

The Running Hare dance performance

Lantern Dance Theatre Company

SUNDAY 24TH JUNE 3:00 P.M.
The Paradise Centre, Newnham Street, Ely

The Field - The River - The Running Hare

Welcome to the first performance of *The Running Hare*, part of the Isle of Ely Arts Festival. The show is inspired by farmer and writer John Lewis-Stempel's book "The Running Hare", a fascinating account of how he used traditional farming methods in a wheat field, helping the land and its flora and fauna to regenerate. The emblem in the book of the recovery is the return to the field of a family of hares, who recreate age-old patterns of behaviour. The subject fits like a glove with the theme of this year's Arts Festival, "Flora and Fauna".

We've made our new work in three sections. "The Field" is about nature dying off and then coming back to life, as John Lewis-Stempel found in his field. The second section, "The River", weaves the mood of a summer afternoon with the story of the disappearance of a family of black swans from local waterways. Our dancers portray the river, the swans and people enjoying some free time along its banks.

The third section is "The Running Hare". Did you know that hares have a patron saint to look after them? The saint is Melangell, who lived in North Wales in the sixth century. Her legend, as published in 1770 by the Welsh historian Thomas Pennant, tells us that *"she was the daughter of an Irish monarch, who had determined to marry her to a nobleman of his court. She fled from her father's dominions and took refuge in this place, where she lived fifteen years without seeing the face of a man. The Prince of Powys, being one day a hare hunting, pursued his game till he came to a great thicket; when he was amazed to find a virgin of surpassing beauty, engaged in deep devotion, with the hare he had been pursuing under her robe, boldly facing the dogs, who retired to a distance howling. Even when the huntsman blew his horn, it stuck to his lips. The prince heard her story, and gave to God and her a parcel of lands, to be a sanctuary to all that fled there. He desired her to found an abbey on the spot. She did so, and died abbess at a good old age."*

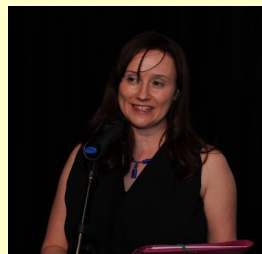
We loved the story of Melangell, the prince and the hare. We asked Kate Arthur, the 2017 Fenland Poet Laureate, to write a poem about them and to read it today as part of the performance. Imagine a forest in a deep valley in Wales long ago... Kate's wonderful poem will take you there and you'll meet Melangell in person.

PROGRAMME

1. The Field
2. Philip Mizen: *Music for a Bird* by Hans Martin Linde
3. The River
PAUSE for costume change
4. Kate Caoimhe Arthur: *St. Melangell and the Hare*
5. The Running Hare



Original artwork © 2018 Mesha Heading
Commissioned by Lantern



Kate Caoimhe Arthur
Fenland Poet Laureate



Philip Mizen



St. Melangell's Church,
Pennant Melangell, Powys



**Sanctuary
Housing**

The Running Hare was made possible by a grant from Sanctuary Housing's Grand Ideas Fund.

The Running Hare the performers

ABOUT LANTERN DANCE THEATRE Lantern is Ely's integrated contemporary dance company, in which people with and without disabilities train and perform on equal terms. There are about 20 members. About half have a disability. It was set up in 2005 by Helen Pettit along with her ballet school. Since then Helen has made literally dozens of new pieces for the company and Lantern has actively commissioned new music, visual art, costumes and, this year, poetry from locally-connected creative artists. We've commissioned choreography from professional integrated dance company Stopgap Dance, who made *Clear Space* and *Tall Tales & Short Stories* with us in creative learning workshops here in Ely, supported by the Isle of Ely Arts Festival. This is Lantern's fifth project for the Festival, after *Fenland Suite* (2014), *Clear Space* (2015), *Shakespeare's Flowers* (2016) and *Tiddy Mun* (2017).

Lantern is all about participation, enjoyment and achievement. For us, integrated means that everyone does everything together, all the time. It's active, energetic and fun. There are three basic rules: come to class every week, train hard and perform full on. Today's cast includes dancers from the integrated company and the ballet school. Everyone has worked very hard to create the performance.

We're thrilled that Lantern's Honorary Patron, Solomon Golding, is here today. Solomon, an Artist of the San Francisco Ballet, was the first black British male dancer at the Royal Ballet and is a founder member of our integrated company, having taken part in our first ever performance in 2005.

Kate Caoimhe Arthur was born in 1979 in Northern Ireland, and now lives in Cambridgeshire. She was the Fenland Poet Laureate in 2017. She was selected for the Best New British and Irish Poets anthology, published by Eyewear in 2018, and for the Poetry Ireland Introductions series in 2018. Lately she has loved spotting hares in the fields near her home.

Philip Mizen grew up in Ely and won a scholarship to study recorder and piano at Royal Birmingham Conservatoire, graduating in 2015. He gained the Diploma of the ABRSM in 2017 for his piano playing. A former member of Lantern and an exceptional performer, he composed and played a new recorder suite for Lantern's *Tiddy Mun* in 2017.

DANCERS

Lantern Dance Theatre Company

Lars Carr, Maia Constantinides, Ben Evans, Sarah Fiddy, Sofia Gibbs, Megan Gilkes, Róisín Gray, Eliza Jones, Beatrice Kehren, Lucy Marshall, Michiko McElgunn, Emily McLeish, Amelia Merrick, Tony Mills, Ellen Mitchell, Serena Neilson, William Novick, Oliver Rose, Jenny Thompson, Stephanie Watson, Amy Wilkinson, Verity Wilson.

Pupils of Lantern Dance Theatre School

Amethyst Amos, Misa Beard, Shiloh Corson, Trinity Corson, Sarah Cross, Emma Farmer, Erin Fitzgerald-Sutton, Cara Hartley, Lily Hurren, Jacque Mills, John Mills, Emily Nicol-Tooke, Lucy Novick, Aurea Rego, Anna Stephenson, Lucy Stephenson, Rose Tisi, Scott Waters, Jenny Wilman Nixon.

The Field - Lantern Dance Theatre Company.

The River - Lantern Dance Theatre Company.

Swans: Oliver Rose, Michiko McElgunn, Amy Wilkinson, Maia Constantinides.

The Running Hare - Lantern Dance Theatre Company and Pupils of Lantern Dance Theatre School.

Melangel: Lucy Marshall. Hare: William Novick. Irish King: Lars Carr. Prince of Powys: Oliver Rose.

MUSIC

The Field: Yann Tiersen, from *EUSA*; Nils Frahm, from *Spaces*.

The River: Eric Whitacre, *The River Cam*

The Running Hare: Ravel, *Daphnis & Chloe*; Glazunov, *The Seasons*;

Rimsky-Korsakov, *The Snow Maiden*; Stravinsky, *The Firebird*; Eric Whitacre, *Equus*.

PRODUCTION CREDITS

Choreography by Helen Pettit, Artistic Director

Costumes by Rebecca Valentine

Rehearsal Assistant: Julia Evans

Lighting by Nathan Jones

Produced by Jonathan Rogers

THANKS TO

East Cambs Arts Festival Committee

Sanctuary Housing Grand Ideas Fund

The Paradise Centre

Lantern's Licensed Chaperones

www.lanterndancecompany.co.uk Twitter: @LanternDanceCo

Date for your diary : Friday 17th August 1:10 p.m. "Spiritus" Lantern's annual performance in the Lady Chapel of Ely Cathedral. Free entry with Resident's Pass or Cathedral admission ticket.