

# Pacific NW Handbell Directors' & Musicians' Forum 2018

## Getting Better and Better Every Rehearsal!

Saturday, September 8 • 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)

- **Body Mapping & Cross Lateral Exploration** for Handbell Directors/Musicians. Handbell directors offer visual and kinesthetic information to their ensemble with every movement they make! Body Mapping offers accurate information about our body to promote free and coordinated movement and avoid injury. This workshop will explore conducting gestures and ringing enhanced by accurately mapping the whole arm, skeletal balance, and muscular freedom for the neck, back and legs. Full details on back. Cynthia McGladrey, Presenter
- **Great Beginnings to Superb Rehearsals** Warm Ups. When our musicians have great skills, we all have great rehearsals and performances. Skill building warm ups are great and it's fun to see the smiles among musicians as they realize an exercise that was impossible at the start of the season is easier and easier. Details on back. Ellie Hodder, presenter.
- **Read 'n' Ring--"I love this piece"!** A variety of publications for sacred, secular, concert settings. So wonderful you'll want to do them all. Ellie Hodder, et al

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

(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

## Body Mapping & Cross Lateral Exploration for Handbell Directors/Musicians

Cynthia McGladrey, licensed Andover Educator/Body Mapping specialist for musicians

Handbell directors offer visual and kinesthetic information to their ensemble with every movement they make! Body Mapping offers accurate information about our body to promote free and coordinated movement and avoid injury. This workshop will explore conducting gestures and ringing enhanced by accurately mapping the whole arm, skeletal balance, and muscular freedom for the neck, back and legs. Participants will learn cross lateral exercises to enhance use of both arms and enhance the brain's hemispheric connectivity. These exercises are fun for us and our ringers as they build our brain's ability to do the bilateral movements needed for ringing and conducting. We will explore whole arm movement supported by the whole body, as we learn exciting cross lateral rhythmic exercises to encourage the whole musician. What we show our ringers is what we get!

Cynthia McGladrey holds a Master of Music in vocal performance at University of Oregon and a Bachelor's Degree in choral education at Portland State University. She was licensed Andover Educator with Barbara Conable in 2005. Cynthia teaches Body Mapping for musicians with choirs, solo vocalists, instrumentalists and handbell ringers at retreats and workshops throughout the Northwest. She is a recently emeritus instructor of studio voice, assistant choral director, director of Handbell Ringers, and Body Mapping for musicians educator at George Fox University.



## Great Beginnings to Superb Rehearsals

Warm Ups. When our musicians have great skills, we all have great rehearsals and performances. Skill building warm ups are great and it's fun to see the smiles among musicians as they realize an exercise that was impossible at the start of the season is easier and easier. Difficult passages in your music will also offer opportunities for you to create specific warm ups to overcome obstacles in the scores. We'll zero in on understanding what skills your musicians need and how to develop clear practices for learning. Musicians, you'll learn how to frame questions that help your director help you!

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))