



Newsletter



Volume 10
Issue 4
July 2017

From the Chair:



Happy July Everyone! I know that we are in the the midst of getting ready to attend National Seminar in Anaheim, CA in just a little over a week. There are several folks I know of from Area 11 planning on attending and I am looking forward to spending time with all of my fellow Handbell Musicians!!

In Area 11, we have just wrapped up our 2017 Young Ringers Camp that was a huge success!! Check out the pictures and the article about

the event. At YRC, our new Area 11 Youth Representative, Aaron Hill, was elected to represent youth on the Area 11 Board. We are very excited to get to know him and have his contributions on the Area 11 Board!

We are now turning our focus to planning events for the next year starting with Back to Bells in the Fall. If you are interested in hosting Back to Bells in your area, please let us know! Stay tuned for more information about Spring Rings. Super Bells Saturday and the 2018 Area 11 Festival coming out very soon!!

Also check out the article about protecting your hearing while ringing and the article from our Chair Elect, Lorrie Hart on membership.

If you are attending National Seminar, I will see you there! Have a great rest of summer and happy planning for all of the fall start up activities.

Thanks,
Shannon
Chair.area11@handbellmusicians.org

Area 11 Website
area11.handbellmusicians.org
National Office Website
Handbellmusicians.org

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Accepting Submissions for Special Feature Articles

If you and/or your choir would like to share an event you have participated in or organized, we would love to feature you in our Area 11 Newsletters. If you would like to submit an article, send your submissions, including any pictures you have, to Mary Moffett at Communications.area11@handbellmusicians.org. We're looking forward to hearing about the wonderful things happening with the handbell ringers in Area 11! You may also write an article on a topic of interest to the members of our area.

Read this issue's special feature article on page 5!

Special Feature Articles may be sent at any time and will be included in any future issue of our Area 11 Newsletter. You will receive an email telling you in which issue your article will be featured.

Reflections from Young Ringers Camp

Reflections from Young Ringers Camp

By Claudette Rothwell

Having just returned from our 2017 Area 11 Young Ringers Camp, I am still in awe of the amazing experiences we shared over the four days we were together! And if you know me, you have probably heard me say that attending Young Ringers Camp is always “the highlight of my summer”!! I love taking my youth to Young Ringers Camps. This was our 6th time attending. The excitement and anticipation of attending camp is what sustains my church youth bell program from year to year. Young Ringers Camp is built into the bell program at my church and fundraising is ongoing my Youth Choir are 5th-12th grade. That is a big age range, but I find that the types of activities provided at camp create a bonding experience. My ringers come home a more unified group and better ringers.



Over the past 12 years I have watched many young ringers grow up and become young adults! They have not only grown as handbell musicians, but personally they have grown in character and developed leadership skills. The “older” kids bond with the younger ones and become their mentors. Several years ago, the youth decided they wanted to have youth representation on our Area 11 Board, so we began electing a new Youth Rep at each camp. This year, we had seven young ringers come forward to run for that position. On our last night as we sit around the campfire, it is always a treat to hear their campaign speeches and why they want to be the Youth Rep, and to share their hopes and dreams for our organization, Handbell Musicians of America!

This year, we returned to Snow Mountain Ranch, a beautiful picturesque setting in the Colorado Rocky Mountains. We had 33 young ringers, ages 10 to 24 and 9 directors/chaperones attending. Marilyn Lake and Alex Guebert were our two very talented clinicians. Our days were filled with ringing, workshops, and recreational activities focused on team building. In between, there was lots of **FUN** going on!!!

Meet our new Area 11 Youth Representative

Aaron Hill is a seventh grader from Thornton, Colorado. He plays in the choir the “IncrediBELLS” at Summit of Peace Lutheran Church, under the direction of Anne Kleve.



My name is Aaron Hill, and I'm 12 years old. I've been doing music all my life; I started playing handbells when I was 5, and I've been playing piano for a few years. I really started to enjoy handbells about 3 years ago. I also enjoy football. I go to Summit Academy, and my favorite subjects are math and English. I wanted to be a youth representative because for the last three years I've taken a class called Young Entrepreneurs, and I love handbells and I will try my best to listen to everybody's ideas and put them together to make a decision that will make everyone happy. I'm extremely excited to be the youth representative and I can't wait to start.



Reflections from Young Ringers Camp

So what did the young ringers have to say about camp?

◆ *This bell camp has to be one of my favorites! Marilyn and Alex were so fun! We all bonded great with the other ringers, and I feel like we formed a little bell-ringing family! Can't wait for more fun!!*

◆ *Loved this camp!*

◆ *This was an awesome time! I loved all the activities and workshops. I learned a lot at the workshops especially mallet techniques from Alex. Also, Marilyn taught us that music can be sillier than it sounds! Thanks so much for a wonderful time!!*

◆ *Bell camp is so fun!!! Not only do we get to ring but we also go hiking, do workshops and experience the outdoors! I particularly loved using the fun percussion instruments I would otherwise never get to try.*

◆ *Handbell camp offers a variety of experiences for all levels of ringers, which is very unique. I have enjoyed watching the younger ringers grow and enhance their skills over the course of 3 days, which is very impressive. Older ringers are challenged, and enjoy making music. Marilyn brought the unexpected with her bucket drumming and black light cups. Alex was so knowledgeable and fun. His mallet workshop is something I will take with me the next several ringing years of my life. I love the mix of meeting new ringers, seeing old friends, and bonding within my own choir. Sharing the Snow Mountain activities and dancing our hearts out is something I'll always remember. As the oldest participant and attendee of my third Area 11 Young Ringers Camp, this year was my favorite. We are so blessed to have this opportunity. Thank you to all who worked to make this possible!*

◆ *Bell camp is something I look forward to every year. The first days are always a little hard and tiring, but every time we ring together, I remember why I love bell camp so much! It's so powerful to ring with other youth that are as in love with music as you are, and to live in each other's lives for a few days. And to be with such talented musicians as Alex and Marilyn, and in this beautiful place, makes it all the better. Thank you, all of you here, for keeping this beautiful tradition alive!*

◆ *Bell camp is amazing! It was a lot of fun sight-reading certain songs! The first days are hard, but afterwards, it becomes easier every time we sight-read. When I was younger, bells were not my favorite, but once I got to know the instrument, it became better. The songs for this year were fun and enjoyable. This is my first bell camp, but it won't be my last! Thanks for everything – the conductors the rooms and the music! I liked bells before I came to camp, now I LOVE bells!*

◆ *I loved the music and the clinicians. They taught me so much and challenged me to become a better musician. Bell camp this year was amazing! I learned so many new things and met so many new people. One of my favorite things about camp was probably that I got the chance to ring a new position. I cannot wait for the next bell camp!*

◆ *I loved learning a new position and giving the bass clef a try. The conductors were great and the activities were a blast!*

◆ *I love bell camp! I always feel so accomplished after the closing concert. I am even more proud this time because I didn't need to mark my music as much. I loved playing bass clef for a change!*

◆ *This year was my first year at bell camp. It has been some of the funnest days of my life! I have made new friends!*


◆ *This whole experience has been such a gift. I feel so thankful that the Area included us "older kids" this year! I will treasure the memories and music made here forever! Thank you for the opportunity to connect with new friends and reconnect with old ones. Thank you from the bottom of my heart!*

If you would like to see some of what we did at bell camp, many of our pictures and videos are posted on our **Handbell Musicians of America Area 11** Facebook page. Our next Area 11 Young Ringers Camp will be held in 2019! Start planning **NOW** to bring your youth choir, or help us spread the word to other groups around the country!

It would be great to see you in 2019!!!

Reflections from Young Ringers Camp




Area 11
Handbell Musicians
OF AMERICA

Concert

Wednesday, June 14
6:30 pm
Administration Building
Rowley Room

Can't Stop the Ringin'
Young Ringers Camp

Handbell Musicians of America • Area 11
Snow Mountain Ranch • Granby, Colorado
June 11-15, 2017



Big group hug thanking Claudette!

Healthy Ringing – Protect Your Hearing

Lucky us! A star quarterback's days of glory may be numbered, but we handbell ringers can appreciate the companionship of fellow musicians and the joy of performing straight through our Golden Years. That is, if we can still hear. Have you ever considered the cumulative effect of handbell rehearsals on your hearing? My quick internet search turned up a few useful articles about handbells and hearing loss (see below), but not much by the way of scientific studies on the long-term effects of ringing. So I thought I'd put my grad classes in audiology to work for once and do a (not very scientific) study to convince my fellow handbell ringers to think about their hearing while they still have time to save it.

Poor hearing results from two causes—a mechanical one (like damaged bones) or an electrical one. Gradual hearing loss from repeated noise exposure is a sensorineural loss, which means the tiny hairs in your ear that pick up sound vibrations are damaged. These hairs convert vibrations to electrical signals. Your brain uses the signals to figure out what you're listening to. Once these hairs are gone, you can't grow them back. That's why you see landscape workers walking around with plugs sticking out of their ears as they blast leaves off the sidewalk—they're trying to limit the damage to the hairs of their inner ears.

So what constitutes *too loud*? The National Institute of Health warns that sounds over 85 decibels (db) begin to damage your hearing. So how do bells rate?

To help with this experiment, I installed two apps on my phone to check the decibel levels during my concert band rehearsal. I sit near the back of the band, in the French horn section. I just put my phone on my music stand and let it record the sound level. In our last rehearsal, one app recorded the db level averaging around 60, occasionally going above 90 db. The other app basically said we should all be deaf, spiking up to 120 during the rehearsal with alarming frequency. I don't know which was more accurate, but it's all I had to work with.

At a bell rehearsal, I just set the phone directly on the bell pad. The average decibel level on the first app was somewhat lower than at my band practice, peaking around 80 db. However, the tinker bells I played (G7 was the lowest) ding *right in front of my face*. I think proximity makes a difference, and more importantly, my bells *sound loud* to me, but my horn usually doesn't. I've been wearing a hearing aid since I was a teenager, and I'm probably more sensitive than most people to noise. Since everyone has a different noise tolerance level, use some intuition. If your ears hurt or you hear some continued ringing after rehearsal, the damage is already happening. Your best bet is to invest in some earplugs. You may miss some of the banter at rehearsal*, but your stereocilia will thank you. Here are two recommendations for plugs:

If you just want some basic protection, I LOVE the Alpine musicians' earplugs. Less than 20 bucks and easy to wear. https://smile.amazon.com/dp/B0032BYCWG/ref=cm_sw_r_cp_dp_T2_I7Puzb65CR54X

If you want to go the Deluxe Route, you can get custom-fitted plugs through any audiologist. I use Westone musician's plugs during band practice. If you're lucky enough to live near a college with an audiology clinic, you should consider using it for your consultation. For one thing, they're not trying to make a profit, but you're also educating a grad student who may never have helped a musician before. No worries--the supervising audiologist will be hovering around to make sure everything goes well. My plugs came through the University of Utah audiology clinic, and ran about \$200. First, you'll go in for an initial consultation and will need to have molds made of your ears. That's a bit icky, but the plugs are designed to fit snugly right in your ears, and your ears only. In retrospect, the colors I chose so I could tell them apart easily (red and blue) don't exactly match our concert attire, so I'd recommend getting clear plugs.

In short: keep your ringing in your hands and out of your ears! You'll be glad you did.

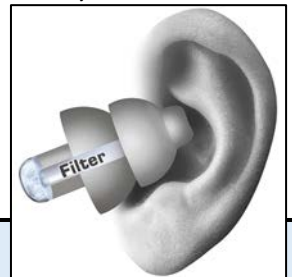
Jane Wolfarth, MS
Speech-Language Pathology

Useful resources:

<http://handbellfaq.com/faq/fagnoise.htm>

<https://handbells.com/hearing-protection/>

<http://www.nidcd.nih.gov/health/hearing/Pages/noise.aspx>



*note to my choir director Mary Moffett:

I have never one single time ever ever ever missed anything you've said in rehearsal. 😊

Area 11 Level 1 Handbell Certification Workshop this Fall

Level 1 Handbell Certification Offered in Area 11 This Fall

Area 11 is offering Level 1 Certification for
Conducting, Handbell Techniques, and **Music Theory**.

The Certification workshop will be on October 27-28, 2017 at the
Wellshire Presbyterian Church in Denver, Colorado.

This workshop will give you most of the coursework required
to receive Level 1 Certification.

Please consult the Handbell Musicians of America website for
Certification requirements and additional information

<http://certification.handbellmusicians.org>

For more detailed information about this workshop and to register for the event,
visit our Area 11 website at <http://area11.handbellmusicians.org/events-4/events/>

STRIKEPOINT *In Concert*

Monday, July 17 • 7:00 pm

**Park Hill United Methodist Church
5209 Montview Blvd., Denver**

Suggested donation: \$15

www.strikepoint.com

Handbell Musicians of America Membership

Area 11 Welcomes our New and Renewing Members

Sandy Barstow, WY
David Bates, CO
David Bytheway, UT
Shannon Casey, AZ
Dan Chandler, AZ
Lois Cook, NM
Jung Eun Csuy, AZ
Carolyn Deuel, WY
Elena Fox, AZ
Matthew Frable, AZ
Susan Hahn, CO
Jeffrey Harms, CO

Stephanie Hartung, AZ
Diana Hatch, UT
Matthew Hoehne, CO
Craig Laumann, CO
Larry Luna, NM
Robert Martin, AZ
Amy Jo Martinson, WY
Diona McDaniels, WY
Karen Miller, UT
Kim Montross, CO
Juliann Pulliam, CO
Elizabeth Richey, UT

Nancy Roberts-Small, NM
Martha Schumacher, AZ
Carolyn Smith, AZ
Arlene Sturm, AZ
Ron Swim, WY
Nancy Taylor, UT
Kajsa Teitelbaum, CO
Julie Wagner, AZ
Joyce Willeke, WY
LeAnna Willmore, UT
Brenda Wilvert, NM

MEMBERSHIP?



Hi all,

As many of you know, the main focus of the chair elect (in addition to trying to learn how Area 11 functions!) is to oversee membership. This year HMA has been focused on how to make the association more useful for members. Did you know, for example, that anyone in a handbell choir that is a member of HMA can have their own membership for \$10? This lets you access all of the benefits on line, and while you don't get an Overtones mailed to you, you can read it online. This is a great option for people to feel more involved and know what's happening at a National and Area level. And why would you want to have a membership?

There is a handbell resource library on the HMA website with a great deal of information about all aspects of handbell ringing—e.g. (in no particular order) there is info on showmanship, rhythm flashcards to improve reading rhythms, budgeting, a curriculum for handchimes improvisation, and much more! These are created by some of our best musicians and are available for free to members.

- There are classes you can take online for a nominal fee to improve your ringing, such as learning to 4-in-hand!
- There are member chats that provide a wealth of information on all sorts of topics. A brief sampling: Monica McGowan presents on handbell maintenance, Bill Mathis presents on using handbells in worship, there are chats on preventing injuries, structuring effective rehearsals and (again) much more.
- You can purchase music online and peruse the AGEHR music catalogue.

And I have only touched the surface of what's available!

So I encourage you to reach out to one person in your choir or handbell friend group who would want to join and help us spread the word! After all, the goal of all the areas is to promote handbell ringing in any way we can, and helping people be more in touch with all of the things available is a great way to develop community and involvement.

Have a great summer!

Lorrie Hart
Chair Elect

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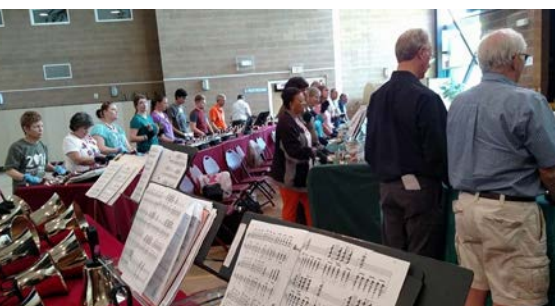
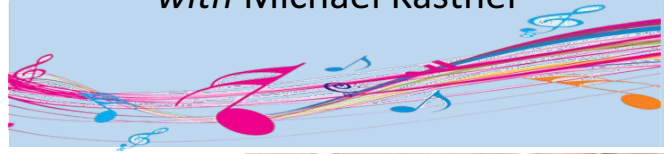
Void where prohibited.

Spring Ring Events Around the Area

New Mexico Spring Ring

May 6, 2017

with Michael Kastner



Area 11 Upcoming Events



For additional information about each event on this page, visit our Area 11 website at <http://area11.handbellmusicians.org/events-4/events/>



Handbell Musicians of America is offering **FREE Back to Bells** workshops across the country to help you get your handbells out of the closet and restart your handbell program – or start a brand new program.

Details for Fall 2017 events will be available later in the summer.

<http://handbellmusicians.org/national-events-learning-opportunities/>

Area 11 will announce the locations in our area later this summer.

Check our website under the events tab.

<http://area11.handbellmusicians.org/events-4/events/>

Level 1 Certification Workshop

Date: October 27-28, 2017

Location: Denver, Colorado

Super Bell Saturday VI, Area-wide Read and Ring

Date: Saturday, February 3, 2018

Location: Several locations around the Area, check our website frequently for more information.



Area 11 Festival 2018 Albuquerque, New Mexico

June 21-24, 2018

Embassy Suites Hotel
in Albuquerque
More information
will be coming soon!

Save
the
Date!



The Raleigh Ringers

David M. Harris, Director

8516 Sleepy Creek Drive • Raleigh, NC 27613

phone/fax: (919) 847-7574 • email: rringer@rr.org • web: www.rr.org

A community handbell choir

2018 Spring Ring Events Around Area 11

Northern Colorado Handbell Festival

Date: Saturday, March 10, 2018

Clinician: Sondra Tucker

Location: Loveland, Colorado

Additional details coming soon.

Save
the
date

Utah Spring Ring

Date: Saturday, March 10, 2018

Clinician: Deborah Carr

Location: Riverton HS, Utah

Additional details coming soon.

Wyoming Spring Ring

Date: Friday-Saturday, April 13-14, 2018

Clinician: Monica McGowan

Location: Ramkota Hotel, Casper, Wyoming

Additional details coming soon.

Arizona Spring Ring

Additional details coming soon.

