



Handbell Musicians
OF AMERICA

Area 11

Volume 12
Issue 4
July 2019

Newsletter

RINGERS ROUNDUP

**Our second annual Ringers Roundup
will be held on**

**Saturday, September 28, 2019
from 9:00 a.m. to 12:00 noon
at several locations around the Area.**

Topics covered this year include:

- ☆ Reviewing basic ringing
- ☆ Reviewing warm up exercises that help groups listen and ring together better
- ☆ Stop Sounds – Pitch without resonance
- ☆ Resonating techniques

**Check the Area 11 website frequently for
updated locations and the registration form.**

Click here: [Area 11 Website Events](http://area11.handbellmusicians.org)

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Area 11 Website

area11.handbellmusicians.org

National Office Website

Handbellmusicians.org

**We are still looking for host venues
for our Ringers Roundup!**

**If you can host a Ringers Roundup,
please contact our Mountain Sub-Area Chair,
Janet Lake at**

mountain.area11@handbellmusicians.org

OR

**our Desert Sub-Area Chair,
Katie Gant at**

desert.area11@handbellmusicians.org





From the Chair:



Happy July! everyone and I hope you all are having a pleasant summer. In Area 11 news, we just finished the young ringers camp which was a resounding success and is covered in this newsletter. I was able to go hear their final concert and they were amazing! Plus all the kids had a fabulous time and can't wait to go back!

Several things will be coming up in the new year. **Ringers Roundup** is being planned, keep an eye out for that. The date is Sept. 28 at a site near you! And we have the **Area Festival on June 11-14, 2020**. We have a site at the DoubleTree in Scottsdale, Arizona which I think will be great for our needs and are working on clinicians and classes.

JOIN US, the Area can always use help!

In my continuing effort to get people involved, we could use help in a number of ways.

- We will be holding elections next spring and we need folks to run for office or nominate someone to run. I can tell you that it is a rewarding experience to be part of the Area 11 leadership. You get to associate and work with people who love and value handbells, and handbell people are the best! You make long term friends from all over Area 11 and the US, you get to meet and hang around

the composers you've admired, and you get the satisfaction of knowing you've furthered the art of handbells in some way.

- We will be presenting the Ring of Fame Award at the Festival in June and we need nominations for that.
- We are continuing to work on getting a list of all the churches that have handbells, either in the closet or as groups that are non-members, so that we can reach out to them. If you know of a situation like that, let us know.
- We also always need folks to host Ringers Roundup and the Superbell Saturday event, since they are held all over the Area. That basically means being able to provide a site and coordinate with the people who attend. They can bring their own bells and music and/or curriculum are provided. We could especially use sites in New Mexico. It's a 3-4-hour commitment with huge payoffs!
- We would like to find a corporate sponsor for some of our youth events to make them more affordable, so if you have a connection with a corporation that might be willing to help, let us know.
- We could also use help with fundraising in general, so if you have any expertise in that area, get in touch with me. As you all know we operate on a shoestring budget, and if we had a bit more money, we could do so much more!
- We will probably need teachers at the festival so let us know if you are interested or keep an eye out for that announcement.

You can get in touch with me chair.area11@handbellmusicians.org or Anne Kleve chairelect.area11@handbellmusicians.org if you can help with any of these items.

Have a good rest of the summer! If you are attending the National Seminar in St. Louis, I'll see you there. We will have an Area 11 get together and photo op.

Happy Ringing,
Lorrie Hart
Chair, Area 11





The Young Ringers at our 2019 YRC Camp Had a Wonderful Time Going to the Movies!

Young Ringers Camp 2019 was held at Snow Mountain Ranch in Granby, Colorado on Sunday, June 9 through Thursday, June 13. Our clinicians were Marilyn Lake from Overland Park, Kansas and Brian Childers from Roswell, Georgia. The theme was Young Ringers Camp "Goes to the Movies." This featured music from Pirates of the Caribbean, Pinocchio, Muppets, Chariots of Fire, Ghostbusters, and Hallelujah from Shrek.

We had 56 people from five states: Colorado, New Mexico, Utah, Wyoming and outside of Area 11: Kansas! There were a total of 40 youth ranging in age from 10-16. We had 17+ hours of rehearsal over four days concluding with a public concert on Wednesday night. We were able to "live-stream" the concert via our Facebook page:

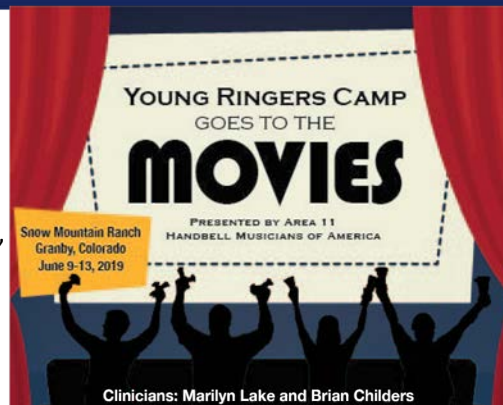
<https://www.facebook.com/HandbellMusiciansofAmericaArea11/> and you can still see the video! Look for all the blue shirts!

The workshops for the two level groups were: drumming on buckets, rhythm games with bouncing balls, weaving & four-in-hand, and Maori sticks. Other activities included the Summer Tubing Hill and the Waterfall Hike.

We thank Aaron Hill for his last two years of service! Ashlynn Quertermus was elected our new Area 11 Youth Representative to the board.

See you in June 2021!

Anne Kleve, Area 11 YRC Director
(Pictures from YRC on the next page)



Additional Note from Communications Chair, Mary Moffett

I did not attend Young Ringers Camp, but I did follow the happenings as they were posted by Anne on our Area 11 Facebook page. Through those posts and pictures, I could see what a fabulous time they were having, from their bucket drumming and their Maori sticks to the fun weaving exercise they did as they moved down the tables and had to run across back to the beginning to keep it all going in time! Not to mention the crazy hat day and getting to know you games and all the other fun activities that kept the campers having such a great time *all while they were still learning so much about handbell playing from our two great clinicians!* If you don't currently follow our Area 11 Facebook page by hitting the "Like" button, now is a great time to start so you can see what's going on in the Area in real time and keep up with our current events!

Our Area 11 Facebook page can be found here:

<https://www.facebook.com/HandbellMusiciansofAmericaArea11>

Go there, "Like" us and stay in the loop with all things related to Area 11!

Our New Area 11 Youth Representative

Hi my name is Ashlynn Quertermus. I am thirteen years old and going into the eighth grade. I live in Thornton, Colorado and have been ringing handbells at Risen Savior for 6 years. I have been to two of the bell camps and have had the time of my life both times. This year some of my favorite activities were the summer tubing hill and the beautiful hike. But of course the centerpiece of the week was the seventeen hours of music practice leading up to our concert at the end of the week. The fun, friendships and music will keep me coming back over and over. I recommend this amazing camp and music experience for everyone.



Marilyn Lake, Claudette Rothwell,
Brian Childers, Anne Kleve



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Pictures from Young Ringers Camp 2019





HANDBELLS RISING!

Have you ever wanted, as a ringer, to be challenged to expand your abilities? Well, that's what the Handbells Rising in Phoenix, Arizona did on May 4! Master Clinician, Debbie Rice, led us to a higher level of ringing. We rang music from Level 3 - 5, ringing what we could. The thing was, we all rang them all and it sounded great. We prepared the music before we arrived and then spent the day working on areas that were difficult. The day culminated in a wonderful concert before about 50 people.

Libbie Randels, Event Committee



Would you like to attend a Handbell concert near you? Check out our Concert Listing on our Calendar tab on our Area 11 website. <http://area11.handbellmusicians.org/about-us/calendar/>

You may also submit your concert information to be included by completing the website submission form which can be found on the calendar page as well.

The Raleigh Ringers

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Protect Your Hearing While You're Ringing

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.

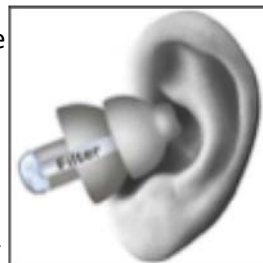
Jane Wolfarth, MS Speech-Language Pathology

Useful resources:

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

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

<https://www.nidcd.nih.gov/health/noise-induced-hearing-loss>





Membership in Handbell Musicians of America

We are running this article again this month since you will need to make a decision soon about your new renewal date for membership in Handbell Musicians of America. Please read to find out all the details of their new renewal process.

Choose Your Renewal Date

Beginning in our fiscal year 2020 (October 1, 2019 – September 30, 2020), we are making a change in the schedule for membership renewal. Rather than renewing memberships every month of the year, we will move everyone to their choice of one of three renewal dates – November 1, January 1, or March 1.

Beginning in our fiscal year 2020 (October 1, 2019 – September 30, 2020), we are making a change in the schedule for membership renewal. Rather than renewing memberships every month of the year, we will move everyone to their choice of one of three renewal dates – November 1, January 1, or March 1.

This change in schedule leads to several benefits for the organization:

- Reduced costs in invoice mailing as we consolidate the work to three projects rather than twelve.
- By completing renewals by March 1, the mid-point of our fiscal year, we have the time needed to adjust our financial planning based on actual membership revenue received.
- Moving the renewal period to a shorter timeframe, we can launch a concentrated membership campaign and better use our staff and volunteer resources to promote member benefits and services.

***Please complete this by September 1, 2019
Your new renewal date will take effect in
fiscal year 2020.***

No matter which date you choose, you will continue to receive uninterrupted access to a wealth of benefits through handbellmembers.org where you will find all the online editions of *Overtones*, numerous in-depth resources, and much more.

Questions about this change? Contact your regional membership coordinator.



[Choose Renewal Date Online](#)

**We are looking for a new volunteer to be our
Area 11 Webmaster!**

If you would be willing to jump in and help out in this position, please contact Mary Moffett, Area 11 Communications Chair at
communications.area11@handbellmusicians.org



UPCOMING EVENTS

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

RINGERS ROUNDUP ROUNDUP

Date: Saturday, September 28, 2019

Time: 9:00 a.m. – 12:00 noon

Locations: Several Around the Area

*If you can host a venue for this event,
please contact Janet Lake at*

mountain.area11@handbellmusicians.org

or Katie Gant at desert.area11@handbellmusicians.org

*Check the Area 11 website frequently for updated
locations and the registration form.*

2020 Events

Super Bell Saturday VIII Read and Ring

Date: Saturday, February 1, 2020

Locations: Several around Area 11

*If you can host a venue for this event, please contact
Janet Lake at mountain.area11@handbellmusicians.org
or Katie Gant at desert.area11@handbellmusicians.org*

Utah Spring Ring

Date: Saturday, March 14, 2020

Clinician: Stephanie Rhoades

Location: Fremont High School

Wyoming Spring Ring

Date: Friday-Saturday, April 17-18, 2020

Clinician: Michael Glasgow

Location: Ramkota Hotel in Casper



Area 11 Festival 2020

Dates: June 11-14, 2020

Location: DoubleTree Resort Hotel
Scottsdale, Arizona

More information coming soon