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Enclosures

Summary Sheet, Address List, AGM Minutes, Newsletter Survey Form, The Legacy of the Past, Order Form, Notes Bars and Other Matters, Conference Booking Form, Chinewrde North West Workshop Booking Form, Clog Stepping Workshop Boking Form, Morris Matters Enrolement Form, Diary Sheet.

President's Prologue

Janet Dowling

The clocks have gone back, the nights are getting darker earlier, the autumn classes are buzzing anew with people learning new things- and some of them are trying out Morris dancing for the first time.

We have recently had a lot of media interest in the Morris - some of it negative - but that plays to our hand. A comment that "Morris dancing has no future" from Norman Tebbit and some Lady in the House of Lords, quoted on the Today programme on Radio 4, led to a flurry of letters from Morris Dancers, and one from myself, which was read out on air on the day of the London Day of Dance which gave a nice plug to the event. Its worth responding to at every opportunity.

One of the most useful things that I have found in dealing with the media is the results of the Age Analysis survey that we did last year. The media like facts and figures, and I seem to be able to quote them at the drop of a hat! There have also been different students ringing for information, and permission to quote the survey- so somewhere out there a lot of analysis of the Morris is going on.

Steven Fry was recently misquoting someone about "there are two things that one should only try once, incest and morris dancing!" I hope you all responded in an appropriate manner. Similarly a recent programme on the BBC on Canterbury, featured Morris dancing as deriving from pagan origins - there is no clear evidence for that and in some local communities that can be difficult for current day Morris Dancers. Remind them that Morris Dancing is as pagan as Christmas - but make sure you tell them.

With the Millenium approaching, and the proposed devolution of Wales and Scotland, the English will start to look for tangible evidence of their own culture. Purists may dismiss the Morris as "being moorish in origin, and therefore not English", but again there is no clear evidence for that, and with the earliest records going back to 1400's I think 500 years is long enough to make it our own.

So take pride in upholding our English Traditional Heritage - take each opportunity that arises to respond, and don't wait for some one else to do it.

Janet Dowling

Editorial

Jude Nancarrow

Thanks indeed to Mad Jacks and Daisy Roots for hosting the AGM and Weekend of Dance, more info concerning this later in the newsletter.

On the events side, a new name and face to conjure with: Jethro Anderson, and Steve's last piece- contained within this are details for a Step Dance Special Interest Group in Wantage, a Cotswold weekend with Roy Dommett in Wantage, and a North West workshop with Chinewrde; booking forms available in this issue.

Rhian is hard at work illustrating dances, and has some questions for you about research and new dances. The next Notation Group meeting is 7th December, and finally lots of info for steppers about forthcoming events and gatherings.

Lynn is still requesting newspaper articles, and includes an excerpt from the archives latest acquisition. Details also of the 5th Morris conference.

There is an AGM update from Beth together with pleas from both Rachel and Beth concerning renewals.

There are an enormous number of enclosures with this months newsletter, amongst these is a questionnaire about the newsletter itself. If you wish to see a change in any aspect of the newsletter, please complete the questionnaire and return it to me. Please discuss this amongst your side and let us know what you would like to see. This is in response to discussions held at the AGM where concerns were raised about the spelling errors and page setting mistakes in the last issue. In particular, people were concerned that the format was offputting and not inviting to read. There were a lot of good ideas suggested, so we have decided to review the newsletter format.

We have two inclusions for the Focus on Youth section this time. From Standon Green some comments from the young people themselves, and from Solstice, a group I saw at Otley Folk Festival, they worked very hard putting on a splendid performance all around the town and were greatly appreciated by their audience and by the other Morris sides performing with them.

Dancing at Festivals Abroad

Are your team interested in dancing at Festivals abroad? There is quite a demand for ENGLISH DANCE TEAMS in festivals abroad. This is co-ordinated through an organisation called CIOFF and the English representative is Derek Schofield.

If you are interested contact Derek, who will send you form to register and possibly match you with one of the festivals. He would also be interested in hearing from other teams who have danced abroad.

Derek Schofield,
2 Carisbrook Close,
Wistaston,
Crewe CW2 8JD

Thanks

My thanks to those who have submitted articles for inclusion in this issue, namely Barley Brigg, Cardiff Ladies Morris, Kris Lawrence and the Maldon Greenjackets.

Please send submissions for the next newsletter by 5th February 1998.

And finally, wishing you all a Merry Christmas and a very Happy New Year.

General Beth Neill

My main report is that of the proceedings at the AGM. The full proceedings should be included with this mailing but for those who only want the outlines... We had quite a crowded hall, in spite of there being a little confusion over the venue and timing of the AGM - I'm sorry to those few who turned up at the venue I had notified you about in the formal AGM notice - only to discover that in fact the organisers had found a different venue (but they forgot to tell me - so I couldn't tell you!!). One problem we will have to remind future organisers about is that acoustics are variable - the AGM usually seems to be held in school halls with low ceilings - and this year we had a problem with people not being audible which I don't recall being so bad in previous years. In spite of this there were some worthwhile discussions.

The main focus of discussion was to try to bring the constitution and standing orders up to date and reflect the needs of the current membership - we now have far more individuals and people dancing in more than one team than before. For those who have still got their notice of the proposed changes, most of these were carried, with the exception of the voting card idea, which although we spent a whole afternoon at a committee meeting trying to get the phrasing clear and unambiguous, was rapidly shown to be untenable as written. So we're having another think about that.

Sally Wearing was proposed as an Honorary Life Member and accepted. There was a moments uncertainty when someone from the floor queried why Hon Life members have the vote and the prospect of no "free" vote after all was looming before her - but the point was clarified. (In case you wonder, the Friend of the Federation category carries no vote and is more akin to non voting Honorary membership in other organisations. Our Honorary members do have a vote - all five of them!)

Steve Cunio stood down as Events Officer and having said in his closing speech that he was the only male committee member ever - guess what, we elected a male successor to him! Jethro Anderson of Pigsty was duly welcomed as the new Events Officer. We look forward to his ideas. The rest of the committee are unchanged. With a bit of luck there will be some up-to-date photos on the back of the newsletter this time as I went round the AGM taking shots of us.

That's it for this year from me. Enjoy the rest of the year and make Rachel and me really happy by filling in the registration forms fairly soon after you get them - it is so much easier to get the directory as complete as possible early in the year rather than having to delete entries, only to add them a couple of months later. Can I add that if you give an e-mail address on the form - please do also notify Kevin Taylor directly. It will be updated quicker that way and you run less risk of transcription errors.

Beth Neill

Technical Services (Notation) Rhian Collinson

Having wrapped up one dancing season, the weather having turned cold and with the nights getting longer, it is time for all dedicated Notation Officers to turn their attention to their computers and settle down to serious tasks. Mindful of this I have been learning COREL DRAW in order to produce illustrations for MF publications. I won't bore you with the difficulties of understanding the user manual. After two weeks I have mastered drawing sets of stick people facing in various directions. Much more difficult has been drawing curves to represent the paths that the dancers have to follow in figures. Although it has been frustrating at times I have enjoyed myself, but it takes a long time to do just one diagram. At least Hinton is finally on the way to completion.

Jane Marsh has sent me a copy of her booklet on the history of morris for the Information Series. The MF committee has agreed that I should have overall editorial control over our publications so I have scrutinised the copy before sending it on to Val Parker. I hope that it will be ready for publication in the near future.

A meeting of the Notation Group is planned for 7th December. We will be looking at the on-going projects and deciding on ones for the future. Almost all the work of this group has been on Cotswold traditions, maybe this should change. Since I took office most of the requests for individual dance notations have been for North West about which I admit to knowing very little. So here are some questions and requests for North West team leaders out there. Please reply!

How do you get new dances for your repertoire? Do you write down the notation of new dances which you create? Is there a need for a central resource of NW dances or do you have your own network/mafia for passing things on? If you are doing research, let me know, maybe we should publish it. Finally, if I get requests for help or information to whom should I pass them on?

Finally I draw the attention of all step dancers to the STEPPERS SPECIAL INTEREST GROUP information which was sent to me by Jenny Slade and which is included in the newsletter.

Technical Services (Archive) Lynn Rogers

I know I won't be alone in saying how enjoyable I found the AGM weekend in Hastings. The weather was perfect, the atmosphere was wonderful and it was lovely to walk around the town and find dancing at every corner. I had only paid a brief visit to Hastings until this year. Now, having attended both Jack in the Green and the AGM I have to say I'm hooked. If you've not been before make it one of your resolutions for the New Year.

Thank you to everyone who has sent or offered to send me newspaper articles. It's thrown up some interesting items I wouldn't otherwise have seen such as some cartoon strips of "The Perishers" featuring Morris and an article about a trip by Victory Morris to China - in Chinese! Please keep the contributions coming.

The latest addition to the archive is a doctoral thesis by Elaine Bradtke entitled "Molly Dancing and the Seven Champions: Postmodernism and the Re-invention of Tradition". The following quote from the abstract describes the content of the study: "The English folk revival, in recent decades, has seen the revival and re-invention of genres which had been heretofore ignored. One of the most influential groups in the revival is the Seven Champions Molly Dancers. Since their foundation in 1978, they have been at the forefront of innovation in the display dance field. The Seven Champions, their history, performance, practice and repertoire are the focus of this study. They are compared with pre-revival Molly dancers, as well as dancers from the late twentieth century Molly dance revival. The purpose of this investigation is to discern why well educated middle-class people find it fulfilling to perform a dance form once relegated to rowdy, disreputable, uneducated lower-class agricultural workers from an earlier era."

Finally a date for your diary - The 5th Morris Conference entitled "Notes, Bars and Other Matters" will be held on October 24th 1998.

Events - Steve Cunio

ANNUAL GENERAL MEETING AND WEEKEND OF DANCE

1997 - Hastings : For this years day of dance, we tried a slightly different format. Because of the layout of Hastings, it is possible to have walking tours rotating between a few venues, with each tour dancing at all of the venues in turn. The big advantage of this, if you are not attached to a team, is that you just have to sit and wait, and all the entertainment is brought to you! Which is exactly what we did. Sitting in the sun, with a pint in hand, and waiting for people to move to you to entertain you, was a very pleasant way to spend a warm September afternoon. Thanks must go to the two host teams, Mad Jacks and Daisy Roots, for the hard work they put into organising the weekend.

1998 - Skipton : Hosted by The Flag Crackers of Craven. Plans for next years event are well under way. Full details will probably be published in the next newsletter. In the mean time, keep the last weekend in September (25-27) free. If you have been unable to get to an AGM weekend recently, because they have all been down South, this is your chance.

WORKSHOPS

Mumming

We had a mumming workshop last weekend (1-2 November). There should be a full report in the next newsletter, but I would like to thank Thomas and Nicky Dommatt, Richard Farmer, and Pete Robson for contributing to the event and Rosemary and Henry Lovegrove and Jane Marsh (from Babylon, the hosts) for helping with the shopping, cooking and other domestic duties.

North West Morris - the Chinewrde way

Chinewrde are a long established North West Morris team from Kenilworth, in Warwickshire. They were a great hit a couple of years ago, at the Sidmouth folk festival, with their workshops, particularly, being a great success. We are very pleased to have them running this workshop for us. The event will take place in Kenilworth on the 14th February 1998. Unfortunately, the venue is limited to 40 dancers, so, in the first instance, each team will be restricted to four dancers each. If there is space, more will be accepted later See the enclosed booking form for more details.

Step Dance Special Interest Group - Wantage

Last March, we held the inaugural Step Dance Special Interest Group day. This was hosted by Tanglefoot Clog from Wantage, and the dancing was taught by Geoff Hughes. This year, we are going to repeat the event with a different tutor, Chris Metherell, from the Newcastle Cloggies. Again, see the booking form for full details. If you are interested in step dancing and would like to be involved in the group, but live too far away from Wantage to get to this event, do not worry. We have a couple of offers in the pipeline to run similar events in different parts of the country. Contact the new Events Officer, Jethro Anderson for more information.

Cotswold weekend at Wantage with Roy Dommatt

This is an advance notice for the next Roy Dommatt in Wantage weekend, which will take place on 2-4 October 1998. The format of the event is changing somewhat this year, but full details were not available at the time of writing. However, if you are interested in Cotswold, and would like a real overdose of Morris next October, keep the dates free and look out for the booking forms.

Events - Steve Cunio

And finally...

Somebody said that I ought to say something to mark the end of eight years in office. I've now been Events Officer for longer than any "real" job I've had. There have been problems and times when I've felt like giving it all up, but those will fade with time. The best bits of the job, which I will remember, are things like looking around at the end of a workshop and seeing an exhausted bunch of people who have obviously been having a great time or the thank you letters which occasionally arrive sometime after an event.

I'd like to wish Jethro luck in the job, and I hope he enjoys it as much as I have. I also want to thank all those fellow committee members who have put up with my wittering at meetings, all those people who have helped in any way with AGMs or with workshops. And, most of all I'd like to thank Jane Marsh (or Shaw as most of you probably know her) who has put up with me for the last five years.

I have no intentions of giving up dancing, so I hope to see many of you at some time in the future. Thanks

Events Officer 1998 - ? An Introduction from Jethro Anderson

On December 31st Steve completes eight years as EO and is standing down (or will have stood down by the time you read this) and I step into his shoes/clogs. His tenure will be a hard act to follow - for as long as I have been attending Federation workshops and Annual General Meetings Steve has been there: organising efficiently, if not quietly, behind the scenes.

I started Morris dancing in the mid-seventies with a young, vigorous Ring Team in Nottingham and later joined and became Squire of Leicester Morris. During that period I learnt much about dance style and technique from the likes of Bert Cleaver of Greensleeves Morris Men and, when starting a mixed North West Morris club called Serjeant Musgrave's Dance, from Trefor Owen of Wakefield Morris. During my sojourn in the East Midlands I was for some years resident musician with Greenwood Clog Dancers.

When I moved to Bristol in 1984 I quickly realised that the excellent local Ring side was not the home that I was seeking (and for other reasons neither was the mixed team operating out of the University). Thus was Pigsty Morris born - the inspiration of one Tony Fowler - the team of which I was, until recently, foreman for ten years. My long-suffering step-dancing wife, Lynn, joined Beetlecrushers on her arrival in the South-West and I became a musician for them for about five years.

Whilst no longer foreman of Pigsty, I still dance and, after a fashion, play for them. I also play for English Clog and Canadian step dancing with a new group in Bristol called City Clickers. In spare evenings I tote myself a round the scene as a dance caller.

I have to thank the Federation for many things. For opening my eyes to the many varied and wonderful ways that one can approach Cotswold Morris. For the realisation that Russell Wortley's arguments in the A-Z of Morris were deeply flawed. In particular, a life-changing experience at a weekend instructional on 'Teaching Cotswold Morris' where I met many people who have since become friends and where the undeveloped notions that I had about developing dance with a group of people were challenged and placed on a much sounder footing.

It is with great pleasure therefore that I am now able to serve the Federation as Events Officer. Whilst I do have some ideas for workshops in the months to come, I will be seeking not only expertise but also inspiration from you during the next few months. I look forward to meeting and drinking dancing with many of you during the next year.

Financial Services

Rachel Pinkney

Once again it is time for the yearly reminders:

Please ensure your renewal form and remittance reaches me by 31st December as your Public Liability Insurance cover ceases at the end of the year and is only renewed on the date I receive the form and remittance, try not to leave a gap in this insurance.

If you are one of those teams who are worried about the cover letter being dated yearly from August to August, have no fear, we make sure you are covered from 1st January to 31st December of the current membership year. Group Personal Accident Insurance runs from 1st

February to 31st January and the renewal deadline for this is 20th January 1998. This insurance is an optional extra completely separate from the public liability insurance and all team members must be declared. One cannot get overseas cover unless they also take out U.K. cover.

Please note that teams sending cheques returned by the bank (not signed, overdrawn, etc) will be required to pay the bank charge of 5.00 per cheque before membership is recognised.

Here's wishing you all a very happy Christmas and all the best for the New Year.

The Abingdon Traditional Morris Dancers

Awarded The 1978 Europa Prize For Folk-Art



In response to the circular from Colne Royal and the Britannia Coconut Dancers, the following statement confirms our policy about the publication and teaching of the Abingdon Morris Dances:

THE ABINGDON MORRIS DANCES- PUBLICATION PERFORMANCE AND TEACHING

The Abingdon Traditional Morris Dancers confirm their request that the Abingdon dances remain unpublished, and that all others refrain from performing or teaching them.

The reasons for this request have been most recently stated in the American Morris newsletter. Briefly, the Abingdon dances are only one component of the Abingdon tradition, which comprises the Ock Street Horns, The Mayor of Ock Street and finally the dances themselves. The tradition as a whole would be damaged if one component- the dances- were performed out of context. Also it is highly likely that other sides would dance only a few favourites, which would devalue the other dances in the tradition.

The policy of making our request and our reasons widely known has worked well for many years in the UK. We acknowledge the voluntary restraint

shown by other sides, and thank them for making a positive contribution to the well being of the Abingdon tradition.

We have no objections to genuine academic study of the Abingdon tradition, provided that researchers come to Abingdon and make their observations first-hand. We co-operate fully with researchers and archivists who are prepared to do this. (note: Roy Dommett recorded the Abingdon tradition whilst he was a member of the side, but he has also respected the sides wishes with regard to publication and teaching)

There must be a clear distinction between publishing dances for academic study and teaching them to other Morris enthusiasts. No matter how well-meaning, teaching the dances cannot be justified under "academic privilege". therefore we repeat our simple request that the Abingdon dances are not taught to others- at all.

Other traditional sides have similar reasons for not wanting their dances or traditions to be copied and taught. We support them; and we ask all other Morris sides and dancers to show them the same courtesy that they show us.

Stuart Jackson- Mayor of Ock Street

Ivan Henson- Bagman

Diary -- Winter 1997

DECEMBER

19 Ragged and Old Mummers - Ram, Woodchester, Ram, Bursage and Bell, Avening.

26 BOXING DAY

Daisy Roots - Winkle Island, Hastings, E. Sussex

Three Shires - The Bluebell and The Beehive, Harthill, near Sheffield, with Harthill Morris Men

Chingford Morris Men - The Angel and the Market Place, Waltham Abbey and the Duke of Wellington, High Beach

Pennyroyal Garland Dancers - Packington Morris Boxing Day Traditional Celebrations, Bull & Lion, Packington, Leicestershire

Jackstraws Morris celebrates being 21 years old at The Ship, (A325) Farnborough Hants

31 NEW YEAR'S EVE

Babylon - New Year's Eve party, Corscome Village Hall, Dorset - (guests welcome, 01935 841241 for details)

JANUARY

1 NEW YEAR'S DAY

Babylon - "Hangover tour" Broadwindsor & Waytown, Dorset

31 English Miscellany - Barn Dance, Alban Arena, St Albans (details: Alan Reimer 01701 336632)

MARCH

7th Jackstraws Morris 21st celebrations: Barn Dance at St. Johns Hall, Tilford Surrey.

APRIL

25 Pennyroyal Garland Dancers - Tamworth Folk Moot, Tamworth, Staffs

MAY

1 Dawn

Daisy Roots - Ladies' Parlour, Hastings Castle, Hastings

24-28 Pennyroyal Garland Dancers - Normandy Excursion, Caen, France

JUNE

20th Jackstraws Morris Day of Dance 21st Birthday celebrations with an open invite to a Barn Dance at St. Johns Hall Tilford Surrey

Steppers Special Interest Group

Did you know that there is a special interest group for steppers within the Morris Federation? We held a workshop earlier this year, hosted by Tanglefoot Step Clog in Wantage. Geoff Hughes taught us a 6 step hornpipe routine, and by the end of the workshop most of us had it. People came from a wide area, and we had a useful and enjoyable day. We're hoping to make this an annual event.

Dates for your diary:

Morris Federation Step Clog workshop Sat 14 March '98, again hosted by Tanglefoot Clog in Wantage Contact the Events Officer (Jethro) on 0117942 5182 for more details or to book a place.

Tap Dance Festival 20-23 March '98 in Burnham-on-sea, Somerset. This might be of general interest to steppers, for more details contact Amateur Tap Dancers, 24 Rawlheys Place, West Drayton, Middlesex UB7 9NQ or phone 0990 331199

Footloose Festival 3-5 April '98 in Matlock. Workshops including Appalachian, Cape Breton, Irish American, Tap, French Canadian etc. etc. Phone Dave or Dot Wheeler on 01629 734517 or email DaveFFest@aol.com. There is also a festival web page

Newcastle Cloggies Weekend 24-26 April '98 in

Northumberland There will be workshops on :

North East Hornpipe -
(BEGINNERS)

Marion Cowper's waltz -
(INTERMEDIATE)

Lily of Laguna -
(INTERMEDIATE)

Lakeland steps from the Flett
collection -

(INTRRMEDIATE)

Alex Woodcock's rags
(ADVANCED)

Elsie Willis' Double Hornpipe
(ADVANCED)

Ednie Wilson's waltz
(ADVANCED)

More details from Janet Hyde, 3 Hilden Gardens, Cochrane Park, Newcastle NE7 7LA 0191 266 5927 email alice@metherell.demon.co.uk There is also a web page at <http://www.metherell.demon.co.uk/weekend.htm>

East Lancashire Clog Weekend 12-14 June '98 at Oswaldtwistle Mills, Accrington Displays and a barn dance on Saturday, followed by the 6th East Lancashire Clog dancing competitions and championships on Sunday. Contact Mrs S Biggar, 88 Plantation Street, Accrington, Lancashire or phone 01254 399437

Has this been useful, interesting, informative? Please tell us what you'd like from this Special Interest Group, and what else you would like included on this sheet.

See back page for contact details.

In Remembrance:

We were very sorry to hear that Gordon Crowther, who for many years had organised "Scarborough Fayre" festival, died at the end of November. Many people who have taken part in the festival will have known Gordon, as well as his many other friends throughout the Morris world. He will be remembered with great fondness.

Barley Brigg Morris



Entente Cordiale Barley Briggs visit to France

Barley Brigg- the Peasenhall based North West Morris side has returned from its first foreign tour flushed (or should it be tanned) with success. They danced and played to appreciative audiences on the North coast of Brittany while camping at a site with spectacular views at Cap Horn near Port Lazo. Highlights of the trip included a Fest-Noz at Kermaria where 2,500 people joined in a village festival featuring Breton dancers and musicians and to complement the the Celtic proceedings, Suffolk clog dancers. It may not have been entirely "traditionelle", but it didn't matter. A great time was had by all and Barley Brigg were immediately booked to appear the following night in the neighbouring town of Plouha.

Guingamp was the scene of a major Breton dance festival with dancers from many villages and towns in the region competing for a coveted trophy. But the bill also included pipers from Scotland, drummers from Senegal and for one afternoon only- Barley Brigg. What was striking for a group of Morris Dancers used to performing in front of pubs in England, was the enthusiasm of the local population. One could attract a crowd of a hundred in a minute or two and they would stay for two or three dances- which was all one could manage at a stretch with temperatures in the nineties.

Paimpol shanty festival featured singers on three trawlers in the harbour alongside assorted dancers and musicians on shore. Barley Brigg danced in front of the Cornish pavillion to promote inter-country and inter-county relations and were duly rewarded with Cornish pasties, cakes and ale!

The longest trip from the sides base at Plouezec was to Floret de Quenecan near Mur de Bretagne at the invitation of Trevor, ex trombone player with Flowers and Frolics. Barley danced in a clearing in the middle of the Forest where hundreds of locals had gathered at a chapel dedicated to St Ignatius Loyola. In between church services, a procession to a waterfall and lunch- served at long tables covered with white cloths- the side performed ankle crunching renditions of various dances on the forest path. the tour was greatly enhanced by the presence of Sizewell Gap who took the opportunity to entertain the local populace with their unique blend of music.

Brittany is a great place to visit for dancers and musucians. Alongside the sea, sun, food, wine and local cider there are many festivals, and audiences are very appreciative. It is helpful however, if at least one member of the party is fluent in French- or better still- Breton!

If you are interested in joining Barley Brigg as a musician or dancer- previous experience is not necessary- contact the sides squire Martyn Burnside at Swan Gallop, Peasenhall, Suffolk IP17 2HJ tel 01728 660276.

Focus on Youth

Standon Green

"I like clog dancing because it is fun and very enjoyable. Although it can be hard work, most of the time I do enjoy going out to different places and dancing out with other groups. I also enjoy clog dancing because it is a great hobby and you get to meet new friends."

Emma Potter
Age 12.

" I am 10 years old and I have been clog dancing for 4 years. I like clog dancing because I can meet some of my friends, we dance at lots of different places, it is good exercise and good fun."

Cathy Harrison.

"I enjoy doing clog dancing because it keeps you fit in a fun way. I have been dancing for 4 years now and have enjoyed every minute so far. I would definately reccommend it to anyone who would like to do it.

I personally like travelling and since I have been clog dancing I have been to many places which I had not been to before. It is a great experience for me and I am sure for the other dancers as well.

Donna Giles
Age 14

Solstice

Solstice is a side of dncers, musicians and actors based at Pocklington School near York, an independant day and boarding school. The side has been in existance since 1990.

Membership changes as people come and go, but most are with us for several years. Permanent and founding members are John Peel an early music specialist who also plays professionally for "Fairfax" and "Estampie" and who can usually be seen with bagpipes, John Williamson, also of Pomfret Morris and "Stonecracker John" ceilidh band who plays melodeon; and drama teacher Alan Heaven who doesn't play anything but bangs a drum vigorously.

The performers' ages range from 13 to 18 and both sexes are included in all dances. This gender mixture sometimes causes purists to ask to which tradition we belong, not always politely unfortunately. Our answer is that we embrace all traditions and are bound to none, preferring to leave that to others. Our aim is not so much to promote any single set of conventions as to promote excitement range and fun of all English folk dance plus a few other dance forms.

Our sources are eclectic: Max Longsword; Renaissance Martial Dances; Border; Cotswold; Rapper; and Mummers plays both old and new. We look particularly for rarely performed dances

and plays, but are not averse to making up our own if necessary.

The appearance of the side also shifts from time to time. We have for example worn masks, wigs and tatters; sometimes flat caps and white collarless shirts; now we're considering returning to the Border image with which we began. It depends on what inspires us, but constants are black trousers, boots and bright waistcoats.

Solstice can be found at a wide range of venues, from folk festivals to stately homes; museums to city centres. We have a professional image which uses dances banners and a masked Green Man who is the centrepiece. Our season runs roughly from May to October- but outside of this we also visit schools and indoor venues to give performances and workshops.

To put it briefly: folk dance and street theatre are living, vital forces which we combine, adapt or adhere to according to the needs of the occasion or the side. We rehearse weekly and enjoy what we do. Like everyone involved in Morris we want to communicate that enjoyment and demonstrate a good level of skill wherever we perform. Above all, we want to show tht traditional dance and drama are not just for the over 45's!!

Alan Heaven

Focus on Youth



Standon Green

Congratulations !

Our congratulations to Lynn and Mark Rogers on the birth of their daughter Zoë, who arrived at 11.27 on December 2nd, weighing in at 7 pounds and 15 ounces, ten days early !

The Maldon Greenjackets Sailing/Morris Weekend Rally

The Maldon Greenjackets can't be the only Morris side who sail as well as Morris. This note is to see if any other sides or individuals would be interested in a long weekend event which combines Sailing/ Morris Music. We are based in Maldon, Essex at the head of the Blackwater, so are thinking of a rally destination within cruising range of Maldon. (say 40 miles for a weekend) The outline programme we have in mind is something like:

Friday evening: Dance/music sessions

Saturday day : Daytime cruise/race/whatever (sail to another nearby venue for another dance)

Saturday evening: Music sessions and dancing for the real fanatics.

Sunday : Lunch time session.

There may be sailing Morris dancers and musicians who can't persuade their whole side to come, but who could bring just a few people, so we suggest there be a scratch side to cater for dancers short of a full side, with singers and musos who sail to swell the numbers.

If there is any interest in such an event, we can start looking for venues, tides etc. We had in mind fixing two alternative dates so that if foul weather knocks out the first there is an alternative.

If you are interested, contact me with some estimate of numbers (whole sides, bits and pieces, dancers, musicians, singers)

Mike Watson
3, Dykes Chase,
Maldon,
Essex CM9 6HP

01621 852941
mike@dykech.demon.co.uk

CARDIFF LADIES MORRIS

FOUNDER MEMBERS OF THE MORRIS FEDERATION

NOT 10 ...

NOT 15 ...

NOT 21 ...

BUT 25



Unfortunately not members but years - without a doubt we've something special to celebrate in 1998.

We wonder how many of the founder members of CLM could have believed that the side would still be flying the flag (banner, in our case) a quarter of a century later? Over the years we have had the usual flow - um - or ebb of members, as have other sides, when we needed to learn solo and double jigs and adapt dances for four people, but here we are ready to celebrate our SILVER YEAR.

We dance our own tradition called LLAREGGUB (English sub-title "{backwards}"), in the Cotswold style. We still follow the trend of the original side and tour local pubs every four to six weeks throughout the year. When we can, we travel to join in with other sides for day tours or weekends. Its always great to see the many friends we have made, as individuals and as a side, over the years, especially events like Jack-in-the-Green (May weekend, Hastings) which we have plagued and supported for the past dozen years or so.

SILVER SEASON 1998

Our two main events:-

Spring Capers **April 17th, 18th, 19th, 1998**

Believe it or not, actually based in Cardiff for the first time!

Anniversary Reunion **October 24th, 1998**

With this weekend we plan to repeat/excel our 21st bash and trace as many of the ex-members of CLM as we can. So if you are, or know any ex-members from our side, please make a note in your diary for Saturday, 24th October 1998. We'd love to put you on our mailing list so please phone or E-mail to establish contact NOW.

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Pain Free Morris Dancing

As an active Morris Dancer since 1975, I have undoubtedly suffered the aches and pains of the rest of you- and I don't only mean the hangovers! I've hobbled around in the morning until the legs felt fit enough to greet the new day, massaged my legs with various different unpleasantly smelling ointments, stood with my toes on the kerb as a vague attempt to stretch the muscles before dancing (if and when I remembered) been to physiotherapists, had ultrasound treatment etc. But of all my attempts to alleviate the pain my most recent discovery has been the most successful, easiest and cheapest of the lot. So much so that I have asked permission to have this article published by the Morris Federation.

About ten weeks ago I was introduced to a device called "Bioflow". This is a marvellous device which is designed to mimic the method of Magnotherapy, a proven hospital technique for pain relief, but greatly simplified to make it affordable and accessible to anyone. It is usually worn around the wrist like a watch or bracelet, or can be worn around the ankle. Various different designs have been produced not only for humans but for animals (if anyone reads the Daily Mail, on Tuesday November 18th 1997, there was a magnificent example of the success with a horse which after 1,300 of veterinary bills had been all but written off, - 130 worth of Bioflow units put the horse back into competition form - such success with animals must destroy the myth that it is all in the mind! There are numerous success stories of both humans and animals suffering with arthritis, rheumatism, gout, migraines, dead limbs, low/high blood pressure, ME MS raynauds disease etc and with accelerated healing of operations, muscular strain and inflammation etc. I have various personal successes also - but, for

years before wearing Bioflow I suffered dreadfully from tendinitis, and now I don't - that's good enough for me.

I dance with two Morris sides at present and have introduced other members of the sides to "Bioflow " - they are happy with the results, so I really feel it would be immoral for me not to spread this information further afield.

The manufacturer of "Bioflow is totally British; a company called Ecoflow based in Saltash in Cornwall. Should anyone wish to try Bioflow, or want more information please contact me at the address below.

"Bioflow comes with two guarantees: the first a 60 day money back guarantee if not satisfied, and the second, that it retains its magnetic properties for life. Many people are sceptical. but the best way to find out is by giving it a try, as I did.

Finally, let me remind you that whatever else you do, please never forget that there is no substitute for warm-ups when dancing - this device can help existing problems, and my experience shows that it will also help to stave off future problems, but warm ups remain essential.

Kris Lawrence BSc (Hons)
Squire of Heart and Sole Clog & Foreman of
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