Orchid House - world of sounds: Sound from around the world, between 3 am and 6 am

Other

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WELCOME

The Watching project is one of a kind. A thrilling exploration of sleep science through music, theatre and history, Watching promises to demonstrate the real impact that art can have on public health. The creative team are uniquely equipped to generate fresh interest in the vital yet forgotten question of sleep's crucial role in our lives. It is a pleasure to watch the project come to fruition in schools, and at Edinburgh's Royal Botanic Garden, in 2015.

—

RUSSELL FOSTER, Professor of Circadian Neuroscience and Head of Department of Ophthalmology, University of Oxford

FOREWORD BY KATHARINE CRAIK

“COME ALL THE DREAMERS – IT’S TIME.”

Welcome to the Royal Botanic Garden Edinburgh, and to Watching! We are looking forward to leading you by twilight on a musical promenade through the magic of falling sleep— and of staying awake past bedtime …

Tonight’s performance is part of a ground-breaking collaboration between musicians, historians, sleep scientists and primary schools which began in January 2014. Together we set out to explore how the history of sleep might shed light on our understanding of how and why we sleep today. The Garden provides an ideal backdrop for tonight’s show as Watching took its first inspiration from the strange and often mysterious connections between the sleep cycles of plants and people. Our current understanding of the human sleep cycle originated in the work of scientists who observed that the lives of plants— like those of humans— are governed by circadian rhythms which determine the movements of leaves and flowers in accordance with light sources in the environment. Watching uses the history of the Garden as a unique way into uncovering some of the questions which underpin modern research into sleep, and sleeplessness, while at the same time giving local children the opportunity to experience music and drama of exceptional quality.

Sleep science was developing rapidly in the seventeenth century when sleep was already regarded as one of the core factors for maintaining good health, and for leading a fulfilled life. Among the plants used to treat insomnia (or “watching”) were lettuce, violets, roses, chicory, sage and dill—all of which were growing in the early years of the physic garden Holyrood Park which would later develop into Edinburgh’s Royal Botanic Garden. Seventeenth-century physicians often made connections between plants with unusual sleep cycles and people with disturbed sleep, recommending treatments based on ‘sleepy’ plants for insomniacs and ‘wakeful’ plants for sleepyness. The story of Watching therefore centres on the mysterious properties of Hibiscus trionum, also known as the Venice Mallow, flower-for-an-hour or Goodnight-at-Noon— a plant which wakes up for only one hour to capture the sun’s rays before settling back down to sleep. Placing this story alongside other seventeenth-century beliefs about the miraculous, transformative properties of rest, and of restlessness, Watching aims to ignite new interest in the exciting but neglected question of how and why we sleep.

You can find out more about the project’s activities, together with links to advice about good sleep, on our website and blog: www.watching.eca.ed.ac.uk

Join us again in the Garden on Saturday 21 March, 1–4pm in the Palm House, for a family drop-in event about the history of sleep!

—

KATHARINE CRAIK, Librettist and researcher

FROM THE GARDEN

Performances by Music in the Community at the University of Edinburgh and local school children have become a regular and much valued part of the cultural life of the Royal Botanic Garden Edinburgh. We are very proud to be hosts to something which is so significant in the lives of those that take part. Watching adds a further dimension to this collaboration, as the Botanic Garden provides not only the setting for this innovative piece, but also through our historically important connection with medicinal plants we provide some of the inspiration. The RBGE began life as a physic garden serving apothecaries in the seventeenth century, witnessed the birth of modern medicine during the enlightenment and now, nearly 250 years on, we find herbal remedies enjoying a widespread resurgence. A glance at the herb tea shelves of any health shop shows that the idea of inducing sleep through the calming effects of certain soporific plants remains essential to the lives of many wakeful citizens of our modern world.

This is the 7th in a series of highly successful shows that have been staged in the Garden and conceived by composer Dee Isaacs. It is wonderful to see the Garden landscape being used so imaginatively. We are thrilled to be able to welcome you here and wish you a wonderful evening with us. We hope you enjoy the show and come back to see the Garden again soon.

—

IAN EDWARDS, Head of Exhibitions & Events
Music in the Community’s collaboration with RBGE began in 2002. What a privilege it is to create another performance here.

For the past few months Primary 7 from Leith Walk Primary School have worked with a team of University music students. The performance tonight is a real collaboration and sharing of vision and ideas but it is the children and students who have carried forward that vision with boundless enthusiasm.

Thank you one and all.

Sing to the day!
Sing to the day!

Shadows are melting, flickers of light.

Ice twangs and crackles as the sun rises.

On our journey through the garden and glasshouses please take care of the plants.

— DEE ISAACS

THE COMPANY

Composer / Artistic Director DEE ISAACS
Librettist/Researcher KATHARINE CRAIK
Director GERDA STEVENSON
Movement Artist SKYE REYNOLDS
Designer GILLIAN ARGO
Costume Designer ANNA COCCIA DIFFERO
Lighting Designer JONNIE CLOUGH
Sound Design MATTHEW COLLINGS and SEAN WILLIAMS
Production Manager DAVID SNEDDON
Lighting Technicians SAM JONES and MIKE SOMERVILLE
Sound Technicians DONALD BELL and KEVIN HAY
Wardrobe Mistress JESSICA BRETTLE
Stage Manager VICKY WILSON
Assistant Stage Manager CHRISTINE COLLINS
Set Construction JJ MCGREGOR,
BIG HOUSE EVENTS

Original sound recordings
ORCHID HOUSE: NICOL J CRAIG, CARL EDSTRÖM,
SIMON HART, KEVIN HAY, DEE ISAACS,
ROCCO VON JUNGENFELD, LOUISE MARTIN,
PETE SMITH, SHIORI USUI, CHRIS WATSON,
JUSTIN WILLIAMS, SEAN WILLIAMS

CAST
Frostbait, an Old Apothecary
FROSTFRAID LOGAN
Dewberry, a Young Apothecary
DOUGLAS HUDSON
Ada
CARLA LOVELL
Jay
PATRICE PODKOWA
Ada’s Nightmare
ADRIAN FARMER
Exotic Bird
SKYE REYNOLDS

WATCHING CHORUS
Badgers
STEPHEN GIRB
NIHAL MOHAMMAD
DEVANSH SHARMA
Moles
RAAIYESHA OJHA
RHONA RIX
KHUZAMAH SADDIQUE
Moths
FREYA MULLIN
IGOR RACICA
SANA ZAREEN
Bats
BECKY CODONA
HASAN IQBAL
GORDON TANT

SLEEPING CHORUS
SHAHMEER AHMED
ARYA ASKARI
ANIA BOZEK
FLORIN CALDARAR
ALISHA CHIISHTI
DAYNA GRACEY
REKHA KAUR SINGH
EMMA MONTGOMERY
LUCIE STEIG
DAVID PIETRZAK
PATRICKA POGODA
COURTNEY THOMSON

CHORUS OF NIGHTWATCHERS
Badgers
CHRISTINA RAIN
piano, saxophone
JESSICA BENNETT
obo, violin
KATY CAVANAGH
electric guitar
TIM DASHEK
ukulele, violin
ALYS DENNIS
flute
CIARA ELWES
voice
LINDSAY FERGUSON
harp
POLLY HARRIS

On our journey through the garden and glasshouses please take care of the plants.

— DEE ISAACS
worked with Dee and Music in the Community on several projects including Memories are made of this (Old College Quad, Edinburgh University), The City Sings (Grand Gallery, National Museum of Scotland), The Conference of the Birds and The Quicken Tree (Royal Botanic Garden Edinburgh). Other credits include: Aladdin and Robin Hood (Gala Theatre, Durham), Jesus Christ Superstar, Calamity Jane, Sound of Music, Beauty & the Beast and Footloose (King’s Theatre, Glasgow), Ladiymith Black Mambazo, Grease, Fame – the musical, Anything Goes, Annie and Oliver! (Edinburgh Playhouse), Scouting for Girls, Clean Bandit, Rizzle Kicks, Two Door Cinema Club and Professor Green (Cambridge).

ANNA COCCIAFIFERO [costume design] Anna specialises in site specific performance costume and enjoys collaborations with choreographers, musicians and other artists. Recent design includes On Common Ground with the Citizens theatre as part of the Culture 2014 celebrations; Build your Worlds at Turner Contemporary to open the Mondrian and The Quicken Tree (Royal Botanic Garden Edinburgh). Additional collaborations with movement artist Skye Reynolds include costume for Transmission using sound technology.

An artist in residence, she works in various primary and secondary schools and is currently resident at High View Primary School. Anna is looking forward to the collaboration with P7 at Leith Walk Primary School.

MATTHEW COLLINGS [sound design] Collings’s work contrasts the crushed guitars and textures of My Bloody Valentine or Sonic Youth with structures more akin to contemporary classical composers like Steve Reich or David Lang. His work is textural, melodic and often sonically overwhelming. He has performed at festivals all over the UK and Europe, and continues to be a prolific live presence. His audio-visual opera ‘with Jules Rawlinson, for strings, clarinet, electronics and real-time visuals, entitled A Requiem for Edward Snowden was premiered to a sell-out crowd in October 2014.

KATHARINE CRAIK [librettist] Katharine Craik, Principal Investigator of the Watching project, is a writer and academic committed to working at the crossroads between scholarly and creative practice. She has written libretti and produced for Glyndebourne’s Youth Opera Group, English National Opera’s Baylis programme, Aldeburgh Productions and W11 Opera. Future plans include a musical drama entitled Marina for the 400th anniversary of Shakespeare’s death in 2016.

IAN DODDS [film] Ian Dodds has worked professionally as a drama and documentary cameraman for nearly 20 years. He has shot many broadcast documentaries in various locations around the world most recently in Japan, North Iraq, Lebanon, India and Namibia. Dummy Jim is the fourth feature-length he has photographed. The first was To Xarasa (The Dawn) filmed in Greece, then Trouble Sleeping and Soach – The Inaccessible Pinnacle (Gaelic feature) both for the BBC. He has also written and directed three short drama films and is currently on the Painting Course at Leith School of Art.

JULIAN FURTUNA [actor] Julian Furtuna is a mime artist, puppeteer and director. He was born in Romania and now lives in France. He was trained in different theatre and cinema schools: the Bucarest Theatre and Cinema Conservatoire, the Marcel Marceau School of Mime in Paris, and the LEM –
**Douglas Hudson** [actor/musician] was born in Tanzania. His early experiences set in motion a deep love and appreciation for African art and culture, the roles that music and dance played in defining the self, any community and a nation's identity.

Dougie is an experienced music / dance performer, workshop leader and performance director. He works with local bands playing Salsa, African, Egyptian, Rock/Funk/Pop. Dougie also teaches movement and dance at the National Theatre of Scotland, and the part of Kirk in Outlying Islands for Firebrand Theatre. He spent most of 2013 giving 319 performances of The Woman In Black at the Fortune Theatre in London's West End.

**Carla Lovell** [Ada]
Hi my name is Carla and I am eleven years old and I will be playing Ada in the show Watching. I go to Leith Walk Primary School and it is a great school to be in. It gives a great education and I have made lots of friends. My hobbies are swimming, I am in a club called Inverleith and I train five times a week. In school my favourite subjects are writing, history, P.E. and science. I am really excited about Watching and so far I am really enjoying, I really like it!

**Patryk Pogoda** [Jay]
I am 11 years old and my favourite hobbies are football, playing Roblox on my Mum's computer, watching YouTube videos, helping my family members, playing on my x-box 360 and many more. I speak two languages and they are Polish and English. I enjoy speaking Polish because I am an expert at it and that makes me happy. The reason that I like Poland is that I have good friends there. That my other family members are there and I am an expert at it and that makes me happy. The reason that I like Poland is that I have good friends there. That my other family members are there and I am really enjoying, I really like it!

**David Sneddon** [production] has pursued a varied career in Production Management and Stage Management. He has Production Managed for 7:84 and Scottish Opera Education, and Stage Managed for a variety of companies over the years including the National Theatre of Scotland, 7:84, Vanishing Point, Scottish Opera, Catherine Claxton Dance, Derevo and Curious Seed.

**Dee Isaacs** [composer/artistic director] is lecturer in Music in the Community at the University of Edinburgh. Dee is passionate about the creation of music and its wider value and biannually she produces these performances in the Garden with friends, collaborators, students, and children...

For the past 20 years Dee has worked predominantly in the area of Music in the Community throughout Scotland and the UK. She has been commissioned by a wide range of professional arts bodies including Opera North, London Symphony Orchestra, Northern Sinfonia, Scottish Chamber Orchestra, Scottish Ballet, Magnetic North, Scottish Ensemble, Live Music Now, The Scottish Executive and Creative Scotland. In 2003 and 2006 she was nominated by the British Academy of Composers for Festus and Suspose Life. In 2012 she was awarded the Principal’s Medal by the University of Edinburgh for her work in music education and within communities both near and far.

**Crawford Logan** [actor]
Watching will be Crawford’s second appearance at the Botanics having narrated The Quickin Tree in 2012, and it’s great to be back in another crazy outdoors-in-March production! A well-known voice on radio for many years, his recent theatre work includes a community drama Tin Forest South-West in Penilee, Glasgow for National Theatre of Scotland, and the part of Outlying Islands for Firebrand Theatre.

Dee has worked extensively with young people as a teacher and choreographer including as Dance Artist-in-Residence with Imagine, and recently with DanceFest (Festival Theatre/ Dance Base) and Starcatchers. Skye has worked in post-war zones and with those living under dictatorship and is fascinated by the politics of ‘real life’. As an artist performer she is currently integrating body and voice, humour and exploring relationships with the audience. Projects include working with: Commonwealth Games 2014, Jo Fong, Wendy Houston, Janis Claxton Dance, Derevo and Curious Seed.

**Skye Reynolds** [movement director] is a performer, devisor and educator. Watching is her 4th collaboration with Music in the Community.
Gerda Stevenson [director] is an award-winning actor, writer, director, singer/songwriter. Her poetry, drama and prose have been published, staged and broadcast throughout Britain and abroad. She has directed many theatre productions, including an opera by William Sweeney, An TURUS, for Paragon Ensemble. She directed and performed in her own play Federer versus Murray (runner-up for the Best Scottish Contribution to Drama on the Edinburgh Fringe, 2011), which toured to New York in 2012, published there by Salmagundi. Her poetry collection If This Were Real was published by Smokestack Books, 2013, and she was winner of the YES Arts Festival Poetry Challenge, 2013. Currently writing her second poetry collection, she has just released an album of her own songs, Night Touches Day. www.gerdastevenson.co.uk

Sean Williams [sound designer] is a Leverhulme Early Career Research Fellow at the University of Edinburgh. An active performer using live electronics, he is a founder member of Grey Area and the Monosynth Orchestra playing original compositions, improvisations and existing pieces by Stockhausen, Wolff, Subotnik, Ono and others. He has designed sound art installations in Edinburgh, Perth, Dundee, Plymouth and Karlsruhe and has produced a weekly radio show called Voice On Record on Resonance FM.

Primary 7 Lots of us love football, art and having fun. We are a very creative and think of excellent ideas. In our class we have lots of jobs that we have to do and we are very responsible when doing the jobs. Primary 7 is a great class to be in and are up for a challenge anytime. Primary 7 always set their work to a very high standard. When we found out that we were doing Watching we were so excited and knew once we left Primary school we would never forget this experience 😊.

Thank you
This project has been generously supported by colleagues, collaborators and friends. Thanks to our supporters: The Wellcome Trust, Oxford Brookes University, The University of Edinburgh and Robin Leith Trust.

Generously supported by

Thank you

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Design/illustration: fogbank.co.uk
Music in the Community is a flourishing programme of undergraduate and postgraduate courses based in the Reid School of Music (ECA) at The University of Edinburgh. This initiative was set up by Professor Nigel Osborne in 1991, to offer a training course for music students, and was developed in response to a growing need for music to be more accessible across the community. For further information please contact D.Isaacs@ed.ac.uk

Camomile, Damask Rose, Heart’s Ease, White Poppy, Sage:
All these sleepy plants can be found in the pages of this programme. Can you find them?