

# Pacific NW Handbell Directors' & Musicians' Forum 2019

## I Feel Great . . . I Ring Well!

Saturday, September 14 • 8:30 am-3:30 pm

Murray Hills Christian Church (15050 SW Weir Rd, Beaverton 97007)

DONATION to defray costs: \$20/person in advance (\$25 day of)

- **Healthy Ringing** Ringing handbells incorrectly or overusing one's body can be a painful experience. Learn basic stretches, strengthening exercises and postural cues to help you continue to ring for many years without injuries that sideline you. Details on the back. Kelly Reed, PT, COMT, OCS, Presenter
- **I Got Rhythm . . . But, I'd LOVE to Feel More Confident!** Get away from the tables and have some fun with rhythm. A toolkit of activities to help every handbell musician feel more confident about the rhythmic complexities of our art form. Ellie Hodder, MFA, Joanne Dixon, co-presenters.
- **Read 'n' Ring--A Packet of Pieces that Make You Want to Ring Them!** A variety of publications for sacred, secular, concert settings. So wonderful you'll want to do them all. Ellie Hodder, et al (Please contact Ellie if you'd like to direct one of the Read 'n' Ring pieces)

Pacific NW Handbell Directors' Forum is dedicated to bringing together the region's directors so that we may help one another through sharing our knowledge and resources to bring the finest quality to our work with our ringers. Please share this flyer with fellow directors and musicians.

PNWHBDF is presented by Pacific Ringers and is an Area 10, Handbell Musicians of America endorsed event.

### ----- Registration Form-----

Name (please print) \_\_\_\_\_

Organization \_\_\_\_\_

Preferred mailing address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

e-mail \_\_\_\_\_ Phone \_\_\_\_\_

List your choirs \_\_\_\_\_

Octaves of handbells \_\_\_\_\_ Manufacturer \_\_\_\_\_

Octaves of handchimes \_\_\_\_\_ Manufacturer \_\_\_\_\_

Director       Musician       Both

Special Diet:  None    Vegetarian    Vegan    Dairy Free    Gluten Free

Other (please specify) \_\_\_\_\_

Please include \$20 (\$25 "day of") with your registration to cover the costs of light snacks, lunch and mailing of music packets. **Make checks to "Pacific Ringers"**

**Mail to:** Ellie Hodder, 4228 SE Mitchell, Portland, OR 97206 by Sept 5

(Later registrations okay, but let me know by Friday so I can make sure there's enough food for all.)

**Questions:** Contact Ellie 503-730-9311, [info@pacificringers.org](mailto:info@pacificringers.org)

# About Our Clinicians and Classes

## Healthy Ringing for Happy Musicians

Kelly Reed, PT, COMT, OCS

In recent years, we have learned more and more about the ergonomics of ideal ringing form. This knowledge is essential to a long, healthy career as a handbell musician. Along with a good understanding of ergonomic ringing, it's great to have a clear understanding of what we can do to be stronger and what stretches will allow us to continue to ring for the long haul. Build your repertoire of healthy activities for a long career of ringing.

Kelly Reed recently retired as Director at TAI Cedar Hills Physical Therapy in Beaverton. She received her COMT (Certified Orthopedic Manual Therapist) from the North American Institute of Orthopedic Manual Therapy and is an Orthopedic Certified Specialist (OCS). Kelly prides herself for excellence in general orthopedic physical therapy. She specializes in lower-extremity dysfunctions, biomechanical assessments as well as, Temporomandibular dysfunction (TMD). She started a BreathWorks program focusing on evaluation and education related to breathing physiology and its effect on overall wellness and healing. Her clinical skills continue to move in a direction that empowers clients to achieve their highest level of function in a balanced fashion.



Kelly was a 3-sport collegiate athlete and continues her love of athletics through her own personal training, running, yoga, and supporting her kids' sporting events. An outdoor enthusiast, she loves trail running, hiking, gardening, camping, and keeping up with her husband Greg and their 3 kids.

## I Got Rhythm . . . But I'd LOVE to Feel More Confident

Ellie Hodder, MFA with Joanne Dixon

Wasn't there a pop song that said "rhythm's gonna get you?" Alas and alack, sometimes that's exactly what happens as handbell music becomes increasingly more complex! What if, instead of beating our heads against the bell tables (gratefully, they're padded!) we got away from the tables and just had *fun* making rhythms happen naturally? Bring your good humor and willingness to try some new things for bells but without bells in your hands. Could you go home a more accomplished musician? . . . We think "yes"!



Ellie Hodder ([info@pacificringers.org](mailto:info@pacificringers.org)) holds a Bachelor of Music Degree from Crane School of Music, SUNY, an advanced teaching certificate from New York State and a Master of Fine Arts Degree in theatre with a concentration in composition from Southern Illinois University at Carbondale. She is Director of Music Ministries at Murray Hills Christian Church, Beaverton, OR, founder of the Pacific NW Handbell Directors' Forum and Pacific NW Youth Handbell Festival. Ellie is founder/ artistic director of Pacific Ringers community handbell ensemble and is founding clinician for the upcoming Coppers' Classic ([coppersclassic.com](http://coppersclassic.com)). Visit Ellie's website [elliehodder.com](http://elliehodder.com).

PNWHBDF is presented by Pacific Ringers, a Portland community handbell ensemble and proud member of Handbell Musicians of America. (Join at [handbellmusicians.org](http://handbellmusicians.org))