

FUNDAMENTAL TONE

Newsletter of Area I, Inc. • American Guild of English Handbell Ringers

Atlantic Provinces, Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, Vermont

Volume XXIII, No. 4

November 2009

Upcoming Events

November 14, 2009
Maine Rep Reading and Skill Building Workshop
Cressey Road Methodist Church
Gorham, ME

November 14, 2009
High School Ring Out with Timothy Waugh
Wachusett Regional High School
Holden, MA

February 5–6, 2010
Directors' Seminar
Framingham, MA

March 20, 2010
Connecticut Spring Ring
Trinity United Methodist Church
Windsor, CT

April 30–May 1, 2010
Vermont Director's Workshop and Spring Ring with Bill Mathis
Essex Jct. High School
Essex Jct., VT

August 19–22, 2010
Friends & Family Handbell Camp
Camp Wightman, Griswold, CT

November 6–7, 2010
Adult Ringers Weekend
Mount Washington Hotel
Bretton Woods, NH

November 13, 2010
High School Ring Out
The Wheeler School
Providence, RI

From the Chair...

Help us get to know all of our members.

Each month the Area I board receives an e-mail from Katie Schlegel (our amazing membership coordinator at the national AGEHR office in Ohio) that contains an updated list of members in Area I. On this list are around 400 names of church and community ensembles, directors and individual ringer members. When I look at this list, I am always curious to know how many ringers are represented by this list of 400 names. Some memberships may represent a small ensemble of seven ringers; another membership may represent several five-octave choirs each with thirteen ringers. Those 400 contacts we receive each month could easily translate to over 3,500 individual handbell ringers through out Area I.

When your Area I board meets, our goal is to plan events that meet the needs of *all* of our members. We take into account our directors *and* ringers: those who have been ringing for many years, and those who just picked up their first bell two weeks ago. AGEHR sponsored events are one of the most visible member benefits each of you receive. Events like the **High School Ring Out, Adult Ringers Weekend, Directors' Seminar, Friends & Family Handbell Camp, Skill Building Workshops**, and of course, **Festival/Conference**, are all Area I sponsored events run by our board or event chairs working with our board. These events bring nationally known and respected clinicians to New England who share their knowledge with ringers and directors in Area I.

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Visit the Area I web site at: www.agehrarea1.org

FROM THE CHAIR...

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If you are a director reading this newsletter, please forward the internet link to *Fundamental Tone* on to each of your ringers, or post a copy of *Fundamental Tone* in your rehearsal space. When there are events happening in your area, mention them to your ringers, and encourage them to attend. As a public school teacher, my district provides many professional development opportunities for me to grow as an educator. Encouraging your ringers to attend the events sponsored by AGEHR will provide growth and often re-energizes ringers, making them more com-

mitted to building your group.

Our challenge as a board is to ensure that we are meeting the needs of our membership, and for me, that includes not only the names that we receive each month on our membership list, but all of the individual ringers who are members of the ensembles listed. We have had discussions evaluating the current events that we sponsor and we continue to discuss new events that may meet the needs of our intermediate and advanced ringers as well our solo and ensemble ringers. As the board continues to look at new opportunities for our members, we ask

for your help. Help Area I reach all of our members by sharing the events and information found on our website and in our newsletter. Help Area I by volunteering to serve on a planning committee for an event; your state chairs would love to have a helping hand. Help Area I by sharing your ideas for events that would be beneficial for all of our members. Send me an e-mail <chair@agehrarea1.org> and let me know what events you think Area I should sponsor next, or what we can do to meet the needs of you and your ringers. Thank you. 🖋️

Griff Gall, Chair, Area I

AGEHR AREA I OFFICERS

Elected Officers

Chair: **Griff Gall** (617-599-8656)
chair@agehrarea1.org
Chair-Elect: **Jean Degan** (860-543-3638)
chairelect@agehrarea1.org
Past Chair: **Sue Henderson** (978-851-3024)
pastchair@agehrarea1.org
Secretary: **Norah Piehl** (617-688-5768)
secretary@agehrarea1.org
Treasurer: **Sue Wilber** (978-256-3927)
treasurer@agehrarea1.org

National Liaisons

Education: **To Be Announced**
Special Needs: **Jeanne Polcari**
specialneeds@agehrarea1.org

Appointed Officers

Festival/Conference **Brian Wilson** (207-781-5880)
'11 Chair fcchair@agehrarea1.org
Historian/Archivist **Barbara Bussart** (401-765-8015)
historian@agehrarea1.org

Membership **Jane Nolan** (860-464-2873)
membership@agehrarea1.org
Publications **Bill Noss** (603-886-1512)
editor@agehrarea1.org
Webmaster **Linda S. Noss** (603-886-1512)
webmaster@agehrarea1.org
Bradford Scholarship **Sue Henderson** (978-851-3024)
scholarship@agehrarea1.org

State/Provincial Chairs

Atlantic Provinces (Canada) **To Be Announced**
Connecticut **Greg Fisher** (860-647-1470)
ctchair@agehrarea1.org
Maine **Brian Wilson** (207-781-5880)
mechair@agehrarea1.org
Massachusetts **David Wurth** (978-745-7387)
machair@agehrarea1.org
New Hampshire **Joan Fossum** (603-224-0866)
nhchair@agehrarea1.org
Rhode Island **Gayle Keinard, Sec., Rhode Island Handbell Advisory Board**
richair@agehrarea1.org
Vermont **Jerilyn Bergdahl** (802-425-2177)
vtchair@agehrarea1.org

2010 Directors' Seminar

Framingham, Massachusetts

by Griff Gall

Why attend Directors' Seminar? This year there are many reasons to attend the AGEHR Area I Director's Seminar starting with our guest clinician **Arnold Sherman**. Mr. Sherman is a prolific handbell composer as well as founder and Director of the *East Texas Handbell Ensemble*. In addition to Mr. Sherman, many clinicians from Area I will be leading workshops on topics that include Copyright, Musicality through Movement, Handbells in Worship, Introduction to Conducting, Teaching the Basics, and Ringing to Reading: exploring rhythmic notation. In addition to these classes, there will be master classes in conducting, and three repertoire reading sessions.

February 5-6
2010

Learning and sharing is not limited to the classes, as directors from around Area I have a chance to network with each other during the three meals shared together at the newly renovated Sheraton Framingham. Conveniently located just off the Mass. Pike in Framingham, the Sheraton has been a welcoming setting for Directors' Seminar for the past two years.

Many of this year's sessions focus on the process of teaching new ringers and developing the skills of our intermediate ringers. This focus is the result of
(continued on page 4)

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2010 DIRECTORS' SEMINAR...

(continued from page 3)

feedback received from directors attending previous seminars. These sessions are suitable for directors of all ability levels, since we all face the same challenge of inviting new ringers into our existing ensembles. One of the classes we are most excited about is the return of "Introduction to Conducting" taught by Karen Leonard; this course will prove to be a terrific companion to the Beginning Master

Class in conducting.

We are looking forward to sharing this exciting AGEHR Area I sponsored event with you this coming February. **Be sure to take advantage of the early bird registration by submitting your registration information by December 15, 2009.**

For more information and registration form, please visit the Area I website at www.agehrarea1.org/DirSem. 

Directors' Scholarships Available For Directors' Seminar

DEADLINE: December 31, 2009

The Area I Board has voted to make Directors' Scholarships available each year, rather than only during non-Festival/Conference years. In addition, the type and location of eligible events has been expanded. The Bradford Scholarships were established to honor Elizabeth Bradford by providing financial assistance to cover a portion of the cost of registration for educational events.

Under the approved guidelines, the Directors' Scholarships are offered yearly, with more funds available during non-Festival/Conference years. Scholarships may be used to help directors defray a portion of the registration costs for:

- Approved National educational events such as National Seminar, National Festival, International Symposium, and Master Classes.

- Approved Area I educational events, such as Area I Directors' Seminar and Area I Festival/Conference.

ELIGIBILITY: To be eligible, a Director must be a member in good standing of Area I, Inc. An individual interested in becoming a director may be considered if recommended and sponsored by an Area I mentor.


APPLICATION INFORMATION: For those interested in applying for a scholarship this year, the application form can be found in this Fundamental Tone or on the Area I website: www.agehrarea1.org/Pages/DirectorsScholarship.htm.

The deadline for the Area I Directors' Seminar is December 31, 2009. (Generally, the deadline for Area I educational events is 60 days prior to the early bird deadline for the event, which allows the

Scholarship Committee time to determine awards and inform recipients prior to that deadline.)

Please complete the application form on the facing page, and mail to the Bradford Scholarship Chair: Sue Henderson, 135 Green Meadow Drive, Tewksbury, MA 01876

Please email Sue at <scholarship@agehrarea1.org> so that she may be on the lookout for your paperwork and can contact you if it does not arrive in a timely manner. This application cannot currently be submitted online. For additional information, please contact Sue at the email address above or call 978-851-3024.

If you've wanted to attend an event to enhance your directing skills, honor Elizabeth Bradford and take advantage of the assistance available to you. 

AGEHR, Area I, Inc.

The Bradford Scholarship DIRECTOR Application

INSTRUCTIONS for DIRECTOR APPLICATION:

AGEHR, Area I, Inc. established the Elizabeth Bradford Endowment Fund in order to grant scholarship assistance each year to Directors to encourage them to attend their first AGEHR National or Area I educational event. It is our goal to provide Directors the opportunity to further develop their handbell directing skills through attendance at such an event, and as a result, they will be encouraged to become more active in the Guild. Only the income from the endowment is used for scholarships, but this is enough to provide partial registration assistance for several directors each time scholarships are available. All Directors who are members of AGEHR, Area I, Inc., are eligible, except for the members of the Scholarship Committee. Please be aware that the scholarship will only pay a portion of the registration fee for the event. Applications must be sent to the Scholarship Committee Chair, postmarked no later than 60 days prior to the early bird deadline for the event (or Dec. 31 for 2010 Directors' Seminar).

Director's Name _____ AGEHR Member No. _____

Address1 _____

City _____ State _____ Zip _____

Day Phone _____ Evening Phone _____ Email _____

Handbell Group Affiliation _____

Number of Years Directing of Any Type _____ Number of Years Directing Handbells _____

Educational Training for Directing of Any Type _____

Educational Training for Directing Handbells _____

Have you ever attended an Area I Event designed for directors? ☐ Yes ☐ No

Have you ever attended an AGEHR NATIONAL educational event for directors? ☐ Yes ☐ No

We would like to know a little bit about your experience with handbells. How did you become involved with handbells? How did you become a handbell director? _____

We would like to know a little bit about why you wish to attend an AGEHR National or Area I educational event.

What do you hope to learn? How do you plan to share that with the handbell organization you direct? _____

**Please mail this application, postmarked at least 60 days prior to the event you wish to attend,
or DECEMBER 31, 2009 FOR 2010 DIRECTORS' SEMINAR, to:**

**Sue Henderson, Bradford Scholarship Chair
135 Green Meadow Drive, Tewksbury, MA 01876**

For questions, please contact Sue Henderson at scholarship@agehrarea1.org

Friends AND Family Handbell Camp Returns to Area I



Save the dates now: Thursday, August 19 through Sunday, August 22, 2010!

For many Area I members and their families, Family Handbell Camp at Camp Ogontz became a summer destination. There was something about combining the joys of handbell ringing with chopping vegetables for lunch, setting tables for 100 hungry people, watering the plants, and completing other less attractive camp chores, that attracted Area I ringers and directors summer after summer.

CAMP IS BACK! After a brief hiatus, the new and improved Friends and Family Handbell Camp returns, this time to southern New England. Serving as co-directors, Jane Nolan, Ed Henderson,




and Dan Moore, have designed a handbell event that combines education, fun, traditional camp activities, and lots of time for relaxation. The new FFHC boasts many new activities for all ages, including:

- **massed ringing for all divisions**
- **special classes for beginning ringers**
- **a dedicated program for young ringers**
- **expanded solo and ensemble ringing opportunities**
- **multi-level repertoire sessions**
- **new 'fun' classes and recreational activities for all**
- **a 'directors' seminar' for new or aspiring directors**
- **techniques classes of all kinds**
- **energetic and knowledgeable clinicians & workshop leaders**

With the help of David and Karen Warfield, co-directors of Camp Wightman in Griswold, Connecticut (www.campwightman.org), the new Friends and Family Handbell Camp has a fantastic new facility with great ringing and gathering spaces, comfortable accommodations (real beds and all indoor plumbing!), superb food, an expansive waterfront, all in a pristine setting. As you can see by visiting their website, the facility is beautifully maintained. There are no camp chores to perform, no vegetables to chop, no latrines to clean, no chairs to paint; nothing to do but learn and improve handbell ringing skills — and have fun doing it with a great group of people!

If you are concerned about details, registration information and forms will appear in the next issue of the *Fundamental Tone*. In the meantime, get the dates on your calendar — August 19–22, 2010 — and spread the word that Handbell Camp is BACK, bigger and better than ever!!

We look forward to seeing you there! 
Jane, Ed, and Dan

Adult Ringers Weekend '10

Returning to the Mt. Washington Resort

The Adult Ringers Weekend '10 will be returning to the Mt. Washington Hotel and Resort by popular demand. The event is planned for November 5–6, 2010; so make your plans early.

ARW premiered in 2002, and is held in non-F/C years. Its purpose is to provide a unique ringing experience in a luxurious setting; one that provides a wonderful opportunity for ringers to relax and socialize, as well as ring. There are elements of ARW which make this unlike any other Area I event:

- **ARW is held at the luxurious Mt. Washington Hotel and Resort in Bretton Woods, NH.** One of a handful of Grand Hotels in the country, the Mt. Washington is noted for its history, exceptional cuisine, and breathtaking views of Mt. Washington.
- **This event is designed for adults only;** no need for chaperones!
- **ARW is ideal for the individual ringer.** Often choirs do attend and use this time as a community building event for their group. We just want you to know that while ARW is indeed an excellent setting for this, you should also be aware that you **WILL NOT** be ringing together. Bells are assigned by the registrar, with ringer input, and she makes it a point to

ensure that members of the same choir do not ring together. She is not being mean; one of the purposes of this event is to encourage you to meet ringers from all over Area I, and to learn from each other.

- **Our ringing floor overlooks Mt. Washington.** Who knows, it may be snow capped by then. What a beautiful setting.
- **There is no preparation expected or allowed prior to arrival.** You will receive your music and bell assignment when you arrive. One of the goals of ARW is to have ringers experience just how far they can bring 3–4 pieces of music from sight reading to musical presentation within the period of 1½ days, under the direction of a skilled clinician such as Nancy Cappel. There is no need for performance anxiety, however; we are all in the same boat upon arrival, and there is no closing concert, just an open rehearsal for the hotel guests to hear what we've accomplished.
- **You are encouraged to bring a friend, spouse, or significant other.** They can enjoy all the Resort amenities while you are on the ringing floor. The Hotel is like a cruise ship with a full



array of activities offered throughout the day.

Please look for the ARW flier in this issue of the FT. It contains information about the hotel, our clinician Nancy Cappel, and registration and room fees. **YOU WILL NEED TO MAKE YOUR ROOM RESERVATIONS DIRECTLY WITH THE MT. WASHINGTON HOTEL.** This information can also be found on the Area I website. On-line registration will be available shortly; printed registration form in next *Fundamental Tone*.

More information about ARW will be posted on the Area I website as it becomes available. Please check in often for the latest on this fabulous event. And look for updates in future issues of the *Fundamental Tone*.

Our committee looks forward to greeting you next November in Bretton Woods. 🗓️

Nancy Reynolds, Event Chair
Karen James, Registrar

Register Now for the FIFTH AGEHR Area I

ADULT RINGERS WEEKEND

...providing a unique ringing opportunity for any adult ringer.

November 5-6, 2010

at "The Magnificent"

Mount Washington Hotel

Bretton Woods, New Hampshire



RINGER REGISTRATION:

Resident Rates:

\$55 - Early bird (before 9/01/10)

\$70 - Regular (after 9/01/10; deadline 10/01/10)

Separate charges apply for hotel accommodations.

Commuter Rates:

\$154 - Early bird (before 9/01/10)

\$169 - Regular (after 9/01/10; deadline 10/01/10)

Commuter rates include Friday dinner & Saturday lunch.

HOTEL ACCOMMODATIONS:

\$277 per person double occupancy, American plan

\$370 single occupancy, American plan

Rates include tax and service charges.

Room reservations are made directly with the Hotel.

Guest Clinician:

NANCY CAPPEL

HOTEL ACCOMMODATION

RATES include three gourmet meals; use of Jacuzzi, sauna, indoor pool, and sports club; and tax & service charge. Conference rates are available for additional nights (early arrival or extended stay), based on availability; rates apply to ringers and their family or guests.

Please try to find your own roommate if you are attending alone and want double occupancy.

**Advance
preparation is *not*
required**

**Music is included
in your
registration fee**



FOR FURTHER INFORMATION, CONTACT:

Karen James, Registrar

Kjamesbell@aol.com

Cell Phone: 802-345-6759

Nancy Reynolds, Event Chair

davidnancy2003@yahoo.com

Phone: 802-748-4760

OR VISIT OUR WEB SITE:

www.agehrareal.org/AW

FOR HOTEL DETAILS:

www.mtwashington.com/



The Mount Washington Hotel and Resort

Since the turn of the century people have come to the breathtaking Mount Washington Valley of New Hampshire seeking a special place to relax and rejuvenate. Many choose to stay at the grand Mount Washington Hotel, a National Historic Landmark, built in 1902 by railroad tycoon Joseph Stickney.

Noted for its magnificent European style masonry and woodwork, panoramic views, and gourmet dining, the hotel retains its original atmosphere of elegance. Throughout its history, the Hotel has been renowned for natural beauty and luxurious extras. Indoor and outdoor pools, Jacuzzis and fireplaces are just a few of the amenities comforting their guests. From the Tiffany stained glass to the crystal chandeliers, you'll find the interior is just as impressive as the exterior. Located at the center of the Bretton Woods Resort, it is an ideal setting for exploring the Mount Washington Valley and participating in a myriad of year-round recreational opportunities including hiking, golf, tennis, riding, and skiing.

Located in Bretton Woods, NH, the hotel is 165 miles from Boston, MA; 220 miles from Hartford, CT; 130 miles from Rutland, VT; and 90 miles from Portland, ME.

Our Guest Clinician NANCY CAPPEL



Nancy Cappel is in her 40th year as the Director of Music at St. Matthew's United Methodist Church in Annandale, VA. She directs four vocal choirs and seven of the nine handbell choirs. Nancy received a B.S. in Music Education from Manchester College, and a Masters degree in Music from Ball State University, both in Indiana. The St. Matthew's handbell choirs have performed several times at the White House, at Constitution Hall, at many Washington, DC art galleries, and on NBC, ABC, CBS, and CNN. Each year they perform on the Millennium Stage at the Kennedy Center; the Carol Ringers will perform four times in December in the Kennedy Center Concert Hall as guest artists of the Choral Arts Society of Washington. The youth ringers have participated in Area I festivals and performed the opening concert in 2005 at UNH. Nancy has directed festivals locally, regionally and nationally. She is a past chairman of AGEHR Area III.

**Registration Information and Forms May Be Found on Area I's Website
After the First of the New Year**

www.agehrarea1.org/AW

Festival/Conference 2011

Update from the Festival/Conference Chair

by Brian E. Wilson

Plans are already being made for the next Festival/Conference which will be held June 23–26, 2011. We are still in negotiations with our venue, but are 99.9 percent sure that we will be at UMASS at Amherst. Area I has been there before and they are most happy to have us return. We are thrilled to announce that our conductors will be Bill Alexander and Michael Kastner. There have been discussions also with Bill about the possibility of his group “Strikepoint” performing our opening night concert and to have them as part of our faculty.

June 23–26
2011

Other exciting news: We have received many confirmations from folks who are willing to serve on the F/C committee. I am still looking for a local liaison and vendor liaison at this time. If you live in the grand state of Massachusetts or you love to work with vendors, please e-mail me at fcchair@agehrarea1.org for more information on how you can become an

Area I celebrity!

F/C 2009 was a great success due to the very hard work of many people. One person worked much



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Friday, December 4, 2009 – 7:30pm
Rutland, MA

Saturday, December 5, 2009 – 2:00pm
Worcester, MA

Saturday, December 5, 2009 – 7:00pm
Marlborough, MA

Sunday, December 6, 2009 – 4:30pm
East Hartford, CT

Saturday, January 2, 2010 – 7:30pm
North Chelmsford, MA

Sunday January 3, 2010 – 7:00pm
Leominster, MA

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harder than everyone else and deserves a HUGE thank you—and that is Patrick Gagnon. Patrick is now learning to love the state of Iowa and we miss him greatly, but I am sure he will turn up at some combined handbell event in the future!

We want you to know that we take your feedback very seriously. The board has looked at your responses and will use that information as we prepare for future events. As your F/C '11 chair, I have been going through all your comments from Orono,

and will strive to improve the things that might not have gone as smoothly as we'd hoped. I pledge that everyone will have a chance to eat lunch and that we will have a reception following the opening night concert!

I will keep you posted on further developments and will announce the repertoire in the next issue of *Fundamental Tone*. Please mark the date in your 2011 calendars and plan to attend the best AGEHR Area I F/C in history! 🗓️

Photos from Our Area



◀ At left, Karen James leads a group of *brand new* ringers in Tinmouth, VT. The community raised money to purchase two octaves of handbells and two octaves of handchimes, and 38 people showed up to try them out! Below, part of the group at the afternoon workshop. They had a “mini” concert later in the evening.

Photos furnished by Karen James



▲ Above is the group of Area I members attending Distinctly Bronze in New Bern, NC. From left: Lisa Thomas, Karen Leonard, Karen James, Susan Chamberlin, Carolyn Gardner, Jeannie Cushman, Wendy Lewis, Gayle Keinard, Elizabeth Rice.

Photo furnished by Gayle Keinard

Photos from the Massachusetts ▶

Skill Building Workshop. Clinicians Chad Parker, Griff Gall, Diane Burke and Holly Cerullo led 26 registered workshopppers on October 10th at First Lutheran Church in Lynn, MA. The youth choir was from Christ the King in Holliston.

Photos furnished by David Wurth



REPORT FROM CONNECTICUT



Remember long ago, when back in school, we dreamed of a brief fling during the summer? Well, this year the tables were turned: summer had a brief fling with us. I hope you all enjoyed the Six Days of Summer we had in 2009. Now that the happy memories of that week are long gone, we can focus on the hustle and bustle of the fall and winter concert season.

The first event of the season, a **Repertoire Ring and Skill Building Workshop**, was a rousing success thanks to the efforts of Bill Degan and the volunteers at Bristol Baptist Church. The September 26 event drew 28 people from around the state, including the far corners of Putnam and Ridgefield. And two intrepid ringers came from as far away as New Hampshire! The *Area I Glove Tree* did a steady business, and everyone enjoyed the music directed by Bill Degan and Greg Fisher. The morning was

capped off with a fine lunch served by the Bristol Baptist volunteers.

Although all the final paperwork and preparations are not yet complete, we are well on our way to a **Connecticut Spring Ring** on March 20, 2010, to be held at Trinity Methodist Church at 180 Park Avenue in Windsor. We have toured the facility and Bob Gilbert, our Facility Liaison, is confident we can fit the entire state in the gym. Well, at least 200 ringers or so. Now the hard part — getting YOU to plan to come to the event. Look for a registration announcement in a few weeks — it will contain more details and site information. In the meantime we need two things from the great ringers in Connecticut — 1) *ideas for classes* to be offered at the Spring Ring, and 2) *instructors*. We already have plans to offer classes in basic and advanced techniques, conducting, and repertoire ringing, but we are looking for non-ringing classes as well, for those ringers who want a break during the day. So, if you have an interest or skill you want to share, musical or not, let's hear about it. We are looking to fill the building with the sound of ringing bells and ringers' laughter all day. Hope to see you there!

Our last bit of news is a big Connecticut cheer for our very own Jean Degan from Bristol who was voted in as Chair-Elect for Area I in a special election this summer. Congratulations, Jean!

As always, if you would like your event publicized in the state newsletter or *Fundamental Tone*, please let me know. The next *C Notes* newsletter will go out in November, so there is still time to send me those concert notices and ringing events. 🗑️ *Greg Fisher, Connecticut State Chair*



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Please look for the Area I **Glove Tree** at upcoming fall/winter events. The **Glove Tree** has black, white, & tie-dyed gloves in various sizes available. Directors can save shipping costs by purchasing gloves for their choir through the **Glove Tree**. Checks are accepted made payable to AGEHR Area I. If you have any questions about the **Glove Tree**, please contact Pam Sturdevant at store@agehrarea1.org.

The
**Glove
Tree**

Report from MAINE



Where in the world did summer go? Did we even have one? It does not seem possible that in two short months Christmas will be upon us!

This year, on Nov 14th, Maine will hold its **First Fall Repertoire Reading and Skill Building Workshop**. It will be held at Cressey United Methodist Church in Gorham, Maine, from 9 am–1 pm. Ray Cornils will lead us through the repertoire reading. There will be several skill building workshops.

The **Maine Spring Ring** will be held on March 20, 2010, at Greely Middle School in Cumberland Center, Maine. Ed Henderson and Bill Buzza will be our conductors. See the website soon for further information and registration. A printed registration form will appear in February's *Fundamental Tone*.

Our Community Groups are doing extremely well also. **Casco Bay Ringers**, the newest of the groups, will be performing concerts at Ocean View in Falmouth, at Foreside Community Church, also in Falmouth, and at Nativity Lutheran Church in Newington, N.H.

Penobscot Bay Ringers recently performed at a benefit dinner for YMCA and a concert at Quarry Hill, a retirement facility in Camden (and received an anonymous \$1,000 donation!). In October and January of next year, they will teach introductory handbell and handchime classes for six sessions at the YMCA and Community Adult Ed respectively.

Many church groups are also busily preparing for Concerts. **Parish Ringers** of Brunswick, Maine, will perform at St. Johns Catholic Church in Brunswick on November 22, and at Christmas with Cornils on December 22 at Merrill Auditorium in Portland.

The art of handbell and handchime ringing continues to blossom and grow in Maine! *Happy Holidays!*

🔨 *Brian E. Wilson, Maine State Chair*

New Members

Please welcome
our newest members
to Area I

House of Prayer Lutheran Church
Hingham, MA

Andrea Richards
Nashua, NH

Victor Kondratyev
Westfield, MA

Tinmouth Community Church
Tinmouth, VT

Jennifer Stearns
Concord, NH

Prospect United Methodist Church
Plymouth, CT

Kimberlee F. Strepka
E. Longmeadow, MA

Second Baptist Church
Suffield, CT

SIGN UP TODAY

For The

2010 Directors' Seminar

DIRECTORS

This is one event you want to attend in 2010!
Meet and learn with other other directors from Area I,
play and evaluate repertoire for the next season,
make sure your voice is heard by Area I.
See article and registration info in this newsletter.

Report from VERMONT



New Beginnings

For bell ensembles, fall is a time of new beginnings. As the director of two bell groups, the enthusiasm that comes with the start of fall rehearsals is very exciting! Vermont has previously hosted just one Skill Building Workshop in the fall the past two years. The workshops have been highly successful and have been given great evaluations by the ringers attending. But this year, in addition to the workshop in September, we added two additional Skill Building Workshops in October. These workshops are the seeds for many new beginnings. Ringers continually ask for more chances to learn and increase skill levels and the Skill Building Workshops provide this chance.

Recent Vermont Events

- **Skill Building Workshop September** A Skill Building Workshop was held Sept. 19, 9am-2:30pm at the First Baptist Church, Burlington, VT, hosted by director, Susan Lambert, and her choir. Fifteen ringers and directors from three different groups attended. The participants enthusiastically learned and practiced skills under the directions of Karen James and Phil Brown, the highly skilled clinicians for the day.
- **Skill Building Workshops October** Two Skill Building Workshops will be held in October. On October 17, the workshop will be held in Manchester, VT, hosted by Lynne Welsh. On October 31, the workshop will be held in Middlebury, VT, and hosted by Mal Chase. Clinicians for these two workshops will be Karen James and Jerilyn Bergdahl.

Upcoming Vermont Events

- Vermont Directors' Roundtable: Jan. 30, 2010, West Lebanon, NH, Averill Tinker, host. Directors interact and have a chance to learn more about the Spring Ring repertoire in the morning and discuss concerns and celebrations

over lunch. We are trying something new, a director coaching session, for the afternoon session. Directors will bring music they would like to direct to the session.

- Think Spring Mini Rings: We are trying to find an additional site for the very popular "Think Spring Mini-Rings." Each year the attendance grows for these events. The two mini-rings scheduled are: February 13, 2010 in St. Johnsbury, host, Phil Brown; and March, 2010 in Essex Jct., VT, host, Northern Bronze community handbell choir.
- The first committee planning meeting for the 29th annual Vermont Spring Ring "Champlain Valley Rings" was held on Sept. 24, 2009. The Directors' Workshop will be held April 30th and the Spring Ring will be held May 1st, 2010, at Essex Jct. High School, Essex Jct., VT; Bill Mathis, clinician. 🖋️

Jerilyn Bergdahl, Vermont State Chair

Fundamental Tone

is a publication
of the **American Guild of English Handbell Ringers
Area I (AGEHR Area I, Inc.).**

It is published four times per year at 3 Sarasota Av., Nashua, NH,
Bill Noss, Editor (<editor@agehrarea1.org> or call 603-886-1512.

Dates of issue are the first Monday in
February, May, August, and November.
Editorial copy and advertising is due on the
18th of the preceding month.

Advertising Rates:

Full page: (7.25" w. x 9.625" h.) \$80.00;
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Ringling in the Battery (G₄–C₆)

Thoughts from Festival/Conference

by Nancy G. Reynolds

Those ringing between G₄ and C₆ will inevitably face the unique challenge of balancing melodic, harmonic and rhythmic elements, often at the same time. I recently offered suggestions and strategies to assist ringers in meeting those challenges, and offer them here.

YOUR RINGERS

Defining Elements: Many aspects of ringing parts that require melodic, harmonic and/or rhythmic components of the music simultaneously challenge elements of body strength and flexibility, and brain flexibility as well.

- The dominant hand is generally measurably stronger than the non-dominant hand, thus controlling the motion, tempo, and/or rhythm of the techniques required of the bell played in the non-dominant hand is often more challenging.
- Proprioceptive awareness, the knowledge of where parts of the body are and how they are moving, may not be well-developed, especially on the non-dominant side, making motor planning more challenging.
- Just as we have a dominant hand, we have a dominant side of the motor cortex of the brain, often resulting in some degree of difficulty shifting the focus from one side of the brain and body to the other. This is something that must be done in order to motor plan to perform one task with one hand and a different task with the other.
- Guess what? Just as we have hand and brain dominance, most of us also have eye dominance, which is usually the same side as hand dominance. In order to multi-task while ringing

in the battery, it is important to develop the ability to look ahead in order to prepare for the demands of the music. Eye dominance may impact your ability to literally look ahead.

- Difficulty hearing the melody separately from the rest of the music can make playing in the battery more challenging. Being able to hear how your notes fit into the different parts of the music can make it easier to be a part of the ensemble.

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RINGING IN THE BATTERY...


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Issues: Given the above elements, issues that those in the battery face include:

- *Performing two techniques at the same time while doing so musically:* The challenge is to perform two different techniques smoothly with expected tempo, speed and dynamics. (How does one shake an accompanying whole note, for example, while ringing melody notes, keeping the shake smooth and melody notes in context?)
- *Listening for two parts/patterns simultaneously:* How do you know when you are playing the melody or the accompaniment, and then how do you ring so the melody is recognizable and in context? Can you hear how our notes fit into and enhance the melody and accompaniment?

Strategies to facilitate the ability to play opposing techniques at the same time, or different parts of the music, musically:

- Stretching and strengthening exercises to improve the balance of the musculature of dominant and non-dominant sides of the body. This balance can make it easier for you to sustain a shake, for example, while playing the melody with the other hand. Resources for these types of exercises are listed at the end of this article. Also approach your health care provider for specific exercises for your situation.
- Brain Flexibility Activities: Activities to facilitate more fluid shifting of motor activity and focus from one side of the brain to the other. (Similar to the principles and activities of Dalcroze).
- Effort Actions such as those of the Laban Movement Theory. This approach may facilitate



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Sunday, November 29 4:00 pm	<i>Rogers Center for the Arts</i> Merrimack College, North Andover, MA
Friday, December 4 7:30 pm	<i>St. James Episcopal Church</i> 44 West Street, Keene, NH
Saturday, December 5 3:00 pm	<i>First Parish</i> 75 Great Road, Bedford, MA
Sunday, December 6 7:30 pm	<i>Good Shepherd Lutheran Church</i> 183 West Main Street, Westborough, MA
Saturday, December 12 7:30 pm	<i>Franklin Federated Church</i> 171 Main Street, Franklin, MA
Sunday, December 13 4:30 pm	<i>HumanArts Series, Assumption College</i> 500 Salisbury Street, Worcester, MA

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your ability to affect the weight, time or space of your ringing.

- Rhythm games can reinforce all of these elements and provides visual, sound and motor cues to meet the musical and motor demands of the music. Motor imitation games, the cup game etc.
- Decoding the Music: Analyzing the music before ringing can assist you in preparing for what is being asked and determining how best to do so:
 - ▶ What is the phrasing of the music; the form of the piece AB, ABC, etc.?
 - ▶ Where do rhythm, tempo, dynamic, key changes occur?
 - ▶ Where is the melody? When are you a part of the melody, part of the accompaniment, when do you play both? The melody is not always in the stem up part. (Use of a listening tape of the piece can be helpful in training your ear to hear your note in the melody and/or accompaniment. Ask your director to help define the melody for you if you still can't hear it.)
 - ▶ Is there a pattern to the accompaniment part that you play and/or the melody or sub-melody that can assist you in ringing more musically?
 - ▶ Is there a pattern to the techniques used in your part of the battery? Are you always ringing an accompanying shake while you are part of the melody, for example?

Use these strategies to address the issues arising in the battery:

- Various techniques against the shake, for example.
 - ▶ Improved muscle balance may assist in sustaining a smooth shake while performing another technique with the other hand.
 - ▶ Crossing midline exercises (Brain Gym, Dalcroze, motor imitation) may assist in the ability to perform the two techniques

required, by increasing the ability to shift brain and motor focus from one side to the other.

- ▶ Using Effort Action terminology or visual cues may help reinforce movement requirements for each technique, or rhythm or dynamic demands of the piece of music.
- ▶ Rhythm games may increase the ability to meet the tempo requirements while performing two techniques simultaneously. 

Resources:

Ringin' Right from the Beginning. Moore, Daniel K., 2000
Healthy Ringing. Berry, Susan, 2000
Feel It! Rhythm Games for All. Abramson, Robert H., 1998
Brain Gym. Dennison, Paul E., Dennison, Gail E., 1989
Handbell & Handchime Notation. AGEHR, 2006
Workshop Handout: Musicality Through Motion Language.
Presented by Kim Strepka at the VT Directors' Meeting, 1/08



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~ 2009 Holiday Concert Schedule ~

Merry and Bright
A CELEBRATION OF CAROLS

Sunday, December 6, 2:00 p.m. Newton Free Library 330 Homer Street, Newton, MA	Saturday, December 12, 2:00 p.m. Pilgrim Church of Duxbury UCC 404 Washington Street, Duxbury, MA
Sunday, December 13, 4:00 p.m. UCC Medfield 496 Main Street, Medfield, MA	Saturday, December 12, 7:30 p.m. Maple Street Church 90 Maple Street, Danvers, MA

* Family Concert *

~ BBR 2010 Spring Concerts ~ Saturday, April 10 Saturday, June 5 Location and time TBD	~ Boston Handbell Festival ~ Tuesday, May 18, 8:00 p.m. Old South Church 645 Boylston Street, Boston, MA
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