

# Rhythm



*Our long awaited crocuses appeared on April 7th.*

*Spring 2014*

From Florence Fleming Noyes:

Newsletter III, w (F.F.N.)

“Joy is the key note. Let all of our teaching and all of our movement have more joy. Everything that moves simply for the love of moving is irresponsible, free and full of joy. And what next? Well all the rest follows. You must honestly feel the rhythm of each symbol through the mere joy of it. So, conquer your mental attitude and start right. This is an absolutely new premise--a new realm--out in space where everything moves on rhythm, and if “you” are not there, your movement will be *en rapport* with rhythm.”

Page 149, Rhythm for Dance and Art



A letter from our President, Linda Rapuano:

Pavalon Moonrise.....Summer 2013

Dear Noyes Friends,

As president of the Noyes School of Rhythm Foundation for the past five years, it has been a privilege to have a reason to continually turn my thinking to all-things-Noyes. From the waterfront at the old Junior Camp to the Firemen's beach and Great Hill trail and vista, our 100 acres with all the mundane and creative work that goes on there continues to feed, fascinate and inspire me. At the upcoming Annual Meeting on Sunday, July 20<sup>th</sup>, you will hear about all the new developments in Noyes outreach programs from Boston to the Shenandoah Valley and Gainesville, Florida. We'll update you on the financial condition of the Foundation and the big projects ahead we are considering in order to continue the long-term improvement of our property and buildings. Most importantly, you'll hear about new opportunities for those of you interested in becoming Noyes Rhythm teachers or growing more deeply in the Noyes work. The Rhythm Committee has put much thought and creativity into shaping new programs and experiences for you in the coming season at Shepherd's Nine. This coming summer, one of my favorites that I highly recommend for everyone, is a Noyes Private Lesson while at camp. Our Artists-in Residence program has been revamped into the ARIA program (Afternoon Rhythm in Arts-play) where you will find a new roster of arts and spontaneous Rhythm events and happenings. After the reminder, during this chilly and relentless winter, that Mother Nature rules, I hope you will join us for our most wild and reveling summer yet. Throw off the shackles of cold and constrictions and open to joyous abandon and freedom. Bring a friend or two or three and just come and have a grand time. Sheila Fleming will be back cooking for us, and I hear many old friends will find us again.

You can register through our beautiful website—thanks to Emily (Arwen Pegasus) and Meg!!! What are you waiting for? Summer is just around the corner.

Yours in Rhythm,

Linda

From the Registrar

It's time to plan your summer at Shepherd's Nine and make sure you can come for the week(s) of your choice. Visit our beautiful Noyes Rhythm website for all the information and to register and pay your deposit online.

The online registration helps us keep better records. If you'd rather register by mail, print out the form and send it to:

Martha Mott-Gale  
1502 E. Palmer  
Philadelphia PA 19125  
Phone: 215-426-8099

After July 1:  
Shepherd's Nine  
245 Penfield Hill Rd.  
Portland CT 06480 (attn: registration)

It's going to be a wonderful summer--we look forward to being with you!

**June 29-July 6th *An Intimate Experience with the Natural World [Co-Ed week]***



From artist's statement: "one becomes absorbed in small, intimate, subtle experiences while exploring the painting and losing the conscious self in the act of seeing - over a period of time making new discoveries" After sitting and looking closely at the beauty of our natural surroundings, we will do drawings and paste paper paintings inspired by our experiences. *Dick Widhu, painter, calligrapher*

**July 6th-13th *Four Afternoons in the Noyes Garden***



We will be in the garden with others, and your purpose will be to find your own plant, tree, or bush, flower or leaf, rock or pattern and to let that discovery become a creative relationship between yourself and your choice. Perhaps you will address your plant in words; perhaps it will address you. You may be drawn to represent it in line, color and movement; it may sing to you and you will respond in song. We may even create cosmetics. *June Christiaen, poet, gardening artist*

**July 13th-20th *Noyes History / Masque: Group Movement and Singing***



First half of the week, we'll learn about the origins of Noyes Rhythm dance, philosophy and culture. We'll examine early documents and texts, unearthed from the archives. The group will then go on to prepare a Masque, an original dance composition on the theme of sacred bees. This time, we'll create our own vocal musical score. *Nancy Nichols, Margaret Brooker, Emily Mott, Noyes Rhythm teachers*

**July 20th-27th *Isadora For the Woman's Soul***



A gentle and inspiring workshop that would look at the common themes of Duncan and Noyes. Each day of the afternoon workshop will focus on a special aspect of Isadora Duncan dance. People are free to come to as many days as their interest and energies allow. *Lori Belilove, dance artist*

**July 27th-August 3rd *Women's Nature Part 2***



Moving into the 3rd dimension abstractly and realistically. We will explore the reflections and similarities we find in our selves and in nature. This can be in form (curves like mountains, internal/external like shells, caves, etc) ideas of birth, growth, aging. Work can also express basically ANYTHING about being female, or anything that one feels is particularly meaningful right now that is part of nature. This might involve working in 2d and 3d. *Marilyn Banner, mixed media artist*

**August 3rd-10th *Have Clay, Will Play***



Have a conversation with clay, respond to images that emerge. Or come with a clear image in mind. Draw inspiration from the movement of our bodies, the way that movement feels within, from nature around us, from the clay itself. Draw inspiration from the rhythm of our days and of our lives. Build by hand. Throw on the wheel. Come play with clay. *Evelyn Foster, master potter*



# NOYES REGISTRATION 2014

## Summer Season at Shepherd's Nine: June 29th-August 10th

Please print and fill out this registration form to reserve your spot. You can also register on-line at <http://www.noyesrhythm.org/summer-program/registration/>. Everyone must fill out a registration form, including Onion Scholarship students, Staff, and Teachers.

We advise a minimum stay of at least one week. Arrival time: Sunday 3:00pm. Departure Time: Sunday by 11:00am. Please give us advance notice if you need to make adjustments to this schedule. Additional fees may apply.

Please include a check for the \$25 nonrefundable registration fee (applicable to tuition) made payable to Noyes School of Rhythm. Mail the completed form and fee to: Noyes Registrar 1502 E. Palmer St. Philadelphia, PA 19125. Upon receipt of your registration, we will send you a guest guide with more detailed information about camp life and what to bring, as well as driving directions.

For questions or information regarding Summer Season 2014 or the Registration process, please email [register@noyesrhythm.com](mailto:register@noyesrhythm.com) or call our registrar at 215-370-2403.

**Name:** \_\_\_\_\_

**Email:** \_\_\_\_\_ **Phone Number:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Check In and Check Out Dates:** \_\_\_\_\_

### Tents:

I would like a single tent.

I would like to share a tent and choose my tent mate. Tent Mate: \_\_\_\_\_

I would like to share a tent with whoever the camp chooses for me.

I would like a cabin.

### Linens:

I will bring my own linens.

I would like to rent linens (\$15/week).

### Diet:

We can accommodate basic vegetarian diets that include dairy and eggs. We cannot accommodate extreme dietary restrictions. Let us know in advance if you have any dietary restrictions.

I have no dietary restrictions.

I am a vegetarian.

### Transportation:

Please call ahead to confirm your transportation. Transportation fee varies based on pickup location. No pick up available on Wednesdays.

I am providing my own transportation and do not need pick up.

I need transportation to Noyes from Bradley Airport.

I need transportation to Noyes from Hartford / New Britain Bus Station (circle one).

I need transportation to Noyes from Meridan Train Station.

### Additional Comments

# Reminder if you haven't paid your dues!

## Greetings Noyes Foundation Members!

Spring approaches and, despite the deep winter freeze, thoughts of summer are beginning to take root. Noyes classes and workshops from Florida to New Hampshire have kept us moving during these cold winter months. We are busy, now, preparing for our 2014 summer season, and are looking forward to being together at Shepherd's Nine very soon!

This is an official reminder that it is time to show your support for Noyes by paying your **[Foundation Membership dues](#)**. Membership dues can be paid online via Paypal by clicking [here](#). Paying your dues online now saves us paper and postage.

**Individual dues are \$45**, and you can always contribute more by selecting the supporting (\$100), contributing (\$150), or sustaining (\$200) levels. Remember, donations to the Noyes Rhythm Foundation are tax deductible and necessary to support a range of projects including recent Pavalon floor and dining room floor repairs. When you visit the Membership section of our website, make sure to click "submit" when you fill out the form and "buy now" when you select the dues level. Remember, donations to Noyes are tax-deductible and will put you in good standing with Zeus, Hera, Apollo and Aphrodite, to name a few. Thank you!

Our **Annual Membership Meeting is set for Sunday, July 20, 2014**, at Shepherd's Nine. We kindly invite all Foundation Members to **pay dues prior to June 1, 2014**, so that the Membership Secretary can ensure a quorum for our meeting.

Also, **[Summer 2014 Registration is Open!](#)** Register online [here](#). The summer season officially opens on Sunday, June 29 and runs through Sunday, August 10, 2014.

**Help us grow our membership by bringing your friends this summer!** Remember, new members can be nominated after three summers of participation. Join us for the annual meeting if you have new member nominations to share.

Looking forward to dancing and playing together this summer at Shepherd's Nine!

ThaLia & Meg

To Noyes, A Valentine

The music is an invitation,  
A call, a drawing in.  
Inside the music, reaching out to you, A rhythm.  
You are standing, poised to move, Needing to move,  
The rhythm is insisting,  
And so to dance:

Dance the birds awakening,  
Dance the heat of noon,  
Dance the dark and mystery of night,  
Perhaps the loneliness and fear,  
Always in the dancing, I am near.

Dance the bitter moments  
Dance the sad and lost,  
Dance the wildest ecstasy,  
Dance to love and be.  
Always you are dancing close by me.

So whirl in the whirlwind, rest in the calm,  
Dance the strength of, "No, not I"  
The soft of, "Yes I will."  
Dance to chase away all care.  
Always, in the dancing, I am there.

As you dance  
Your truth, your dreams, your destiny,  
With all the life and spirit you have known.  
You cannot dance alone,  
There beside you, almost close enough to see,  
You dance with me.

Winter of 2013,  
Remembering summers.  
June Christiaen



The meaning of Noyes Rhythm continues to be elusive today. It has been a century since Mrs. Noyes started working with the body as vessel, exploring and connecting to universal truth. We come to “camp” year after year, generation after generation. Despite the annual rituals of kvetching, debating and causing confusion, we eventually work things out, albeit sometimes in a very circuitous way. We endure. Sure, we state our strong opinions about the meaning of Noyes. Wouldn't life be boring otherwise?

With each year, and with each person, we grow together dimensionally, building a deeper sense of trust. Yes, we get sidetracked and turned inside out. Let's not kid ourselves. That's to be expected within any community. We aren't saints, and we certainly aren't perfect! All can be forgiven.

Experiencing Noyes Florida and Noyes South this year reminded me that there is incredible strength and value in having an intergenerational community of mostly women. We practice, contemplate and explore Rhythm together, and also in our solitude. We share stories of old, plan revolutionary tactics, spread rumors like crazy, and most importantly, laugh, laugh, laugh! Why do we take life so seriously anyway? Noyes always brings us back to ourselves. What more can we ask?

I recall my first initiation into Noyes camp. What a dream come true to live in a tent and play piano amongst the creatures! I had no idea what I was getting into. I now have a great fondness for sharing my music with katydids and beetles. I say a prayer every time an insect becomes a relic on my musical scores. Cleaning up bat guano is an honor.

How could I know then that I would still be here thirty years later? So many of us have said the same, I am sure. The rules made me want to flee on many occasions. Trying to live up to Nancy's high caliber musicianship during classes was intimidating. Living up to the mastery of Yevgenya's piano playing was impossible.

I was mystified and completely taken aback by the illumination that emanated from the dancers. Fay and Stoney, who had at that time each been about ninety years old, were quite an inspiration. Fay was almost blind. She was like a goddess floating effortlessly across the Pavalon floor. Stoney seemed to be always giggling. She bounced around like a little elf, much like Emily does today.

I am fortunate to have been able to collaborate as pianist with the master teachers who have passed on. The knowledge and insight I receive from our teachers today is incredible. Transformation unfolds before our eyes as we connect with the muses that visit us in that sacred space we call the Pavalon.

Our first generation of Noyes dancers have passed on in body, but their dedication and spirit is ever-present. The relay of the torch continues to their descendents, as well as our more recent first generation women, who bring fresh and unique ideas to be considered.

Where would Mrs. Noyes have taken this profound life-changing work, had her life not been cut so short? Our sense of responsibility to preserve her legacy is real, as is the urgency and struggle to keep Noyes alive for the next generation. Yes, we will always disagree on the “what” of Noyes Rhythm. Let's ask ourselves “why” with love and grace.

Chris Chalfant  
April 15, 2014

## The Sunday Garden

The garden is my church today.  
I kneel in humility as I plant  
each flower, a promise to be kept:  
to water with love, preen with care  
and keep free from predators.  
I am only the sun's helper,  
for the great artist has imbued me  
with an eye for color and grace  
and sends me out to do his bidding.

I look up into the canopy of green,  
the intricate design of branches,  
the interlocking of hope and desire,  
the bravado of squirrels as they "fly"  
from tree to tree.

Surely I have courage, too,  
courage to be the "me" in the garden,  
the church, the milieu of life  
and take this message of harmony  
and light into its darkest recesses.

I paint my garden in reckless color -  
magenta with peach and lavender,  
fuschia with orange and purple  
bringing passion to the spectrum.  
If disparate colors can harmonize,  
why can't we as people?  
If we can pull invasive weeds  
from the soil, why can't we  
monitor aggressive actions?

Kneeling in this small sanctuary,  
I ask for help to preserve  
this harmony and let it spread  
to the larger garden.

## The Heart's Mind

Through the woods we trekked  
under branches, over fallen trunks,  
past the spring house,  
through the dank moistness,  
a familiar aphrodisiac,  
coming out into the light  
before beginning the long climb  
up the steep rise.

Half way up a pause  
for the ritual of peeling an orange,  
imbibing its sweetness  
for sustenance and tribute,  
juices pouring down  
our tender chins,  
then on to the craggy top  
of what was then a mountain,  
but is now a hill.

Oh, it was grand,  
peering through the trees  
down the path just taken,  
and across the lake,  
which is now a pond,  
the barn, the tents,  
the home of our hearts,  
so small in reality,  
so large in our heart's mind.

*Arline Terrell*

Some old photos from Arline



Fay and Stoney and Arline



Shirley Paukalis, Kate, Arline and Flip

## Seeds Sprouted at Noyes Camp and Colorful Noyes Flowers Grew with Rhythm In Florida

February was a wonderful time of year to have experienced a **Noyes Florida**, dancing in life's rhythms . (Feb. 21-23, 2014).

The seeds were "planted" in Jennifer's special garden two years ago in front of Nuralla's tent while I was talking with Nurallah at Noyes. More inspiring conversations continued near June's beautiful flower garden at Noyes in 2013 with Jennifer, Chris and Nurallah as we were closing camp. These seeds of Noyes colorful rhythm grew, nurtured by Nurallah, and Chris our pianist, with their untiring planning and guidance. They tended these seeds into a grand and glorious garden of our own, outside, inside and all around Nurallah's Gainesville neighborhood, including two churches with large areas to dance, for an unforgettable weekend in Gainesville, Florida.

Nurallah picked many vegetables and spices from her garden and cooked the best soups for our traditional evening meal of soup and salad the very first night of our planning sessions. Nurallah, Jennifer, Chris, Meg, and Mara, along with myself, enabled these seeds to grow and blossom into new Noyes colorful rhythms. Nurallah's friends and guests were happily greeted by us, and were directed to choose one of the colorful tunics that graced the long hallway walls. Jennifer led a beautiful technique class (see her expressions about how she patiently, and with love, inspired these flowers to bloom!)

After a brief break, I followed the next class with a very short introduction of myself, Florence Fleming Noyes, and "The Red Book-Rhythm for Dance and Art," I spoke of the inspiration and importance of creative arts, dance, music, writing, poetry, Greek myths and nature (the four elements,) with an open invitation to our 2014 Summer Camp, as I gave out brochures.

The class started with taped music with a general stretch: finger, wrist, and elbow rotations, then stretches of the neck and shoulders. The preparation to teach and comfortably experience the seal technique was the main goal. I demonstrated the seal, and soon we had many in the "water and on the rocks sunning" in the warm Florida breezes coming alive with smooth consistency and seriousness, followed by gaiety, laughter and relaxation.

During class, many people were inspired by our readings from the "Red Book," the music, and glancing out the glass windows and sliding doors. We noticed many of the art objects and pictures in Nurallah's house along accompanied by my Noyes patter of inspiration and creativity.

I was going to start or finish the class with some of Scott Joplin's Ragtime tunes, adapted to the local space, spirit and energy of our blooming flowers! Cornella, our long time Florida Noyes inspirational master teacher was very helpful and encouraging with suggestions and ideas. She continues to plant seeds and grow flowers in South Florida. Do you want to grow Noyes Flowers in the winter in Florida someday?

We can thank Nancy and June for starting these extended Noyes weekend gatherings, with the long time experiences many of us have been so blessed to have had, and to Trudi and Skeeter for the Shenandoah South, VA gatherings, and now Nurallah and Chris with the Gainesville, Florida experience.

Yes together, We can experience Noyes Rhythm for long weekends wherever we go, just as our Noyes families did in the past.

Martha Mathews

From Nurallah Eleanor Briseno

After imaginings with Meg, Chris & others last summer, plus the many phone calls & planning stages online with Chris, for which I was most grateful, the day came to welcome "Noyesians" to my Florida home. Thursday saw the airport pickup of Martha, shopping & home, then we welcomed Chris via taxi drop off from the JAX Airport. We then finally a meal and reunion with Birdie. We retired to sleep on the fruition of our dreams. I was still busy late that evening with some last minute inquiries via emails.

Friday morning brought us to the Florida Museum of Natural History where the FAMED Chris's Caterpillars were found! (see caterpillar video by Jennifer and Chris.) The classes of technique, taught by Birdie & Martha, & attended by 7 locals, were beautifully designed stretches to introduce Noyes to beginners. Saturday Morning was the most successful participation with 19 of us bursting into the Rhythm of Chris on the piano and Meg & Mara's exquisite classes that allowed for real rhythmic movement which inspired, released & renewed.

Judging from the glances of delight and the comments and conversations following, we are starting a revolution in Florida! What followed next at my home was a lovely luncheon, singing & sharing from the heart! That evening we enjoyed a Saturday night combination of serious pieces by Meg & Mara, the Selkies Masque led by Mara, and Martha's reading of Arlene's Haiku with spontaneous gaiety from the group. Sunday's culmination with only Noyesians present was a sweet ending of a fruitful weekend of Noyes Experience!

Nurallah



Martha ran into Susan Brender in Florida and got a chance to spend some time with her





from Jennifer (Birdie) Speich

I was quite inspired to attend a mid-season Noyes experience in Florida, hosted by Nuralla at her lovely home thus I made the effort to do so, and agreed to lead or share an introductory technique class with a group of Nuralla's friends and acquaintances.

The previous week I met with Cornella and we shared some of our understanding of the Noyes work and I felt buoyed up and further inspired.

Upon arrival, after dark, I was treated to a delicious meal prepared by Nuralla, and as she had been a cook for a season at Camp, I knew I was in for something special. Chris Chalfant and Martha Mathews kept me company and I felt warmly welcomed. (Much like my two Noyes North Experiences!!!)

After supper, Martha and I went to work and began planning our classes for Friday, while Chris and Nuralla went and explored the churches hosting the classes for Saturday and Sunday taught by Mara and Meg.

Realizing the limited space for the amount of participants, I decided to do 3 techniques after a brief introduction and reading. The techniques I chose were the caterpillar, with music found on CD "To a Wild Rose," and the parallel stretch both on the floor and upright. I chose a Bach piece for the stretch but didn't get to it. Nuralla had many inspiring nature pieces and pictorial magazines to choose from, and I brought notes taken from my "teacher in training" days.

I began the class by introducing myself and inviting the ladies to sit on the floor in a circle. I read a brief description from FFN (Florence Fleming Noyes) on Noyes Rhythm. I used a blown up earth ball to toss to each other and when one received the earth ball, she called out her name and then tossed it to another so that we could familiarize ourselves with each others' names. Then I passed around a large conch shell. We listened to the sound of the sea and talked about rhythms of the earth and sea. We stood up and I introduced the units and spaces focusing on the light and air filling the spaces. Bringing the idea that the caterpillar has units and spaces as well, I began the demonstration of the relaxing forward as the top unit drops forward the space following each unit or part falling forward into the abyss of reversibility and relaxation. The weight shifting forward and then coming back up from the fourth unit moving forward, and the weight shifting back and on up to the clouds. We did it a few times in silence, and I asked if there were any questions. I think there was one. Then we did the technique to the music, and Nurallah showed me how to do the repeat on the playback machine and we continued until the next class lead by Martha.

Saturday continued with 2 beautiful classes given by Mara and Meg. Saturday night followed with Haiku by Arlene (Gaia) and read by Martha with Chris at the piano for a lovely time.

I felt very renewed, refreshed and kindled by the many new faces and close sharing of my fellow Noyes campers and friends.

## Noyes Very South

I arrived on the Friday afternoon at Nurallah's in Gainesville, FL, in the middle of class. I drove 5 hours to get there. I missed Birdi's class, which I heard was wonderful. Martha was teaching. Most of the people there I never saw before, but were clearly kindred spirits. Nurallah did an amazing job getting people to come and experience Noyes.

Saturday we had even more people, including Salina, Nurallah's daughter, who many of us know, and her daughter also. Chris, Meg, and I went early to a beautiful church hall to prepare. Meg taught the first class. I taught an updated version of the Selkies. Chris played. It was beautiful.

Back to Nurallah's, with soup and salad and songs and poems. Gaia/Arline was there.

Saturday night--surprisingly -- very few people came. I remember a question of what to do? Meg suggested, let's do Saturday Night! so we carried on. Arline was with us again. Meg and I did solos. We did the Selkies masque. We had Chris at the piano.

Back at Nurallah's, Questions arose. Nurallah knew her friends. She knew they loved the Rhythm that they had experienced, but had other demands on their time. She saw that none of them could come to the Sunday schedule, so we (the Noyesians who had come) could carry on very well at her house and save the rent of bigger space we didn't need. All of us were trying our best to do right thing, but there were strong different opinions about what that was. It was not easy. Penfield Hill Rd was far away.

A great blessing on Sunday. We went to different churches, I went with Nurallah, and one of the ladies who came on Saturday. I taught a recreation class in the afternoon at Nurallah's house. And we talked after. I think we all made peace and thanksgiving with the blessings and challenges of this great adventure.

Mara

**From Martha Mathews:**

### **Noyes Rhythm Expressions Exponentially**

Cornella is having a grand time teaching piano weekly to her students in Boynton Beach, Florida. While visiting Cornella, her students came to her home for their lesson to get experience playing on her Baby Grand piano to prepare them for their Florida Atlantic Association judging experience in hopes of moving up to the next step.

I greeted five students and took advantage of the moment to teach them a firm hand shake with a warm greeting, and a happy smile using sincere eye contact. They were open to practice this several times in anticipation of meeting their new judge the following Saturday.

After gathering for light conversation, Cornella explained the plan for the morning and the boys decided among them the order for their lessons. The "audience" took their chairs to listen and watch. Every now and then, Cornella engaged the listening boys to tell of their listening experiences. Questions and answers followed. She encouraged them to play the music as though the composer had intended it to sound. The boys and Cornella talked about how to get more color, expression, and different levels of sound when playing to make it their own.

A pizza lunch with fruit juice, and Martha's fresh baked brownies were served on the outdoor balcony. Looking down as we felt the soft breezes, coming from the forces of the ocean, we saw the surfers catching the rhythms of the ocean waves which eventually were bringing them onto the white sandy beach with grace. The colorful swimmers were enjoying jumping the waves and or/ riding the waves. The boys had fun spotting the first ship or, barge in the distance which allowed for interesting conversation.

The small airplane soaring over head, caught our attention with humming sounds of the motor and the colorful dancing banner telling the story of something happening in the town. These rhythms and sounds were also expressing our joy, excitement and gratitude for their successful and joyous piano sharing lessons.

With their bellies full, a renewed sense of confidence and the assurance expressed on their faces, the boys offered a firm hand shake to practice their skills and say good bye.

This happening was certainly expressing and showing us the "Inner and Outer" movements of Rhythm and music which are entwined with our bodies, mind, and spirits for which we are all Thankful!



Cornella, Martha and Cornella's students



Martha and Cornella

**From Laura Lutton**

Greetings Noyesians,

It's been a few years since my last visit to camp, but I always have Rhythm in the recesses of my mind and actually keep an old camp postcard on my desk at work! Being out in Northern California and working in the 8-5 job structure limits my ability to break free in the summers for camp, given limited vacation time. Anyhow, I've relocated from Oakland to the North Bay in lovely Healdsburg, which is in the heart of wine country! I was offered a job working as a Marriage and Family Therapist intern for Sonoma County. I work with a specialized team providing clinical services to dually diagnosed adults. It's hard core, but I'm leaning a lot and hope to complete my clinical hours and get licensed in the next couple of years. It's been a long haul, but one that has been made easier knowing that respite at Noyes is just around the bend. As we used to sing at the Jr. Camp, "If I had the wings of a turtledove, back to old Noyes camp I'd fly, I'd crawl, and there I would stay with those campers.... second verse, same as the first!" I look forward to finishing that song with you at campfire!

Love and sunshine from Northern California,  
Laura

This is from our Mother (Laura's mother), Nurse Mary, at the Jr. Camp:

"In the spring of my junior year in college--1963-- I stopped by the office of the guidance counselor. I said I was looking for work for the summer. When she asked what I could do, I responded that I had taught swimming for the Louisville parks & recreation department. She said that her mother, Marion Anderson played the piano @ a dance, rhythm camp in Connecticut. Since I had the wanderlust, I knew the job of waterfront director was for me.

That July I boarded a Greyhound bus for Chicago, stayed overnight in Marion's apt., boarding the Erie-Lackawanna train for NYC the following morning. In N.Y. We changed for a train to Connecticut. Marion was a hoot. We pretty much talked & laughed the whole journey.

The first time I saw the pavilion @ Junior Camp, I was in heaven. I loved wearing a tunic & gliding across the pavilion floor with the graceful bodies of Jan & Barbara.

In those days, senior camp was off limits unless invited. One evening some counselors & I walked over. When we saw those grand ladies of all ages moving as though they were blessed creatures of the forest, it was like entering Midsummer Nights Dream.

Years later I returned to Noyes---in the 70s--with my daughters, Laura & Marguerite, as the Junior Camp nurse. At that time, Gayle Partlow slept in the attic, where we spent many evenings talking about the origins of Noyes & Florence Noyes, who, unlike Isadora Duncan, did not abandon her pupils & went on to found a school of rhythm & dance.

Noyes introduced me to my body, & Barbara Litchmann convinced me that I could learn to move in beautiful harmony with nature. I remember her adjusting my legs so I could begin to move as though I were a bear! Just a few Noyes memories. Mary

## From Marguerite Lutton:

Noyes has been an integral part of my life for as long as I can remember, my mother met Marion, who told her about it, on a train from Louisville to NYC in the 60s and shortly thereafter spent a summer as the waterfront director. My sister Laura and I followed suit to Junior camp year after year throughout the 70s and 80s and then moved on to Senior Camp in the 90s. For all of us, the experience has been nothing less than life shaping as well as having provided an underlying richness of emotional fabric, deep and bountiful. Being NYC girls, we were ever so lucky to disappear into the Great Hill Lake's cool shores barefoot and bold for five weeks at a time, just long enough to wipe a bit of the city grit from our souls.

Today, I carry Noyes in pocket like a worry stone or spiritual mantra that I call upon often. What a treat to have such a sacred memory in place amidst the digital, crowded, overstimulated society I get to play in everyday. It is my safe place, my precious Noyes.

In real time, I'm happy to report that I got married last year, adding another precious safe place to my repertoire, my new union. It took some time, but they finally made it legal for me to have a wife in California, and so it is.Carolynn Coal and I were united in October surrounded by friends, family, and an outpouring of love. We galloped and flew off into the sunset and have been galloping ever since.

At the advertising agency I worked at today someone was playing Cat Steven's "Morning Has Broken" and In a beat I was there; the cold pavilion floor, Marion on the piano, summer sun falling behind the trees, sweet evening air, and a voice inside me smiled and said, "thank you". And then I went about my day.

I'm attaching a wedding picture, why not!? Use it if you like. Also, if anyone is interested in seeing what I've been up to professionally for the past few decades, feel free to visit my website, [margueritelutton.com](http://margueritelutton.com)





From Bobbi Bailin:

My Art and the Circle Dancing are keeping me busy. I run a week-long retreat in June in Woods Hole, MA and urge you to join us. Woods Hole has been voted by Smithsonian as one of 20 best towns (it's actually a village) to visit in the US in 2014, and this is an inexpensive way to have a seaside vacation with all-day and evening dance options. We hope to have a Noyes week there sometime.

I'll be spending the entire month of July teaching at 7 different venues in England and then in Geneva! AND, I'm looking forward to offering a Noyes technique class next month in Concord. But after all that travel, I probably won't make it to camp this summer.

I do miss you all when I don't get there, and I especially miss how light and free I feel after a week of Noyes Rhythm.

From Sidni Jones:

I'm still enjoying my retirement but I'm so busy that I have to remind myself that I supposed to be retired! My "encore" job is giving me many opportunities to travel both near and far. I have driven over 15,000 miles in the last six months delivering "recovered" luggage for the airlines. Fortunately, I LOVE driving my new car. I spent a month in New Orleans annoying my family and I'm saving for a trip to Barcelona in October where I plan to annoy some of my book group friends. I'm also doing some tutoring and one Wednesday a month I am the Story Lady for Toddler Story Time at the local library. Of course, I have to come home and take a nap afterwards! I'm so looking forward to many Noyesean experiences this year.

From Athena (Sarah W.):

I am still playing lots of competitive bridge but did get to take one of the Noyes Concord workshops which was lovely and well attended. I have started to teach beginning bridge. I tried a (almost free) cruise in December with a bridge teacher/friend. I assisted her with teaching and running a bridge game during sea days. We went from Miami to Los Angeles through the Panama Canal stopping in a number of ports. In May Dick and I are going to England to walk in the countryside and visit friends. I have been active in a fundraising effort to house all the chronically homeless in the Nashua area and in three and a half months we have raised almost \$100,00 which astonishes me. We seem to be riding a wave of good will and compassion. I hope it continues. I hope to see you all this summer.

PS I apologize for this minimal newsletter. Our house was getting new wood floors and the computer broke while I was trying to assemble it. SW

From Mary Ann Buckley:

Hi, We had a good but very long and snowy winter here in CT. (And beautiful! I kept reminding myself of that as I maneuvered through snow, ice, and some pretty amazing mud.) We spent much of the winter ( well, Mike mainly) renovating our small barn into a library. It's GREAT...esp. since I have a serious book obsession. Lena is in the process of choosing a college...at present, she's leaning toward Pratt ( where both her parents went) but she's got some other exciting options so we plan to be hitting the road almost immediately; as well as, pouring over financial aid packages. Echo just had successful surgery on one foot...to help correct ravages of Juvenile Rheumatic Arthritis. She's still riding unicycles and walking on those huge stilts but no more toe shoes. Tyus also graduates next month. I can't believe it! When he first came to live with us I was scared I wouldn't live long enough to see him through. Now, he'll be done with college and I think of him as about eight. Times sure does fly.

I,of course, have been thinking a lot about Noyes...I've always loved our paths, but lately, I've been thinking of them as sort of natural labyrinths and fallen ever more in love with them...so this fall, I started a path of my own, here...it's unfinished,of course, and smaller than the ones at Camp...and it doesn't have all that great energy of being trod upon by so many loved and cherished Campers...but it does lead me to think of you and is very special on its own.

The other thing that I've been struck by is how lovely our technique names are...crescent stretch, forest breathing, etc. Finally,in exercise the other day being told yet again to push the heel of my hand in opposition to the soul of my foot...I said at Noyes Camp this is called "Passing Rhythms"...creating quite a pleasurable ripple effect. We are very lucky.

This is much longer than I intended...so I'll just add that I've been busily taking wonderful free courses on line...Yale, UC Berkely, Harvard...amazing, isn't it... and I still am deplorably amateur at maneuvering my computer. See you soon, I hope. Take care. Travel safely. Love, MAB