and Cathedral, Prague	16 Mar. 1975
Walking Tour of Jewish Area, Prague	16 Mar. 1975
Tour Dvorak Museum, Prague	16 Mar. 1975
Visited the Grand Place in Brussels, Belgium	27 Mar. 1975
Tour of Kalvarunberg Church and Haydn's Mausoleum, in Eisenstaat, Austria	30 Mar. 1975
Toured Schewacheter Hof, Haydn Museum and Esterhazy Schloss	30 Mar. 1975
Toured Plaza di Roma, rode on water bus and took a gondola ride, toured St. Mark's Cathedral, the Bridge of Sighs and toured a glass factory in Venice, Italy	1 Apr. 1975
Toured Via Panzani Baptistry and Cathedral, Medici Palace, St. Mark's Square, Cathedral of Florence, St. Mary of the Flowers, Martenecelli Bell Tower, toured a leather factory in Florence, Italy	2 Apr. 1975
Toured Tivoli, Rome at Night including: Capitoline Hill with the steps pilgrims go up on their knees, Venice Square, and the fountains of Rome, Italy	3 Apr. 1975
Toured Angelo Castle, Middle Ages Bridge, Pantheon, Roman Forum, Colleseum, Venus and Roman temples; Circus Maximus, St. Peter's Cathedral, Sistine Chapel	4 Apr. 1975
Toured Tower of Pisa, Duomo di Pisa, Bapistry, Old Wall and Tower in Pisa, Italy	5 Apr. 1975

Sightseeing and Educational Opportunities	Date
Toured Notre Dame, Louvre, Champ Elysees, Arc de Triumphe, Eifel Tower, Versailles, Paris by Night, including fountains, Napoleon's tomb, the Opera	9 Apr. 1975
Westminster Abbey, Hyde Park and Speakers' Corner	27 Apr. 1975
St. Mary's, Harrow-on-the-Hill (brass rubbing) W London	29 Apr. 1975
House of Commons Debate on National Oil Company	30 Apr. 1975
Aulton Broads, Lowestoft in Norfolk and Suffolk area	2-4 May 1975
Royal Arcade and Burlington Arcade	5 May 1975
St. Albans Cathedral, Verulamium, Museum, Theatre, Town House	8 May 1975
Kew Gardens with Queen's Palace, Kew Palace, Queen's Beasts; Richmond Deer Park and Gardens and Isabella Plantation	11 May 1975
Canterbury Tower, Cathedral and Norman Castle	19 May 1975
Stonehenge	23 May 1975
Stratford-upon-Avon with Ann Hathaway's Cottage, Shakespeare's birth place	24-25 May 1975
Harlech Castle in Wales	26 May 1975
Bobby Burns House in Meuchline, Scotland and Urquhart Castle near Loch Ness	27 May 1975
Drove the length of both Loch Lomond and Loch Ness	27 May 1975
Toured Huntly Castle in Scotland	28 May 1975
Troldhaugen (Edvard Grieg's home and study cottage at Hop, Norway)	30 May 1975
Viking Ship, Kon Tiki and Fram tours, Frogner Park with sculptures of Gustav Vigeliuss in Oslo, Norway	1 June 1975
Tivoli in Copenhagen, Denmark	3 June 1975
Little Mermaid, Copenhagen	4 June 1975
Tour of East Berlin, including Soviet War Cemetery	6 June 1975

Sightseeing and Educational Opportunities	Date
Tour of West Berlin, including Olympic Stadium (1936 Olympics), Branderburg Gate, Monuments, buildings	6 June 1975
Canal Tour; Tour of Our Lord in the Attic Church, Indrasaeri, and Begynhof in Amsterdam, Holland	8 June 1975
Tour of New York City including: St. John the Divine Cathedral, Central Park, Rockefeller Center, Statue of Liberty and Museum, Empire State Building, New York City, New York	11 June 1975
Tour of Montecello, home of Thomas Jefferson in Charlottesville, Virginia	28 June 1975
Supreme Court, Capitol, Senate and House in Washington, D.C.	27 June 1975
Mt. Vernon and Arlington Cemetary in Virginia	28 June 1975
Main Speaker at First Mennonite Church about sabbatical	20 July 1975
Main Speaker at Hablemos Toastmistress Installation at Hacienda Heights Country Club	30 July 1975