

CDS Boston News

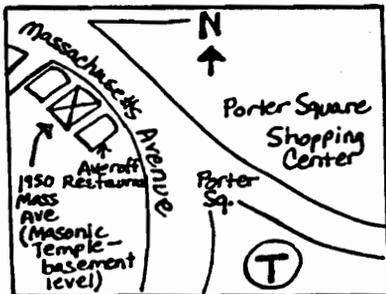


APRIL-MAY 1987

MOVING ALONG WITH FACONE, NEFFA, AND RSCDS

Along with the above dance organizations, CDS has moved to a new office (see map below). A successful open house was held on 3/29, complete with dancing and live music (of course!) The move ends many months of chasing real estate in the greater Boston area. George Fogg continues to check the office for CDS mail and messages.

Very big thank-yous to Harvey Cohen, Sandy and Bob Borden, Frank Nichols, Mary Stafford, Mary Blomberg, Alex Humez, and George Fogg for moving us!



1950 Massachusetts Avenue
Cambridge, MA 02140
(Porter Sq. next to the Averoff Restaurant)



DO YOU REMEMBER YOUR FIRST DANCE?

Sweaty palms, two left feet...
Friendly faces, amazing music...
If you remember the first time you went to a dance, whether it was last month or 15 years ago, write it down and mail it to the News.



MY FIRST DANCE...

My first experience with English Country dancing occurred almost fourteen years ago. Married, the mother of four young children, and on the verge of my thirtieth birthday, I felt the need for a change in routine and some time by myself.

As the representative of the Providence chapter of the American Recorder Society, I often received brochures from related organizations. A packet arrived from the CDSS advertising a series of week-long camp experiences in nearby Plymouth, MA. I had never done any English dancing, but the idea of a week in the woods, dancing and swimming- with no diapers to change!- was very appealing.

At Pinewoods that summer, I was housed in Trumpet Vine (no longer used), about a half mile from the camphouse area. I walked to the first evening's dance, flashlight in hand, through the warm pine-scented dusk. Everything was very still and I was feeling a little out of place and lonely, when suddenly, as I came over the hill, the sound of music reached me. My heart quickened and I hurried toward the sound, fumbling and stumbling down the path toward C#. How magical it seemed- a fairy ring of lights and music and swirling dancers.

The evening remains a blur in my mind. I remember dancing Jamaica and The Black Nag. I'm not sure how I did- but people kept smiling and I don't remember any major breakdowns.

As I walked back to my cabin, my head was full of tunes and steps. I lay awake in bed, too excited to sleep, anxious for morning to come with classes and more dancing. Since then, dancing and Pinewoods have been a wonderful part of my life. And even now, many years after that first summer night, when the sound of the music reaches out to me, my heart quickens and I hurry to join in that fairy ring.

- Maureen Robbins

THIS SHOULD COME AS NO SURPRISE!

Peter Elson, Toronto fitness consultant, in a recent article writes:

"Dancing in my opinion is the best all-round fitness activity in existence. It's fun, it's highly sociable and non-competitive. It's an excellent way to tone muscles and, depending on the type of music, dancing can provide more than adequate exercise pulse rates. Even moderate dancing can burn more than 300 calories an hour. If you spend only 15 minutes dancing every day, it's better than another more strenuous activity done only two or three times a week."

PETER ELSON'S FITNESS ACTIVITY INDEX*

Activity	Relax- ation	Flexi- bility	Muscle- Tone	Cardio- vascular fitness	Weight control
Dancing	10**	7	8	9	9
Cross-country skiing	4	8	10	10	10
Cycling	9	6	8	9	10
Jogging	7	6	7	10	10
Swimming	9	6	7	8	10
Yoga	10	10	4	3	3
Squash	3	5	6	8	7
Tennis	5	5	5	6	7
Golf	4	5	4	4	3
Sailing	10	4	4	3	2
T.M.	10	1	1	1	1

* Listed in order of over-all benefit
** On a relative scale from 1 to 10

Reprinted from FACONE's FOLKNEWS 9/86



Hal-an-tow, Jolly Rumble-o
For we are up as soon as any day,
And for to fetch the summer home,
The summer and the May, O,
For summer is a-come, O
and winter is a-gone, O.

-from an English song



WE'RE WITH YOU, CINDY

Cindy Green has contributed enormously to the dancing "quality-of-life" all of us have enjoyed over the years. Cindy is currently at UMass Hospital in Worcester, paralyzed from the waist down. You can send your get-well thoughts and wishes to her at 5 Paradox Drive, Worcester, MA 01602.

HERE'S YOUR CHANCE!

We're looking for a CDS Mailing Coordinator- someone to organize CDS News and flyer mailings, which generally happen at the Tuesday and/or Wednesday evening dances. THIS IS A GOLDEN OPPORTUNITY FOR YOU TO DO SOMETHING FOR YOUR DANCE ORGANIZATION! See Rich Jackson at a dance, or call him at 525-2068.

A very special THANKS goes to retiring Mailing Coordinator Laurie Buchanan, whose other responsibilities (like work!) are getting in the way. The CDS News couldn't have existed without her!

FROM THE ARCHIVE

The iris was a purple ribbon along the pond's margin when the Boston Centre came to Pinewoods Camp, June 25-28, for its annual weekend. Brisk sunny weather was but one factor in the success of the outing. Mrs. Conant's bountiful meals played their part. The friendly, cooperative spirit of the 115 dancers contributed. But most important of all was the thorough preliminary planning and hard work of a lay committee headed by John Lóf and of the professional staff. Morris and sword dances as well as country dances were taught by Louise Chapin, Evelyn Wells, Bob Hider, Kenneth Knowles and Duncan Hay. At intervals throughout the busy day, there was time for swimming, boating, and just plain loafing. A pleasant addition to the group were the 10 young people who attended on scholarships to which members had contributed. After supper, Evelyn Wells told of the sources of some of our dance tunes whild Melville Smith illustrated at the piano. On each of the three evenings, all campers came together in C# for a gay evening of country dancing. The inspiring music of "Brownie" Elise Nichols, Dick and Beth Best, Jock Loud, and Melville Smith made all the dancing a delight. (Note- John Lóf is a retired Professor at the Univ. of Conn., but still lives in Storrs, Conn. with his wife, Ruth. - From the CDS NEWS. 1948.

The first of May is Garland Day,
So please remember the garland.
We don't come here but once a year,
So please remember the garland.

-from Sussex, England



COUNTRY DANCE SOCIETY, BOSTON CENTRE
EVENTS OF INTEREST TO OUR MEMBERSHIP

EASTERN MASSACHUSETTS

BARNSTABLE VILLAGE, MA - ENGLISH COUNTRY DANCE, Francis Worrell leader, 2nd and 4th Fridays except 4/24, 7:30 Barnstable Unitarian Church, Route 6A, 362-9570

CAMBRIDGE, MA - BOSTON CENTRE SPRING RITUAL SERIES
STARTING APRIL 29 - RAPPER SWORD, Stephen Anderson teaching

PLYMOUTH MA

BOSTON CENTRE '87 EVENTS AT PINEWOODS CAMP

- 1) FIRST WEEKEND - FRIDAY EVE 6/19 to SUNDAY AFTERNOON 6/21
Chair Joe and Robin Kynoch 877-1168
- 2) JULY 4TH WEEKEND - THURSDAY AFTERNOON 7/2 to MONDAY MORNING 7/6
Chair Jim Ialeggio 643-0342, Rich Jackson 525-2068
- 3) ENGLISH-SCOTTISH - MONDAY AFTERNOON 7/6 to FRIDAY MORNING 7/10
CDS contacts Sandra Borden 878-4446
- 4) LABOR DAY WEEKEND - SATURDAY AFTERNOON 9/5 to TUESDAY MORNING 9/8
Chair Mary Etter 648-8190, Harvey Cohen 877-9065

NATIONAL CDSS AT PINEWOODS (212)594-8833

- 1) 7/18-7/25 Early Music, Chair Grace Feldman
- 2) 7/25-8/1 Folk Music, Chair Jerry Epstein
- 3) 8/1-8/8 American Dance & Music, Chair Frank Hall
- 4) 8/8-8/15 Family Week, Chairs Rodney and Jane Miller
- 5) 8/15-8/22 English and American Dance, Chair Margaret Ann Martin
- 6) 8/22-8/29 English Dance, Chair Brad Foster
- 7) 8/29-9/5 Campers, Chairs Mitzie Collins and Tom Bohrer

NATICK MA - NEFFA Folk Festival, Natick High School, April 24-26

SOUTH WEYMOUTH, MA - ENGLISH COUNTRY DANCE, GEORGE FOGG, live music Ellen Mandigo and Cindy Philips. Mondays thru May 18, except first Mondays. 8:00-10:00 Old South Congregational Church 335-0818, 426-1048

OUTSIDE OF EASTERN MASSACHUSETTS

ALEXANDRIA, VA - Ball in honor of the Bicentennial of the constitution of the United States. Sat May 23, Gadsby's Tavern Museum, Reservations till 5/12 contact Living History Foundation, PO BOX 2962, Leesburg, VA 22075.

BRATTLEBORO, VT - 87 DAWN DANCE SCHEDULE: Sunday, May 24, Memorial Day; Saturday, July 4, Independence Day; Sunday, Sept 6, Labor Day; Thursday, Dec 31, New Year's Eve, 207 Main St, 8:00PM to 7:00 AM (802)387-5544, 387-4644

EAST DERRY, NH - ENGLISH COUNTRY DANCE SERIES - UPPER VILLAGE HALL, 3RD Sundays 7:00, Potluck 5:30, Callers B. Sayler or R. Jackson (603) 432-8558

SILVER SPRING, MD - WASHINGTON MAY BALL - Forest Glen Ballroom, Music by Liz Donaldson, Marty Taylor, & Steve Hickman, Reception 5:30, Banquet 6:15, Dance 8:00, Ice Cream party after dance, Contact Rich Galloway (301)589-0939

CDS, Boston Centre is interested in making more people aware of the many dance and music related activities of Boston Centre members and the nearby CDS centers and associates. All submissions must be in writing and received by Harvey Cohen, 54 Elda Road, Framingham, MA 01701 by May 15, for inclusion into the June newsletter.



For now the fragrant flowers do spring and sprout in seemly sort,
 The little birds do sit and sing, the lambs do make fine sport;
 And now the birchen-tree doth bud, that makes the schoolboy cry;
 The Morris rings, while hobby horse doth foot it feateously;
 The lords and ladies now abroad, for their disport and play,
 Do kiss sometimes upon the grass, and sometimes in the hay...
 Up then, I say, both young and old, both men and maids a-maying,
 With drums and guns that bounce aloud, and merry tabor playing!
 --from A Year of Festivals, Palmer and Lloyd

The Marshes of Mallow

Cal Howard



MUSIC FROM CAL HOWARD

The name of this tune was suggested by a friend and only later did I become aware of the double meaning. The plan on the word "marshmallow" is obvious, but it seems there is a species of flower called mallow, and yes, it grows mainly in marshes. I use the tune for both contra and Scottish dancing. The rather heavy feel to the phrasing makes it sound good with accordion but it's OK for fiddles too. I guess it has a vague Irish feel to it. I composed a contra dance of the same name with this tune in mind."

The News welcomes original dances and music in every issue. Send c/o Editor.



THANKS IN ORDER

Special thanks to the many contributors to this issue: CDS Archive, Harvey Cohen, Betty Hoskins, Cal Howard, Joe Kynoch, Carole Ramsdell, Maureen Robbins. Thanks also to the folks who helped with the mailing. Next News deadline is May 17. Send your ideas, comments, suggestions, news items to Editor Robin Kynoch, 500 Grove St., Framingham, MA 01701 by the deadline or else!

PINEWOODS UPDATE

First Weekend at Pinewoods 6/19-21
 Still some spaces available - call 877-1168 for more information.
July 4th Weekend 7/2-7/6
 Application deadline is 4/15. For more information, call 525-2068
English-Scottish Week 7/5-7/10
 May be spaces left. Call 354-1340.
Labor Day Weekend 9/5-9/8
 Flyer is available. Call 354-1340.
 THINK SUMMER *** THINK SUMMER



BE AN ENGLISH COOK!

No experience necessary! Chop, stir, bake. Meet with fellow dancers while making such English delights as Cornish Pasties, Victoria Sponge, Egg and Sausage Supreme... some of the traditional foods from England that the CDS- Boston Centre will be selling this year at NEFFA, April 24-26.

Your help is needed at one of the "Cooking Days", to be held on April 11, 12, 18, and 23 in Cambridge. Call Carole Ramsdell (497-7490) to say you'll come to help with the preparations.

Other ways to participate: bake something and donate it to the booth. Desserts are always popular. Or sign up to work at the booth- spend a couple of hours either selling food or helping in the kitchen.

Don't forget to stop by the food booth for your meals at NEFFA. A highlight of this year's menu is the Saturday afternoon "High Tea", complete with china teapots, tea sandwiches, pastries, and savories.

Friday night there'll be a fish dinner served. Breakfast items will be on the menu. Staples such as sandwiches and a hearty soup will be available, as well as other simple foods that appeal to kids of all ages. And of course, LEMONADE!

The CDS Food Booth is one of the major fundraising activities of the year. Proceeds help subsidize the weekly CDS activities as well as special events. A successful Food Booth goes a long way toward an active year for CDS!
-Carole Ramsdell

THE TRUMPINGTON LADIES' CRUNCHY CHOCOLATE BISCUITS

4 oz. butter 3 Tblsp. sugar 2 Tblsp. cocoa
6 Tblsp. dark corn syrup. 1 lb. Honey Grahams, broken

Melt butter, sugar, syrup over low heat, but don't allow it to boil. Add cocoa and mix well. Remove mixture from heat and stir in crushed and broken Honey Grahams. Press mixture into well-greased square cake pan and leave overnight in a cool place to set. Cut biscuits into squares or thin biscuits. Makes 15.

Of course, you could also bake brownies!



Country Dance Society, Boston Centre
1950 Massachusetts Avenue
Cambridge, MA 02140
Telephone: (617) 354-1340



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FORWARDING AND ADDRESS
CORRECTION REQUESTED

Salute to Ted Sannella June 6- Details on enclosed flyer