



Handbell Musicians  
OF AMERICA

Area 11

# Newsletter

E-newsletter Editor—Mary Moffett

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## From the Chair:



It has truly been a privilege to serve as Chair of Area 11. The best part has been meeting so many wonderful handbell ringers from around our Area and across the country. I feel like I have made many lifelong friends. Handbell ringers are amazing people and musicians.

If you are passionate about handbells and would like to be involved in promoting the art of handbell/handchime ringing, please consider running for an Area office. ***The Nominating Committee is currently accepting nominations***

***for Secretary/Treasurer and Chair-Elect.*** These are two-year elected positions. The Nomination Form is posted on the Area 11 website: <http://area11.handbellmusicians.org/files/2012/02/AREA-11-OFFICER-NOMINATION-FORM.pdf> You may nominate someone you know, or you may nominate yourself.

Please call or email me if you have questions regarding what the two positions entail. I would be happy to discuss them with you. **Nominations are due by January 1, 2014.**

**Sue Hahn**

**Area 11 Chair**

**[Chair.area11@handbellmusicians.org](mailto:Chair.area11@handbellmusicians.org)**



## Area 11 Website

[www.area11.handbellmusicians.org](http://www.area11.handbellmusicians.org)

## National Office Website

[www.handbellmusicians.org](http://www.handbellmusicians.org)

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Check out our Calendar to see what's planned in Area 11.

Visit our website and look under the "About Us" tab.



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Handbell Musicians of America - Area 11

## Upcoming Events

### Fall Tune-Up

Date: Saturday, October 19

Location: Lord of Life Lutheran Church in Sun City

Registration: \$15, plus music

Session 1 will discuss and teach healthy ringing skills for bells and chimes including:

Notations and Markings

Weaving and extra bell pickups

Marking your music

Visual Effects

Session 2 will discuss and teach percussive methods including:

Mallets, marts, echoes, plucks, and vibes.

Following a lunch break, there will be a ringing session using 3 pieces of music selected to reinforce the skills covered during the technique sessions earlier that day.

More information and the registration form for this event can be found on the Area 11 website at

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



### WyoRing 2013

Date: Friday – Saturday, November 8-9, 2013

Location: Eastern Wyoming College Fine Arts Auditorium, 3200 West C Street, Torrington, Wyoming

Guest Clinician: Monica McGowan

Registration: \$20

Schedule: Set up at 3:00-5:00 p.m. Nov. 8 with closing concert given at 3:00 p.m. Nov. 9

Contact: Joyce Willeke 307-532-2595 or Diona Savoy-McDaniels 307-575-6490

More information and the registration form for this event can be found on the Area 11 website at

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

### Ringling Around Area 11

We're excited to announce our 2nd annual Area-wide Read and Ring coming your way on **February 1, 2014!**

Several different locations in each of the five states within Area 11 will hold a Read and Ring with a wonderful selection of music to ring with your local friends. Once again, each location will ring the same music on the same day, just in different locations! Please look for more information and registration details coming soon.

Members of our Area 11 Board are busy finding hosts for this event. If you would like to be a host, please contact Libbie Randels at [libbier70@aol.com](mailto:libbier70@aol.com) or Jane Wolfarth at [mountain.area11@handbellmusicians.org](mailto:mountain.area11@handbellmusicians.org)



## Upcoming Events

### Northern Colorado Spring Ring 2014

Saturday, March 8, 2014

Clinician: Monica McGowan

Immanuel Lutheran Church  
4650 Sunview Dr.  
Loveland, CO

More details and registration available soon.

Contact Anne Kleve for more information at  
[alkleve@msn.com](mailto:alkleve@msn.com)



### Arizona's Director Seminar

Friday-Saturday, April 4-5, 2014

Clinician: Tammy Waldrop

Christ Presbyterian Church  
925 N. Sarival  
Goodyear, AZ 85338

More details and registration available soon.

Contact Libbie Randels for more information at  
[libbier70@aol.com](mailto:libbier70@aol.com) or 623-925-2320



### Utah Spring Ring 2014

Saturday, March 8, 2014

Clinician: Michael Glasgow

Jordan High School  
9150 W 500 W  
Sandy, Utah 84070

Registration information available soon.

Contact Jane Wolfarth for more information at  
[mountain.area11@handbellmusicians.org](mailto:mountain.area11@handbellmusicians.org)

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6603 Queen Ave S, Suite S  
Richfield, MN 55423

## Upcoming Events



### ***ELEVATIONS!!!!***

Are you coming to Loveland, Colorado?

Registration opens in November!!!

Double = \$545 / Triple = \$529

EMBASSY SUITES HOTEL AND COVENTION CENTER

June 19-22, 2014

The Registration Fee includes: 3 nights lodging; full cooked-to-order breakfasts; evening social hour with drinks, snacks and roundtables; Opening Feature Concert and reception; 2 lunches; Ring of Fame banquet; classes and workshops; lots of fun and fellowship with handbell friends!



**Debbie Rice**

Director - Ringing Up Tracks and Massed Choir



**Twin Cities Bronze**

Opening Feature Concert -Workshops -Roundtables



**Marilyn Lake**

World Drumming - Workshops -Roundtables



**Monica McGowan**

Ringing Restorations -bell/chime voicing  
Workshops -Roundtables

**Meet Debbie Rice** - Debbie Rice draws on her vast experience as a professional singer, choral conductor and passion for teaching to encourage standards for the handbell and handchime instrument to be musical and worshipful. She maintains a demanding travel schedule of national, international and denominational events as clinician, adjudicator and conductor.

Her international schedule has included assignments in Australia, Canada, Great Britain, Hong Kong, Israel, Japan, Singapore, and Taiwan. In May 2015 she conducts an international handbell festival tour to Estonia & Finland: *Ringin' Under the Northern Lights*.



For the past three years she has been a visiting professor at Concordia University College of Alberta, Edmonton Canada. Her primary responsibilities have been with JUBILOSO! Bells of Concordia, Concordia Ringers and Singspiration. She has been co-conductor for Concordia's Community Chorus, presented workshops and training for schools, church musicians and music educators and adjudicated handbell teams and singers.

Debbie's degrees are in music education, opera and musical theatre. She has sung with a US regional opera company, professional choir and studied early music and conducting. In 1983 she founded the handbell ministries of Becks Baptist Church, Winston-Salem, NC.

With the Handbell Musicians of America she held elected offices on the AGEHR National Board as Area Chair, National Secretary, and the National Presidential cycle. Since 2008 Debbie has served as Executive Director for the International Handbell Committee.

**Meet Twin Cities Bronze** –Twin Cities Bronze is a performing ensemble specializing in the music and art of English handbells. Selected by annual audition, this ensemble of advanced ringers hails from the metropolitan area of Minneapolis and St. Paul, Minnesota.



The energizing performance style of Twin Cities Bronze captures the listener's interest. The visual presentation of Twin Cities Bronze evokes accolades from audiences and colleagues around the country.

As a teaching ensemble at the forefront of the medium of handbells, Twin Cities Bronze is recognized for its innovative and comprehensive workshop, **Insights Into Artistry**. Twin Cities Bronze travels across the country sharing their knowledge and experience with directors and ringers in churches, schools and community groups.

Through musically sensitive interpretation and technical execution, Twin Cities Bronze showcases its unique diversity in today's challenging secular, sacred, and classical handbell repertoire.

In addition to presenting the Opening Showcase Concert, Twin Cities Bronze will teach classes, conduct workshops, and facilitate roundtables.

**Area 11 Festival/Conference Loveland, Colorado June 19-22, 2014**

**Elevations!!!**

**Registration Information and Forms available - November 2013**



### **Meet Marilyn Nall Lake**

Marilyn is an elementary music educator in the Shawnee Mission School District in Kansas City. She teaches private piano and pre-school music, and directs two church handbell choirs as well as the Heartland Ringers, a community handbell choir. She has degrees in Music Education and Music Therapy from the University of Kansas, and a Masters in Music Education from Emporia State University.

Marilyn is a member of the Handbell Musicians of America, Sigma Alpha Iota Music fraternity (SAI), the National Association for Music Education (NAfME) and the Kansas Music Educators Association (KMEA).

Marilyn is the Past Chair of Area 8 for the Handbell Musicians of America, which includes the states of Illinois, Iowa, Kansas, Missouri, and Nebraska. She has been ringing bells for (gasp!) over 45 years, and also plays the piano, sings and performs on the carillon. She is a frequent clinician for world drumming and chimes in education.

Area 11 is excited to have Marilyn at the 2014 Festival/Conference—teaching World Drumming classes and facilitating a roundtable or two.

### **Meet Monica McGowan**

Monica S. McGowan took her music education background – Bachelor of Science, Music Education, Chadron State College, Chadron, Nebraska – and found her life's passion in handbells.

More than a quarter century later, Monica has become the consummate handbell musician: accomplished ringer, seasoned director and internationally recognized clinician and conductor. She is in demand as a conductor and clinician for festivals and workshops across the United States, Puerto Rico and Canada.

Monica has served as Director of Handbells in various denominational churches from Minnesota to Louisiana and in various leadership capacities for the Handbells Musicians of America on both the Area and National levels.

For twelve years, Monica served as the founding Artistic and Music Director of Twin Cities Bronze of Minneapolis-St. Paul, Minnesota, and led the ensemble to recognition as an internationally acclaimed handbell ensemble known for its professional musical artistry.

Monica is the Handbell Coordinator for the International Music Camp, succeeding the program's founder, Fred Merrett. "Handbell Week" and "Adult Handbell Camp" are held each summer as part of the IMC's Summer School of Fine Arts at the International Peace Gardens on the border of North Dakota and Manitoba.



In 2013, her business, Ringing Restorations, was recognized as an Independent Schulmerich Authorized Refurbishment Center. Monica and husband, Joe, slip away to the "ranch" in the Black Hills of South Dakota as often as they can with hopes of retiring there someday. Monica brings her extensive training, passion, knowledge and enthusiasm for handbells and handchimes to every forum and venue, providing a challenging, successful and fun experience for its participants.

Monica returns to Area 11—to voice and prepare bells and chimes for the Festival/Conference, representing her business, "Ringing Restorations." In addition, she will teach two of her popular classes—"Creative Assignments" and "Getting a Handle on Handchimes" and facilitate roundtables.

## Additional Happenings Around Area 11

### Area 11 CHIME Loan Sets are in Their New Homes for 2013-2014

Area 11 has seven sets of handchimes that are loaned to teachers and/or church musicians during each school year as a way to introduce handchime playing to children within Area 11. We are happy to announce that each of our sets are in the following new locations and ready for a wonderful year of chiming!

Chandler, Arizona with Michelle Hernandez at Tri City Christian Academy  
Scottsdale, Arizona with Suzanne Miller at New Covenant Lutheran Church  
Alamosa, Colorado with Tyleen Stults at Trinity Lutheran School  
Brigham City, Utah with Vanica Crane at Discovery Elementary School  
St George, Utah with Kristine Barber at Sunrise Ridge Intermediate School  
Enterprize, Utah with Edie Phelps at Enterprize Elementary School  
St George, Utah with Gayle Workman at Tonaquint Intermediate School



### RING OF FAME Nominations Now Being Accepted

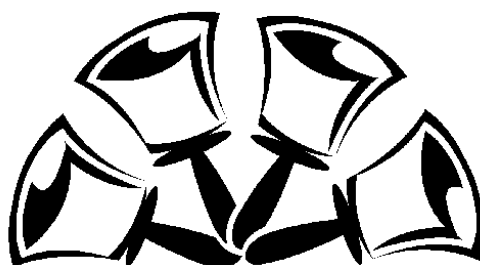
In 2002, the Area 11 Board of Directors established the RING OF FAME to recognize and honor those who have made outstanding contributions to the art of handbell/handchime ringing. We will be recognizing some of these exceptional members from Area 11 during the 2014 Festival in Loveland, Colorado.

The RING OF FAME acknowledges significant service and commitment to handbell/handchime ringing through

- contributions as an Area 11 elected officer
- volunteer work accomplished at the Area 11 or sub-area level
- national recognition for contributions to Handbell Musicians of America
- development of materials or methods specific to handbells/handchimes
- compositions for handbells/handchimes
- efforts to expand the art of handbell/handchime ringing into new areas such as education, community, church, or other populations.

We need your help in identifying your colleagues who fit the description outlined above. Candidates must be current members of the Handbell Musicians of America (with exceptions approved by the Area 11 Board of Directors) and must have made substantial contributions in one or more of the areas listed above.

To get more information regarding this prestigious recognition or to obtain necessary nomination forms, please contact Jeannine Holt, Chair Elect for Area 11, at [jholt2775@aol.com](mailto:jholt2775@aol.com) or 719-439-7954.



## Feature From the Area 11 Board

*This month features an article written by our Mountain Sub-Area Chair, Jane Wolfarth*

### Keep Your Ringing in Your Hands and out of Your Ears



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 longterm 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 smart phone to check the decibel levels during my concert band rehearsal. I sat 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 that rehearsal, the app I paid for recorded the db level averaging around 60, occasionally going above 90 db. My freebie 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 one of our bell rehearsals, I just set the phone directly on the bell pad. The average decibel level on the paid app was somewhat lower than at my band practice, peaking around 80 db. However, the tinker bells I play (G7 is 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. If the bells you play are the bigger bells, and you stand far from the treble bells, noise-induced hearing loss may not be an issue at all. But if you've ever found yourself thinking, "Man, that piece is making my head hurt," then it's probably time to consider some hearing protection.

Any qualified audiologist can order good plugs and fit them for you. I use Westone musician's plugs. 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. My plugs work terrifically well, which unfortunately means I miss the jokes from the bass bell section.

If you're just a poor student and want to cheap out, you could go to amazon.com and search for "musicians plugs." The Etymotic Earplugs are currently going for \$13. I've never used them, but I figure any protection you use is better than no protection at all. I would like others to initiate a more rigorous study on the decibel output of an average rehearsal—let me know the results! In short: keep your ringing in your hands and out of your ears! You'll be glad you did.

*Useful resources:*

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

[http://www.solobells.com/Handbell\\_soloist\\_Nancy\\_Kirkner/Handbell\\_Articles\\_%28blog%29/Entries/2011/10/19\\_Hearing\\_protection.html](http://www.solobells.com/Handbell_soloist_Nancy_Kirkner/Handbell_Articles_%28blog%29/Entries/2011/10/19_Hearing_protection.html)

A very useful article, especially if you are considering visiting an audiologist.

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

Jane Wolfarth, MS

Speech-Language Pathology

University of Oklahoma Health Sciences Center

# Thank You Marcy Hontz for Your Years of Service to Area 11

stew.ard  
st(y)o oerd

Noun –

1. a person who looks after the passengers on a ship, aircraft, or train and brings them meals. Synonyms: flight attendant, cabin attendant.
2. a person who manages another's property or financial affairs; one who administers anything as the agent of another or others. Synonyms: administrator, agent, purser, representative.
3. an official appointed to supervise arrangements or keep order at a large public event; for example a sporting event. Synonyms: official, marshal, organizer.

None of these definitions define 'our' Marcy! Marcy has served as Area 11 'paper' newsletter editor and since 2000, Marcy's name has been linked as the Web Steward for the Area 11 website.

Marcy is a self-taught webpage designer. Her son recommended some good reading – yes, an old-fashioned-several-inches-thick BOOK titled HTML 4. Marcy's first webpage was clean and sleek and easy to navigate. It looked like a good model for me to use for a webpage for my high school class reunion. I asked Marcy if she would be my 'guide' – and she agreed. The first step? She recommended the purchase of an old-fashioned-several-inches-thick book titled HTML 4!

Marcy has always been active in Guild activities in Arizona. It was a privilege to have her skill set represented on the Area 11 Board during the past 12 years.

A definition for Marcy follows:

Marcy –

*Develops and maintains web pages, writes newsletter articles, photographer at Area 11 events, Youth Camp charter attendee, Yellow Bird ensemble member, festival repertoire reviewer, registration assistant, festival program booklet editor, workshop facilitator, event organizer, proof-reader, brain-stormer.*

Marcy has 'retired' from her responsibilities as Area 11 Web Steward. On behalf of Area 11, Secretary/Treasurer Rick Meurer presented Marcy with a gift certificate to the Musical Instrument Museum at a recent bell rehearsal, which she is excited to use.

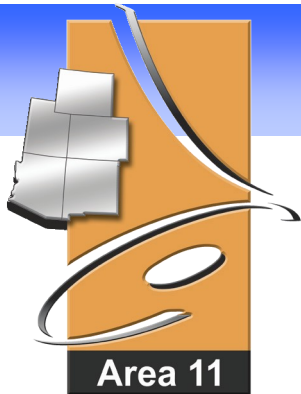


This excerpt from Marcy's thank you note tells the story about what keeps her busy these days. "I have moved into an apartment in a small retirement community which I am enjoying immensely. No more cooking, cleaning, yard work, pool care, weed control and other chores. The food is excellent and there are plenty of things to do; both for fun and education. It's located just a few blocks from where I lived for the past 44 years so there was no shock at having to find new stores, doctors, dentists and such. I've spent the summer downsizing and my house is almost ready to be put up for sale. I thought I was busy with the Area 11 newsletter and website, but that was nothing compared to what the past few months have been."

Thank you, Marcy for your service to Area 11! We wish you the best in your 'retirement' and thank you for being a faithful steward, mentor and good friend.

*Written by Linda Maloney, Area 11 Event Planner*





## Handbell Musicians OF AMERICA



### Area 11 Concerts

The Area 11 Concerts section will feature concerts given at Area 11 sponsored and endorsed events as well as additional concerts submitted for inclusion. *If you have a concert you would like to advertise in the Area 11 newsletter, please send the following information to Mary Moffett at [Communications.area11@handbellmusicians.org](mailto:Communications.area11@handbellmusicians.org)*

**Your Name**

**Name of Handbell Choir/Concert Name**

**Handbell Musicians of America membership number**

**Concert Date and Time**

**Concert Admission Price**

**Concert Location**

**Concert Address**

**Contact person name and email address**

**Deadline for November Area 11 Newsletter**

**October 25, 2013**

**Advertising deadline October 20, 2013**

**Email submissions to Mary Moffett at**

**[Communications.area11@handbellmusicians.org](mailto:Communications.area11@handbellmusicians.org)**



*E-notes* is a wonderful short newsletter produced by our National staff each month. It can be found at <http://handbellmusicians.org/>. You can also sign up to receive it through email each month if you would like.

In addition to other articles of interest, they will feature a different member's story each month. They would love to hear from you! What handbell program you are part of; how your membership in Handbell Musicians of America has helped your handbell journey; and what inspires you as a handbell musician. It would be wonderful to read about some of our Area 11 members in *E-Notes* one day! So, submit your story today to our Regional Membership Coordinator and maybe we will see you in a future issue of

*E-Notes*. Members of our area should send their submissions to Ellie Hodder, [ehodder@handbellmusicians.org](mailto:ehodder@handbellmusicians.org) Include your name, your home city and state, your member number, and your role in handbells. Keep your story to 300 words or less and include a photo of yourself that they can include with your story.

