

# Providence Row GAZETTE

• COMMUNITY MAGAZINE •

## BE YOURSELF

Being yourself is easier said than done.

For starters, it helps to know yourself, not a straightforward task for most of us. Sam lightens the mood with a retelling of Hans Christian Andersen's bittersweet story of the ugly duckling.

Meanwhile, Jo's bird watching exploits make us wonder if animals can be true to themselves more freely than we humans. Their behaviour is often attributed to instinct but recent research suggests they may be more self-aware than we thought.

Strangely, gospel music is not much heard in Christian church services. Soul Sanctuary Gospel choir is aiming to change that. Choir manager and musician Miko spoke to the Gazette about the choir's mission to bring this irrepressible music to more diverse congregations. All are invited to the choir's free London festival on August 1st.

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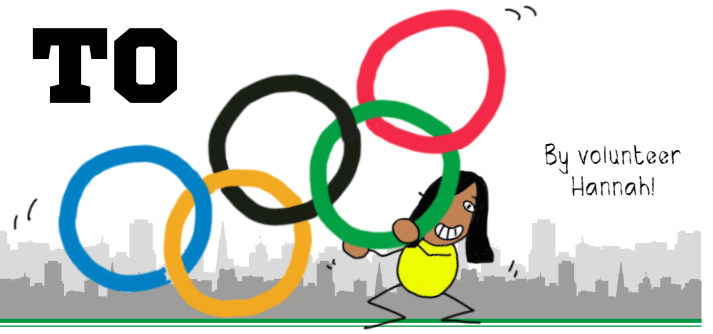
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Public attitudes can prevent many people from being themselves. Liam writes about Kathrine Switzer who in 1967 became the first woman to run the Boston Marathon. The race organisers were outraged but the crowd saw it differently and cheered her on, clearing the track for female distance runners ever since.

Opening in Tokyo this week, the 2021 Olympics and Paralympics are noteworthy for several reasons. Originally due to be held in 2020, the Games are the first to be rescheduled and weightlifter Laurel Hubbard will be the first transgender athlete to compete.

Many people have struggled and continue to struggle against oppression to be true to themselves. Sam's quiz on human rights gave us much cause for thought.

# COUNTDOWN TO THE TOKYO OLYMPICS!



With just days to go until the long-awaited Tokyo Olympics, and football fever still in the air, a summer of sport is an exciting prospect. Hannah reflects on the London 2012 Olympics and looks ahead to a truly progressive Olympic and Paralympic Games.

## Memories of London 2012

Some of you may have fond memories of London 2012. The atmosphere was electric, the city was alive and thousands of spectators were lucky enough to experience The Games first hand, witnessing their sporting idols compete. What's more, 2012 was our most successful games to date, with Great Britain and Northern Ireland finishing third with over 60 Olympic medals and 120 Paralympic medals.



*Specially designed Olympics Graze box*



I was fortunate enough to attend the 2012 opening ceremony since my colleagues and I at Graze had been commissioned to create custom-made snacks boxes for the athletes. I like to think that the high energy nibbles (pictured) helped fuel Chris Hoy, Jessica Ennis, Mo Farah and co. on to win gold!



## A truly progressive Olympics

The vision of the Olympics and Paralympics is to build a better world through sport, with Excellence, Friendship and Respect being the Olympic values. In the spirit of respecting one and all, weightlifter Laurel Hubbard will become the first transgender athlete to compete having met revised eligibility requirements. An inclusive, forward thinking approach allowing athletes to truly be themselves is exactly what sport - and our society - needs.

## TOKYO OLYMPICS FACTS

- This is the first time the Olympics has been rescheduled rather than cancelled
- Sports making their Olympic debut include karate, surfing and skateboarding



# Summer in parks & gardens

By volunteer Jo!



The sunshine does bring us all outdoors and I have a few friends who I meet one by one to wander around the green bits nearby.



One of my friends is gripped by observing birds in parks and gardens. Walking into the park she said that she was hearing a very, very, cross sounding squawk above. One kind of squawk sounds much like another to me but she was right. Looking up into an oak tree we spotted a very small hole in a branch high up. Suddenly an extremely tiny, round, blue green head poked out of the hole. Then it withdrew then poked out again a few times making what sounded like a set of angry noises. It was a tiny chick left in a nest in the hole of a tree calling for food. After what seemed an age a mother bird came back and put its head in, leaving a bunch of green tail feathers sticking out. It was a parakeet. There was silence while the whole adult bird also disappeared from sight into the hole and the chick got fed.

Another time we saw two small black and white birds with long thin waggly tail feathers hopping on the ground. They were pied wagtails I think. Suddenly one of them jumped straight up in the air about a foot. The other one did the same and so they jumped alternately across three feet of grass, across a pathway and a further two feet of grass. It was a curious dance, maybe a mating dance, but so strange to see in front of our eyes.



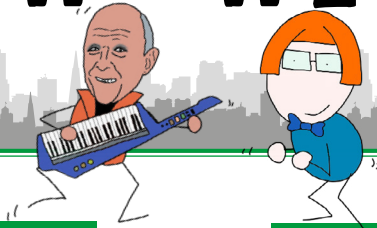
Out the back, in a small tree, squabbling noisy fights break out over a particularly good bird feeder. Big birds with dusty grey heads, and rough black feathers, jackdaws I think, and shiny, round breasted, black and white magpies beat angry wings and dart at each other.

I find it interesting though that when a parakeet is perched on the top of a birdfeeder the tiny blue tits seem more confident. They perch underneath on the lower feeder, which they don't do with other big birds who scare them off.

Have you seen any quirky stuff around in green places? Please, do tell us about it. We would love to hear!



# INTERVIEW WITH MIKO



By volunteer Frances!

## SANCTUARY FOR SOULS

A choir with a difference and big ambitions is hoping to start singing again come the day of release from lockdown. Choir manager Miko spoke to volunteer Frances.

Soul Sanctuary Gospel Choir's singers have been singing together for many years starting as a gospel choir at St Patrick's Church in Soho. Choir manager Miko co-founded the Choir with renowned gospel singer Tracey Jane Campbell.

"We formed originally to sing at the church's Sunday mass service which we did for five years, writing much of our own music and lyrics," Miko explains. "As the Choir's popularity grew and we were invited to sing at weddings and other events, we had ideas about bringing the exuberance of gospel music to other Christian churches."

"Then St Patrick's closed for refurbishment and there was nowhere for Soul Sanctuary to sing. That was the impetus for us to put our ideas into practice,"

says Miko. "We ended up at Farm Street Roman Catholic Church in central London. This is a particularly beautiful church and we sang there every month with an appreciative congregation. Then the pandemic brought our singing to an end."

Farm Street parish is also part of Churches Together in Westminster, a collaboration of churches of all denominations aiming to educate, worship together and be involved in social action.



Miko plays keyboard at St. James's

Another church in CTiW is St James's Piccadilly where Rector Reverend Lucy Winkett is a talented singer herself. Rather than confining services to the church, Rev Lucy had the brilliant idea that the Eucharist service could be celebrated in the church's courtyard, a space adjoining London's Piccadilly. Soul Sanctuary Choir was invited to sing.

"Rev Lucy's intention was to bring the Eucharist to everyone passing in the street so Soul Sanctuary Choir was singing for them too," says Miko. "At first, people listened and watched from the street."

Gradually, they ventured into the courtyard and people started joining in the service and our singing too, just as we hoped."

## A MINISTRY FOR ALL

"We realised that the Choir's ministry is for everyone, not only for those attending a church service. We can bring the vitality of gospel singing to everyone"

Meanwhile word was getting round that Soul Sanctuary Choir

was keen to sing with other churches when an invitation from nearby St Martin in the Fields brought some unexpected opportunities.

"The church is renowned for its in-house orchestra and chorus whose performances are regularly broadcast on BBC Radio," says Miko. "Before we knew it, Soul Sanctuary Choir was on the BBC's schedule too."



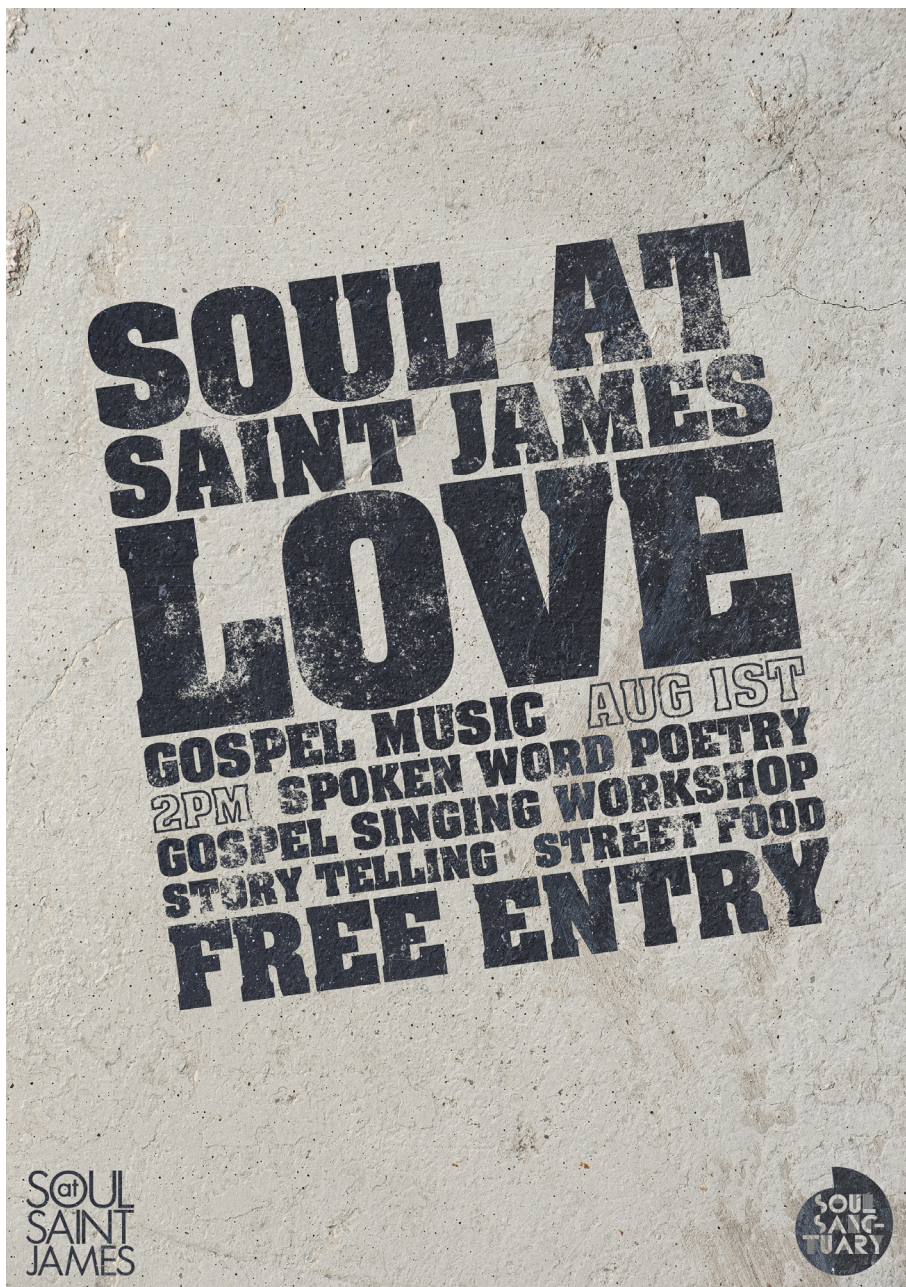
Not only that, but The BBC commissioned several original projects from the choir including The Resurrection, a gospel oratorio broadcast on BBC Radio and then broadcast to a live performance at Camden's Jazz Cafe.

"While the Choir's natural home is St James's Piccadilly, experience tells us if you keep busy, word gets out and good fortune comes your way," says Miko. "One of our biggest experiences was performing our Resurrection oratorio for an enthusiastic audience at HMP Wandsworth. Since then, we've made several recordings for the prison," says Miko.



Now, as Covid restrictions are lifted, Soul Sanctuary Choir will stage a free mini music festival with the theme of Love held at St James's on Sunday August 1st.

A gospel singing workshop led by the Choir's director will be followed by a public performance. "Anyone can book a place for the event (see link in box) and we're hoping that passers-by will join in for poetry readings, story telling and street food as well" explains Miko. "Our plan is for a first Sunday of the month Soul at St James's show for the foreseeable future. Come and be blown away!"



**SANCTUARY IN LONDON**

Soul Sanctuary Choir:  
[www.soulsanctuarygospel.com](http://www.soulsanctuarygospel.com)

Bookings for Soul at St James's August 1st:  
[www.eventbrite.com/e/soul-at-saint-james-tickets-156537952229](http://www.eventbrite.com/e/soul-at-saint-james-tickets-156537952229)





# KATHRINE SWITZER

## The First Woman to run the Boston Marathon



By volunteer Liam!

The theme of this month's Gazette, is "Be Yourself"; Kathrine epitomises this ideal.

First run in 1897, the Boston Marathon is the world's oldest marathon.

Prior to 1967, although not banned, women were discouraged from running the Boston Marathon.

Kathrine Switzer, a 20 year old journalism student at Syracuse University thought this unfair, so she paid her \$3.00, and entered the race.

Kathrine's friend Arnie, who was also one of her running partners, collected their numbers from the starter's office on the day, and Kathrine proudly pinned "261" to her top, and joined the other 760 plus runners at the start. At noon on Wednesday, April 19 1967, Patriots' Day, they set off.



Kathrine ran with Arnie and several other training partners. Along the way the crowd realised that a woman was running for the first time, and began to cheer Kathrine's every step.

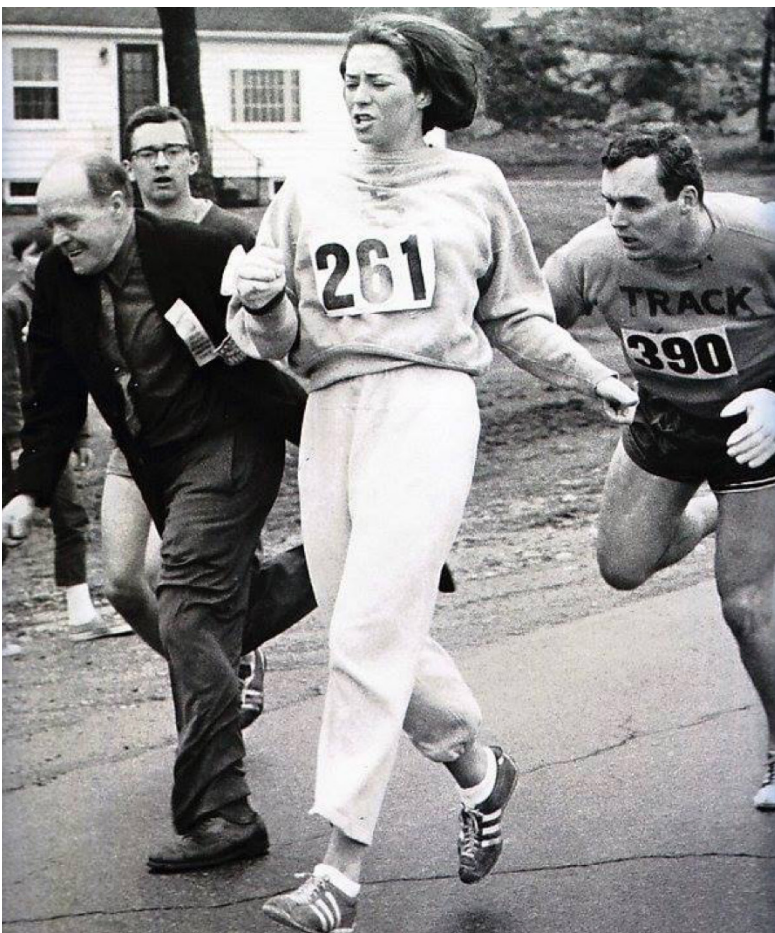
Everything was proceeding as planned, until Jock Semple, one of the race organisers, saw Kathrine and tried to physically halt her progress and then attempted to rip her race number from her top.

Arnie tried to pull Jock away from Kathrine, but wasn't strong enough. Fortunately for Kathrine, Tom Miller, another of her team, who also happened to be a gridiron football player and hammer thrower, grabbed hold of Jock and shoved him away from Kathrine.

Kathrine was shaken, but recovered, and was able to continue and complete the Marathon.

In 2004, less than 40 years after Kathrine's epic run, elite women started their by invitation race 30 minutes before the men at the Boston Marathon.

Thanks to Kathrine, female distance running has moved from exclusion to exclusivity.

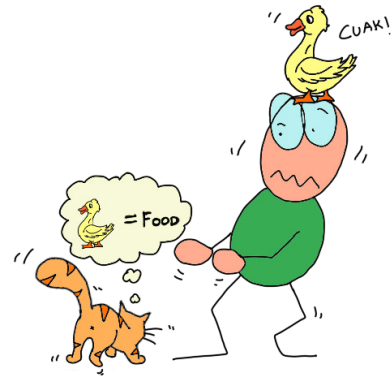


# The Ugly Duckling

By Hans Christian Andersen (1805 - 1875)

It's often hard to be yourself in a society that stereotypes individuals. If we were all the same, the world would not be as colourful and, among many other things, we would have missed one of our favourite tales...

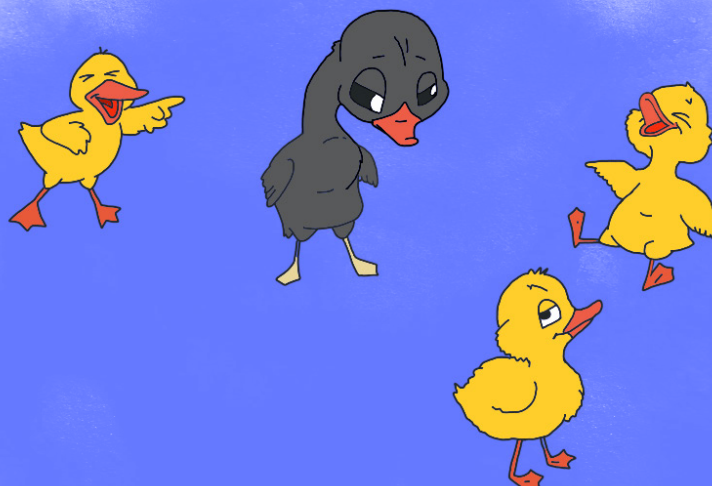
On a farm long ago, a Mama Duck sat on her nest. After hatching them for a long time, the eggs began to crack. One by one, yellow ducklings stepped out of their shells. Mama Duck counted - one, two, three, four, five. "Oh dear!" she said. "I should have six ducklings!" But one large egg was still in the nest. "Well," said Mama Duck, "it looks like that big egg will take more time." So she had to go sit on her nest again and wait some more. The next day, the big egg started to hatch. Out came a baby boy bird. But if one may say so, it was an odd-looking thing. This bird was much bigger than others, dark-gray from his head to his feet. And he walked with a funny wobble. One of the yellow ducklings pointed. "What is THAT? He cannot be one of us!" "I have never seen such an ugly duckling!" said another.



By volunteer Sam!

The Ugly Duckling did not know why the other ducklings were yelling at him. Mama Duck brought them to the lake for their first swim and he took the last spot in the line. Each duck jumped in the river and swam behind Mama Duck. "Well" thought Mama Duck. "At least, he can swim." When they left the water and started to play with each other, they yelled at Ugly Duckling, "Go away! We will not play with you! You are ugly. And you walk weird, too!" One day, one of the yellow ducklings said to the Ugly Duckling, "You know what? You would do us a big favor if you just went away from here!" "Why won't they let me stay here?" said the Ugly Duckling to himself. He hung his head down low. "Ah, they are right. I should go." That night, the Ugly Duckling flew over the farmyard fence. He flew till he landed on the other side of the lake. There he met two grown-up ducks. "Can I please stay here for a while?" said the Ugly Duckling. "I have nowhere else to be." "What do we care?" said one of the ducks. "Just don't get in our way." Ugly Duckling left, once again.

Then came a big storm, with heavy rains pouring down from the sky. Soaked through and through, the Ugly Duckling found a hut in the middle of the forest. An old woman picked him and dropped him inside the hut. "You can stay here, but only if you lay eggs," she said. A tomcat and hen crept up to the Ugly Duckling. "Who do you think you are, coming in here and taking up room by the fire?" "I am a boy duck..." said the Ugly Duckling. "Then why are you still here?" said the tomcat. "Did you not hear what the old woman said?" "Get out of here, pretender!" clucked the hen. "Get out! Get out!" hissed the tomcat. Our poor Ugly Duckling slipped out the door, and back into the storm. "No one ever wants me," said the Ugly Duckling with a tear in his eye.





The storm ended. Soon he found a new lake. Looking into the water, the Ugly Duckling saw the reflection of a flock of large white birds flying. There, above him, were the most beautiful birds he had ever seen! He stayed at that lake all by himself, and time passed. Winter came, setting a blanket of white snow all over. The cold wind and the dark clouds made the Ugly Duckling feel even more sad. One day, it was all he could do was to paddle the water to keep it from freezing around him, and trapping him in the lake. "I am so tired!" he said, paddling with all his might. In a moment, two giant hands swept him up. "You poor thing!" said a farmer. He held the Ugly Duckling close to his thick wool jacket and took the bird to his home. For the rest of the winter, the farmer cared for the Ugly Duckling. Then spring came. Short, bright flowers popped up from the ground. "It is time for you to go to the lake to swim again, as you were born to do," said the farmer. He took the duckling back to the lake where he had found him, and set him with care on the water. "I have never felt as strong as I do right now!" said the young bird, flapping his wings. He heard quiet splashing sounds behind him, and turned around. A flock of those same beautiful birds he had seen in the sky before landed behind him on the water. "Do not worry!" he said to them. "I will go now. I will not make trouble for you." A big fat tear rolled down his cheek. He turned to go away. When he opened his eyes, he saw a reflection in the water of one of those beautiful white birds. Why was it so close to him? He jumped back. And the reflection jumped back, too. "What is this?" he said. He stretched his neck, and the reflection of the beautiful bird stretched its neck, too. "Why are you going so soon?" said one of the beautiful birds. "Stay here, with us!" said another. "We'll be great friends." Then, the bird who used to be the Ugly Duckling knew what had happened! He was no longer an ugly gray bird that wobbled when it walked. At one moment, all the swans flapped their wings and took off into the sky. "Come with us," one called back. "Take the lead!" So he flapped his wings fast and took his place in front of the whole flock. All his new friends flapped their wings behind him.

"Say!" he said, gliding and dipping through the sky as he sped on. "Who's an ugly duckling now? Surely, not me!"





# ART & FUN

To celebrate every single one of you, we have made a Quiz with some facts from groups that still today have to fight for their own rights. Cheers to all!

1. Women did not have the right to vote in the early democracies of Greece and the Roman Republic.

- a) True
- b) False
- c) Only in the Roman Republic

2. What European country became the first to give women the right to vote in 1906?

- a) Sweden
- b) Denmark
- c) Finland
- d) Switzerland
- e) Austria
- f) France

3. Which U.S. state was the first state to give women the right to vote?

- a) California
- b) Delaware
- c) Wyoming
- d) Minnesota
- e) New York
- f) New Jersey

4. In what year did Virginia Prince launch the magazine *Transvestia*, starting the transgender rights movement in the US?

- a) 1903
- b) 1931
- c) 1952
- d) 1920

5. In what year only 17 states in the US have laws that protect individuals in the transgender community?

- a) 1998
- b) 2014
- c) 1990
- d) 1989

6. The Buggery Act is the first time in law that male homosexuality was targeted for persecution in the UK. In what year did this happen?

- a) 1533
- b) 1676
- c) 1789
- d) 1879

7. Why was poet and critic Oscar Wilde imprisoned in 1895?

- a) Because he fell in love with another man
- b) Because his books were full of spelling mistakes
- c) Because his dog barked a lot and this annoyed the neighbours

8. In 2016, UK was the 10th largest source of migrants to the rest of the world.

- a) True, out of all EU countries, the UK has the most citizens living abroad
- b) False. Who would want to leave the UK?

9. Who led the civil rights movement in 1856?

- a) Martin Luther King Jr
- b) Martin Luther King Jr. and 8 Black activist
- c) Martin Luther King Jr. and 8 Black activist, but it was in 1865

1.A/2.C/3.C/4.C/5.B/6.A/7.A/8.A/9.C

SOLUTIONS

Be yourself... everyone else is already taken.

With love,

*The Gazette Team*