

# Rhythm



**Spring 2012**

**Newsletter of the Noyes School of Rhythm**

**Volume LXXXVI**

**No.II**

Spring 2012 The Newsletter of the Noyes School of Rhythm  
Vol. LXXXVI No. 2

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## Camp Updates

The ferns are growing fast, the water has been turned back on and camp is slowly waking up and getting ready for the summer. Kevin Darna has been doing a terrific job with clearing out the many trees that came down last fall. I still marvel that none of our buildings were damaged.

The Noyes Foundation board is hard at work putting in place our staff for the summer, figuring how to stretch our already thin dollars even farther and most importantly, making plans to ensure that our stewardship of the Noyes Rhythm work may continue long into the future.

As we look ahead towards the summer, we especially will be **remembering and celebrating our beloved Daphne** (Ruth Davis) who passed into the eternal light early in February. Many of Daphne's family members will gather with us at camp during the weekend of **July 28<sup>th</sup>** to bid a fond and festive farewell to this gracious and gifted woman who blessed us all with her presence. Gaia is coordinating the weekend. (see the announcements on page 6) So far the plans include movement, music, art, stories and tunics! Please let camp know if you plan to be there that weekend. We'll find a way to squeeze everyone in.

Another important weekend date to mark on your calendars is **July 14 and 15<sup>th</sup> – Annual Meeting weekend!** The week preceding will be filled with not only our regular rhythm classes, but also with Patricia Collins leading us in the creation of an Artemis masque which will be shared on Saturday Night. You won't want to miss it!

### **MEMORIAL DAY WORK WEEKEND FRIDAY AFTERNOON MAY 25 – MONDAY MORNING MAY 28**

Come for a day, a part of a day, or the whole weekend!

### **CAMP CAN REALLY USE OUR HELP!!!**

Outdoor work: brush clearing, Path clearing, Raking around the tents and planting new trees at the pavalon.

Indoor work: Putting away linens, working with tunics, tackling the attic costumes and some initial heavy duty spring cleaning.

What to bring: Food to eat and share. Gloves and clippers if you're working outside. (camp has some.) A vacuum cleaner if you can. And if you're staying overnight – please bring your own sheets and towels – camp has pillows and mattresses and blankets. Also bring a flashlight.

Work projects can, and usually do, change depending on who and how many show up. So, be sure to bring your flexibility and good will and we'll be sure to save some time for fun! Please RSVP to Antigone at 860-344-1832 or by email at [rlebar@sbcglobal.net](mailto:rlebar@sbcglobal.net)

**Summer Is Almost Here!**

**Do You Know Where You Will Be??**



**Are you one of the many who knows how much you need camp?  
Are you one of the few who knows how much camp needs you?  
Maybe you're both.**

**We do need camp – and camp needs us.  
The best way to give back to camp is to be there!  
So come to camp this summer.**

**Come with your joy and your good energy. Leave the stuff of your  
regular life behind and give yourself a week or two of simplicity.  
Give yourself a week or two of relaxing into the rhythms of nature.  
No need to cook.**

**No need to keep up with text messages and emails.  
Come to camp and leave it all behind.**

**Let the green of fern and moss soothe your frayed nerves.  
Let the soft strength of Noyes Rhythm refresh and revitalize you.**

**Send in your registration form soon. Space is limited.  
You can register through the website.  
You can register from the brochure by snail mail.  
Or you can call Antigone at 860-344-1832.**

**See you soon!**

If you absolutely can't get to camp you can still be of great help by sending along a monetary gift of any amount to keep us going! All gifts are tax deductible and greatly appreciated!

## From the Notebook

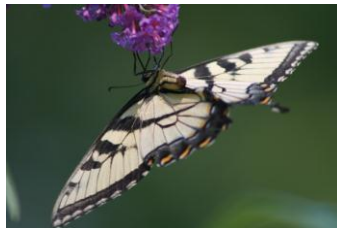
### August 1928 (written from camp)

“Joy is the keynote! Joy is pagan! Joy is pure! Joy is unsophisticated! Joy is never bored. Joy is never restless. Joy is never stagnant. Joy finds its own outlets in happy, spontaneous activities! We ‘rest in activity’, or better, we rest in joyous activity.”  
- *Florence Fleming Noyes* –

Nature has her eternal laws; she lives by them and grows by them. Resting in unchanging law, nature is always changing. New leaves take the place of old. The Queen Anne’s Lace is growing in our orchard, where daisies were a few short weeks ago. A locust, under one of the cots in “Hades”, burst himself entirely out of his old shell the other day, and left it under the cot, while he walked out of “Hades” with a good new skin.

Here in our three camps\* we are getting aboard unchanging laws ourselves. Unlike “people”, who are either too lazy to grow, or else so busy at it that they get all tight with effort and can’t grow anyhow, we are growing to know the way of the nature world. Let Rhythm put you aboard the law of growth and you can’t help growing. Get acquainted with the unchanging and you’ll change fast enough, yourself.

\*In 1928 there were three camps: Shepherd’s Nine, the Junior Camp for girls and a boys and men’s camp across the lake where the firemen’s beach is now.



### Newsletter II.I

There are three strata in the human consciousness – the elemental, the self-conscious and the universal. “People” function through the middle stratum, in thought and movement, because they are cut off from roots – the elemental- and hence never reach the flowering – the universal. Through Rhythm we are learning gradually to function straight from the elemental to the universal and skip the self-conscious stage. The starting point is the elemental.

You must be free and elemental in play – feel the pagan spirit of wild, elemental freedom – the essence of purity because no “people” are born – just nature and the elementals, earth, air, fire and water – the joy of growing things- the rhythm of young earths out in space, forming and bursting into life.

Break off, crack off, get all under the earth – get dirty, not as people. Love it! – that must be your starting point.

## News and Views from Campers

### From Emma Silverman

I am having a delightful spring, busily writing my thesis and finishing up my Masters program at the University of Wisconsin-Madison. In the fall I will be starting a PhD program in Art History at the University of California at Berkeley. I hope to make it to camp this summer, at least for a day or two, before making my big move. I hope everyone is well!

### From Trudi Van Dyke

Hello to all,

We have finally settled into our "farm" in the Shenandoah Valley where George has retired into his true calling..playing in the dirt..with his rototiller. I ride the tractor and mow. We are putting in a large garden and hope to be pretty self sustaining. I'm still working on art exhibitions and consulting with aquatic companies on water safety and doing some writing. (I don't know what I want to be when I grow up). Look for my column in the new magazine , "Fiber Art Now". We hosted our first dinner party/slumber party with Skeeter, Sue Scheid, Elanor Berg, Martha Matthews and spouses. I think the men were waiting for us to dance but we controlled ourselves. Sue and David Brender also spent an overnight with us as they headed south this winter. I'm looking forward to camp if my lousy knee holds up; I may have a knee replacement and I'm not as brave as Sidni to come and dance so quickly. In the meantime, our new farm is located just off rte 81 in Virginia and I know several campers drive north on 81 from the south instead of miserable rte 95; so this is an open invitation to stop by for a coffee break; or spend the night. Last minute notice is fine..hey..we're retired!! (even if we haven't met!!) happy spring.

### From Tanya Schrago

There will be three concerts in Seattle with my student from Russia in the end of April. We will perform the music by Brahms, Dvorak and Russian composer Valery Gavrilin. My son came to visit me here in Boston - this is good, but for a very short time, that is not good.

The time passes by fast and soon I will see my favorite people from CAMP.

### From Carolyn Knight

Happy Spring to all Noyes People!

I thought of Noyes on April 14th, because that was Phyllis Crane's birthday. She and Catherine Stone ("Stoney") were both active in Noyes. I have fond memories of them being very active in their seventies. They lived up on the banks of the Hudson River and would drive down to New York City to attend Noyes-Rhythm classes and participate in many other activities. Phyllis was interested in painting and Stoney in poetry. They belonged to the Pen and Brush Club in New York City and held leadership positions in the club. I was fortunate to be their guest at some of the dinners at this club and I always had such a good time.

Whether joining them for Noyes classes, dinner at their club or being a guest at their home, I was always impressed with their energy, passion and warmth. I like to think that their long association with Noyes fostered these qualities.

I feel fortunate to have had Noyes and the wonderful people associated with it in my life.

### **From Martha Mathews**

Noyes Rhythm has become a way of life for me as I relate to the colorful natural world around me and to other people. Upon awakening each day I look out my front bedroom windows to check out the beautiful scenery, seasonal weather and beauty; Learning, remembering, practicing and being Thankful for another day! This is the beginning of the “enfoldment” and appreciation that I learned from these many years of living and breathing Noyes Rhythm! Over the past 35 years, whether living in the tiny tent at camp or living in the huge beautiful room in the Chateau east of Poitiers France, I watched the trees and people of all ages grow taller and more round or lanky. They swayed in the breeze, changed color, direction and location and part of them traveled near and far. This all started with the rhythm of a swinging “racquet in hand” as the tennis teacher for the girls at Junior Camp. My metamorphosis changed into a butterfly, angel, Medusa and the girl in the Senior Camp tent; dancing and teaching rhythm of The Florence Fleming Noyes Technique.

The movement of Noyes Rhythm technique called Forest Breathing allows us to learn to use our breathing energy to move and flow through life with calming harmony singly and in community. The Pavalon and beautiful open green meadow is our special place for our serenity and letting go of our self consciences. This helps us to be free as a bird and experience “The Art, Music, Movement and Spirit of Noyes Rhythm”.

Lifelong friends are made and nurtured. Families of 3 generations have graced our property and experienced Noyes Rhythm throughout the world with their presence.

I have learned to travel to greet and attend class to dance and discuss with other Noyes Dancers in VT, NH, CT, MA, MD, Wash DC, VA, NC, FL and in France. I am excited to travel to Barcelona, Spain in May to visit and dance with Suzanne Furlan. I am going to put her and her tunics into my suitcase and bring her back to CT so she can experience once again our “rhythmic way of life”!

This is just a snippet of what Noyes Rhythm means to me!  
Happy Dancing, Working, Laughing, Singing, Acting, Drawing, Writing, Rhyming,  
Sharing, Hiking, Swimming, Boating and Experiencing another Summer, 2012, at  
Noyes Camp with all of you!



## Announcements

### From Gaia (Arline Terrell)

Friends, everyone: Saturday, July 28 we will be celebrating the life of our dear Daphne in dance, music and song. Her family, children and grandchildren will scatter her ashes around the Pavalon and perhaps our special location above the Pavalon. We will honor the occasion by wearing her tunics that many of us were fortunate to procure at auction. Please bring all to camp, so that we can share with members of her family.

There will certainly be some spillover of sentiments into Saturday night, and probably even Sunday as that is her official birthday -- so often celebrated at camp. We hope to share some tapes of her dancing her butterfly dance and others, now captured on CD. If you have any of her art work we would love to have a showing for the occasion.

Please let Gaia know in advance any additional thoughts and ideas.

### From Sue Bayley

Colors In Motion is delighted to announce the premier of two DVD collections featuring Noyes artists, which will be available this summer at Shepherd's Nine.

*Bodies of Light* is six compositions featuring dancer/choreographer Meg Brooker and the art, music and poetry of the Colors In Motion Creative Team. Inspired by the early modern movement practices of Isadora Duncan and Florence Fleming Noyes, Brooker brings new insight to Duncan's challenge that the dancer attain "luminosity of the flesh." Weaving in and out of the color-drenched landscape of Linda DeHart's richly textured watercolors, Brooker rhythmically materializes and disappears. The effect is an ephemeral conversation between gesture and brushstroke. Total Run Time: 16:30.

*Invitation: The 2011 TOUCHSTONE Collection* is our first year of TOUCHSTONES, offered as a fulfillment of our mission to calm the body and awaken the senses. Now you can have your own set of TOUCHSTONES available at the touch of your "play" button. The total run time of twelve experiences is 31:41.

Each disk is a chaptered and looped program designed for relaxation, meditation, inspiration, and to focus group activities.

The DVDs are \$20 each and a portion of the proceeds of sales at camp will be donated to the Noyes Foundation.

They may also be ordered online at [www.colorsinmotion.com/store](http://www.colorsinmotion.com/store) with a credit card or PayPal.

Linda DeHart Sue Bayley Meg Brooker Chris Graefe



## Readings from Beyond the Noyes Circle

Sent in by Linda Rapuano

Here is something from a book called **Like a Flower** *My Years of Yoga with Vanda Scaravelli*, by Sandra Sabatini. Vanda's book, **Awakening the Spine** is in the Noyes library and has many stunning nature photos. Sandra is still teaching in Florence, Italy and as she illuminates Vanda's approach in her writing, this kind of yoga is very simpatico to Noyes Rhythm.

**“If we allow ourselves to go slowly and let time spread within us, a new rhythm arises. Without any sense of urgency we approach a listening and learning attitude. Slowing down provokes an incredible resistance and releases interior tumult. But only by slowing down does time transform itself into our ally. Awakening is what the whole being is waiting for and this is something to be aware of both as a student and as a teacher.”**

*Our planet is awash in the gentle light and shadow of an impenetrable Mystery; it is time, in spite of all our vaunted learning and might, to kneel at the rim of the abyss of our profound unknowing.* – from *All the Days of My Life*, by Marv & Nancy Hiles

*Arriving daffodils will make no sound,  
Will blow no trumpets – only the earthworm  
Close to its root, burrowing underground,  
Will hear the upsurge, feel the green stem yearn.*

*Beauty returns to Earth, devoid of noise,  
Devoid of calmor, Now it lifts its head  
Epitome of stillness and of poise  
And in unbroken silence all is said.* Fanny De Groot Hastings

*Our lives seem governed by speed, tension, and hurry. We move fast and are caught so completely in a web of confusion there is seldom time to think. ... the change of season is often unobserved.... During a trip into the wilds, it often takes men a week or more to forget the frenetic lives they have led, but inevitably the feeling of timelessness does come, often with out warning.*

*... It is one of the great compensations of primitive experience, and when one finally reaches the point where days are governed by daylight and dark, rather than by schedules, were one eats if hungry and sleeps when tired, and becomes completely immersed in the ancient rhythms, then one begins to live.*

Sigurd F. Olson

## Originalities

### From Birdi

Blooming at Noyes!

A seed was planted many moments before.  
Slowly it sprouted and became more,

A shoot of strength; small and stout,  
singing softly while being blown about.

Hanging on with patience, perseverance and might,  
reaching, stretching up through the light.

Rooted in love and deepening its core,  
this expression of life is freed through every pore.

Up through the air, limbless, timeless and fair.  
A summer at Noyes Camp plants me, grows me and makes me deeply aware.



### From Gaia

#### Just One Tear

The Peace Plant thrives,  
its lush green leaves reach  
for heaven, multiplying  
faster than peace can grow  
in our universe.

Lush, shiny leaves rising, rising,  
over lapping their joy,  
shoot a stem heavenward  
to answer the sun's call.  
Slowly a white bud forms  
echoing the new dawn,  
but at its apex a tear hovers  
weeping at the sorrow  
nations have sown.

Plants reflect our souls,  
the love and care  
we would share  
if only we could just.

## From Martha Mott Gale

### Lilacs

I went to Swarthmore today to smell the lilacs and go back in time on a scent journey.

There was a white lilac at the top of the ravine beside my childhood home. I'd carry trash out past it in the half darkness, the blossoms faintly glowing, sweet. I was afraid of the steep shadowy hill, promised God I'd be a missionary if He protected me from what lurked below. I stayed safe, but I didn't keep my promise.

On the way to high school there was a circle of lilacs in the middle of a cul-de-sac, where I stood and inhaled deeply all the cool cruelty of April. The tall bushes leaned in above as I fell in love and was rejected and reveled in my sad aloneness.

From then on lilacs were part of a pilgrimage to my old unformed self. In Brooklyn taking refuge in the Botanical Garden from the fear and confusion of those days, a whole hillside where I fancied the lighter shades smelled brighter, the darker purples rich and intense. While Emily was at college, I found the Swarthmore lilacs and added the bittersweet memories of the girls' college days, the end of childhood. I've wandered in the Bronx collection or simply stopped anytime a lilac bush is close enough in someone's yard. The primitive pathway of scent goes back to my oldest newest self, the bud just unfolding, my spring self.



## WISH LIST FOR SHEPERD'S NINE

### Kitchen Items

Big Colander  
2 Timers  
2 dozen Kitchen Towels  
Flour Sifter  
Cheese Grater  
3 Big Wooden Mixing Spoons  
Measuring cups  
Measuring spoons  
Garlic Press  
2 medium size non stick frying/sauté pans  
2 Silicone scraping spatulas  
2 Turning spatulas (one for non-stick and one for regular)

### Other items

Canister style vacuum cleaner for house  
Plastic hangers for attic costumes  
Big plastic tubs with lids for attic costumes

*If you would like to purchase any of these items for camp OR if you already have any of these items (gently used) that you would like to donate to camp, please call or email Antigone so that we don't duplicate. THANKS IN ADVANCE!!*



## Artists In Residence 2012

**Week 1 June 24th-July 1: POETIC ART Sue and Skeeter Scheid** Co-ed week  
Throw away everything you think you know about the artistic process. Do you know how to dance a poem, write a dance or draw a feeling? Come and play with Sue and Skeeter Scheid for the week. Explore the rich tradition of Noyes rhythm and how it connects poetry, visual art, music and dance. There will be writing, art projects, movement and more! Please bring a piece of writing (your own, or by someone else) and/or a picture that evokes the essence or the feeling of camp. Notebooks, art supplies provided. Muses will be on call.

### **Week 2 July 1-8: ARCHETYPES AND ACTIVE IMAGINATION WITH TEA PAINTING Sue Hobart**

Method: beginning with choosing an archetype to explore, each participant will enter a lightly meditative state and using tea and water colors create an abstract or representational image of this god, goddess, theme, or mask. After embellishing the image, I will lead participants in a process developed by Jung: active imagination. Here participants will have an imagined conversation with their image ~ asking questions and writing in journal entries. The process will build over the course of the week. For those who did my tea painting before, this will be familiar in the way it asks participants to relax their expectations and open to the numinous. For those who aren't familiar with tea painting it will provide opportunities to take a creative leap into expressive freedom.

Product: Folks who come to art class will leave with an image of their chosen archetype as well as multiple journal entries documenting what may be a delightful or profound internal journey. The process is more important than the product.

### **Week 3 July 8-15: DIANA'S DREAM (MASQUE WEEK) Patricia Carhart Collins**

In celebration of 100 years of Rhythm....I am honored to facilitate "Diana's Dream," a women's collaborative exploration of Rhythm. Four afternoon sessions designed to tap our collective wisdom and understanding, to support, inspire and lead each other to a deeper connection to Rhythm, incorporating the images of Artemis and the Moon, the Goddess and the Hunter, using poetry, storytelling, music, and Noyes Technique to explore group work, and to create a new Masque to share for Saturday Night. All are welcome!

Participants are invited to bring images and ideas, poems, stories and music that inspire them related to the theme of the Goddess Moon.

### **Week 4 July 15-22: WOMEN AND NATURE Marilyn Banner**

Line, color, shape, texture and flow. Seasons.

Nerves, tree limbs, bones, tree trunks, hills, breasts, breeze, rhythm..... Using paint and collage, we will explore everything about us as creatures and also nature outside of us. Participants may bring materials to work with, if desired.

**Week 5 July 22-29: MARIONETTES: GET THOSE UNITS MOVING! Evelyn Foster and Skeeter Scheid**

We will play with our units, constructing marionettes, using clay heads, hands and feet and fiber body parts. All parts are pre-made, ready to be selected, strung, and DECORATED. Participants are welcome to bring decorative items to use, but it is NOT a requirement!

**Week 6 July 29-August 5: ISADORA FOR THE WOMAN'S SOUL Lori Belilove**

A gentle and inspiring workshop that would look at the common themes of Duncan and Noyes.

