



## *“spRing Bells in Middlebury”*

---

Directors Workshop: Middlebury Congregational Church    Friday, April 27, 2012    6 PM-9 PM  
Spring Ring:                    Middlebury Union High School    Saturday, April 28, 2012    8:45 AM-5 PM

### ***David Weck, Clinician***

#### **Massed Ensembles Repertoire**

***Within the Darkest Night***    Derek Hakes    AG36028  
3-6 Oct.    opt. 3 oct. handchimes    Level 2

***Near the Cross***                    Doane/arr. Raney/Sherman    MHP2548  
3-5 oct.    opt. 3 oct. handchimes;  
MHP2548P    Strings or Synth. Strings    Level 2+

***A Call to Celebration***            Angerman    MCGB629    3-5 oct.    Level 3

***The King Shall Come***            Moglebust    2-3 oct. MCGB690  
3-6 oct. MCGB691  
Chime tree; finger cymbals; suspended cymbal    Level 2

# VERMONT SPRING RING 2012 Class choices

Saturday, April 28, 2012

## **Morning classes**

### **Stopped Techniques - Phil Brown**

“Stopped Techniques” refers to all the ways of getting sounds from a handbell other than the basic ringing. This class will primarily address the staccato techniques thumb-damp, pluck, martellato and mallet. We will demonstrate the proper execution of these techniques, discuss how they are notated in our music and practice incorporating the techniques into exercises and music. We will also address the critical question of “What happens in between each staccato note?!” Bring gloves, your Spring Ring music and mallets from your table.

### **Tai Chi Session 1 – Jenna Dixon**

Bellringers, experience some low-hanging fruit from tai chi chuan tailored specifically for you: how to move our arms without muscular tension and how to improve balance and coordination. We'll also look at how tai chi uses a complete and natural range of motion to retrain posture and free habituated movement patterns for an overall improvement in health and well-being.

### **Tricks for Knowing Your Music - Karen James**

How well do you know your music? Here's an opportunity to unlock the door to the world of really understanding all those black notes on the page. By learning how to see the different parts that make up the whole piece and finding 'goal posts', you will be able to watch the conductor more, turn pages without casualties and ultimately become a better ringer. When you learn how to learn your music, you will know it! Bring Massed Ringing music.

### **Preventing Injuries / How Do I keep from Hurting? – Nancy Reynolds**

You have entered the world of handbell ringing, perhaps recently, perhaps you have been ringing for awhile or what seems like forever. If you haven't already realized it, ringing is a sporting event. As such, it is important to be physically prepared. This class will explore ways to use easy stretching, warm up, and conditioning exercises, and relaxation techniques to be sure you are up to the challenge. You will learn about the impact of your everyday life activities on your readiness to ring, and ways to minimize that impact. We will address specific concerns of those taking the class and explore adaptations to minimize physical stress while meeting the technique and musical demands of the repertoire and director.

### **So why DO you watch the conductor?- David Weck**

Ever wish the director would just count out loud and yell "stop?" Ever wonder why you need a director? Ever wonder what sign language the director is using? Ever wonder how to interrupt the director's sign language? Come to this class and find out the secrets and what the director is thinking while speaking through the baton.

Saturday, April 28, 2012

## Afternoon classes

### **Basic Skills of Ringing and Damping –Lynne Welsh**

How do you really ring a bell? How many ways are there to stop the bell from ringing? (or to damp) From basic stance to holding the bells, to using your whole body, we will explore ways to make your ringing look and sound better!

### **Tai Chi session 2 –Jenna Dixon**

This will be the same as the AM class

### **Four-in-hand Techniques - Karen James**

Learn the various methods of ringing 2 bells in each hand, as well as “traveling 4-in-hand”— also some 6-in-hand, if time allows — not just for the high bells, these techniques can be used down to DE5 or even lower. Learn the secrets to applying to your music in a full-choir setting. Bring 4 bells C6 and higher. (6 small bells if you want to try 6-in-hand)

### **Malmark maintenance - bells and chimes - David Wurth**

Get to know your instrument! We'll disassemble and reassemble a bell so you will know the parts and their function. Learn how to make adjustments and keep your bells in smooth, effortless working order. Bring problem bells to class (along with your screwdrivers) and we'll work on them.

### **Repertoire Reading - Phil Brown**

For those who just want to ring – or to explore possibilities for new repertoire – we will be ringing through a selection of Level 2 / 3 music. The music will all be reasonably accessible for less experienced ensembles while still providing musical challenges for the most experienced Bellringers. There will be some new titles along with some of Phil's favorites. While we are reading through several selections, Phil will also offer some rehearsal and performance suggestions that can be incorporated into preparing this or any, music with your ensemble.

### **Please keep a record of who will attend each class:**

#### **Morning Classes**

Stopped techniques \_\_\_\_\_  
Tai Chi session 1 \_\_\_\_\_  
Tricks for Knowing Your Music \_\_\_\_\_  
Preventing Injuries \_\_\_\_\_  
So why DO you watch the conductor? \_\_\_\_\_

#### **Afternoon Classes**

Basic Bell Techniques \_\_\_\_\_  
Four-in-hand Techniques \_\_\_\_\_  
Tai Chi session 2 \_\_\_\_\_  
Malmark maintenance \_\_\_\_\_  
Reading repertoire - Level 2-3 \_\_\_\_\_

**Friday, April 27, 2012**  
**Directors' Workshop**

The Workshop will be held in at the Middlebury Congregational Church from 6 PM-9 PM. Directions and other information will be included in the confirmation letter which you will get when we receive your registration and check. The registration fee remains at \$10/director - which is collected at the door. Directors must pre-register to ensure that enough meals and photocopied materials can be prepared

**Conducting for Directors; So why DO I ask ringers to watch me? -**

**David Weck**

While we directors *think* we know what our hands are saying to our choirs . . . have we ever watched ourselves in the mirror? Do we ever wonder why **you** choir doesn't respond the way **you** thought they should? A great conductor once said, "If your choir isn't performing the way you want, you should first look at yourself - the conductor." (David Davidson, Dallas Symphony Chorus and Orchestra)

We will review the basics as well as musicality and changing meter. Please bring a 3-ring binder with you.

\*\*\*\*\*



**David Weck - Biography**

David L. Weck is founder and director of The Agape Ringers, an auditioned handbell ensemble from Chicago, Illinois. As full-time music editor with Agape/Hope Publishing Company of Carol Stream, Illinois, he is responsible for the handbell catalog consisting of more than 800 titles. David is in demand as clinician throughout the year and has been director of numerous national and international handbell events including the 2004 *International Handbell Symposium* in Toronto, the 2008 *International Symposium* in Orlando, Florida, and the 2010 *International Symposium* in Osaka, Japan. In 2005, he served as Guest Conductor for the *Summer Workshop* of The Handbell Ringers of Japan. It was a special honor for David to serve as a guest co-conductor at the 2009 *Distinctly Bronze* and currently, he is pleased to be conducting the 2012 *Distinctly Bronze* events. David has served on the national board of the AGEHR and was given the Midwest States' *Area VIII Outstanding Service Award*. Most recently, he was awarded by the AGEHR as an *Honorary Life Member* in July of 2011. For 40 years, David has been involved in choral music through music education, church music and as assistant director of the Chicago Community Renewal Chorus. He and his wife, Jane Holstein, reside in Wheaton, Illinois, where they enjoy spending their spare time with grandchildren, Becky and Jack.