

# February 2007 Newsletter

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### About Handbells Etc.

*Handbells Etc. was established in Edmonton, Alberta in February 1995 and serves Handbell Directors and Ringers across Canada. We strive to fulfil all of your handbell needs.*

*Camille Ream has served as clinician for workshops in B.C., Alberta, Saskatchewan, Manitoba and Ontario. She is a ringer with JUBILOSO! Bells of Concordia from Edmonton. She is currently the director of the handbell program at First United Church in Fort Saskatchewan, Alberta.*

*Susan Galloway has served as clinician for workshops in B.C., Alberta, Saskatchewan, Manitoba and Ontario. Susan has directed and rung in handbell choirs for over 15 years. She is currently ringing in the auditioned community choir JUBILOSO! Bells of Concordia. Susan is the Western Canada Sales Representative for Malmark Handbells and Choirchimes®.*

*Wendy Hoskin has been ringing handbells for church and community choirs over the past twenty-three years. Currently, she is ringing in JUBILOSO! Bells of Concordia and Robertson Wesley Ringers. She has also directed elementary handbell choirs over the past fifteen years. We are pleased to have her join the staff at Handbells Etc.*

Greetings!

We have had an extremely exciting year with lots of changes in our lives!

Camille and Chris's first grandson arrived on July 17 - Ethan Murray Kenneth Ream - proud parents are Michael and Jennifer.

Susan and Glenn were married at an outdoor ceremony at Camille and Chris's farm on August 19.

Shari Lange and her family will be moving to the Camrose area to farm so will no longer be working for Handbells Etc. Shari has been an integral part of our business for eight years.

Wendy Hoskin joined our staff in the fall. She comes with lots of experience in both school and church handbell music. She is in the office Tuesday and Thursday and will be happy to help you. We are extremely pleased that she has joined us at Handbells Etc.

Thanks for your continued support!

Camille Ream

Susan Galloway



## Stand Up Straight! How Is Your Ringing Posture?

We were all told as children to stand up straight and not to slouch! As adults, we still need to stand up straight and not slouch. As handbell ringers, it is important to have good posture - it helps us to have more energy for ringing, gives us less aches and pains and helps us to ring more musically. We don't use just our arms for ringing, we use our whole body so it must be held in proper alignment to get the most music out of your ringing. If ringers stand in a tense position, the tension spreads though out their entire body. This makes ringing tiring as well as less musical. It makes it harder to play dynamics, make circles and do techniques properly.

Posture really starts from the toes and goes up. One foot should slightly in front of the other - this will allow you to shift your weight so that your bell changes can be made without reaching or straining. Your feet should be about shoulder width apart. Weight should be on the balls of your feet with your heels on the floor. Knees must be relaxed and slightly flexed - you need to have "soft knees". Chest should be lifted high so that you can breath easily. Shoulders must be relaxed as if hanging on a coat hanger. (You can find out just how tense your shoulders are by raising them towards your ears and then lowering them to the ground, relax and try to lower them a little bit more.) Neck must be relaxed so head able to move freely. Check the height of your music – you may be slouching so that you can see your music better.

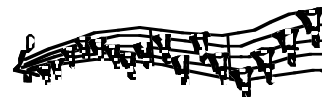
As directors, we should be aware of our ringer's posture. Often ringers are not aware that they are not standing straight or slouching. Remind your ringers to relax. To get this happening consistently, you may need your ringers to adjust their stance, to flex their knees, to relax their shoulders or to stand up straight. You might feel like a nag, but it will be worth it in the end. Your ringers will have more energy for rehearsal and ring more musically.



**Ethan Murray Kenneth Ream**

### **Malmark Handbells & Choirchimes®**

Susan Galloway of Handbells Etc. is the Malmark Handbell Sales Representative for Western Canada. Malmark handbells may be purchased in complete sets of 1-7 octaves, as add on sets, or as additional individual handbells so you can complete your set. Malmark will also put inscriptions in each handbell handle. Malmark Choirchimes® which use handbell ringing technique, are sold in complete sets of 2-6 octaves, and are used as a stand alone instrument or as addition to a handbell choir to enhance sacred/secular music.





Susan and Glenn August 19, 2006

## [The Ringing Link 2008](#)

*Canada's 5th National Handbell Festival*

*July 2-5, 2008*

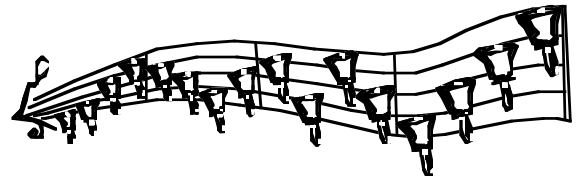
*University of Western Ontario*

*London, Ontario*

***"From C to Shining C"***

### *Guest Conductors*

- *Dr. John Hooper from Alberta*
- *Rev. John Nelson Jr. from Saskatchewan*
- *David Keith from Ontario*



### **Preview Option**

We continue to offer our music preview option.

Call us and we will send a few sample pieces for you to preview. We request that you return the music as soon as possible so that others may preview them. When you have made your choices, please call us, fax us, or email us and we will process your order.

## *Upcoming Canadian Handbell Events*

<i>DATE</i>	<i>EVENT</i>	<i>LOCATION</i>
<i>March 3</i>	<i>Conductor's Workshop</i>	<i>Abbotsford BC</i>
<i>April 28</i>	<i>Ringing With Heart</i>	<i>London, ON</i>
<i>May 4/5</i>	<i>Spring Ring 2007</i>	<i>Nanaimo BC</i>
<i>May 26</i>	<i>Spring Ring</i>	<i>Oshawa, ON</i>
<i>July 5-8</i>	<u><a href="#">Classic Bronze</a></u>	<i>Edmonton AB</i>
<i>July 30 - August 2</i>	<i>Royal Canadian College of Organists</i>	<i>Edmonton AB</i>
<i>August 13 &amp; 15</i>	<i>Adult Singspiration</i>	<i>Edmonton AB</i>
<i>October 13</i>	<i>Handbell Discovery 2007</i>	<i>Edmonton AB</i>

# Classic Bronze Handbell Festival

[www.classicbronze.org](http://www.classicbronze.org)

July 5-8, 2007

Edmonton, Alberta

The inaugural Classic Bronze, an advanced massed ringing event, will be held in Edmonton, from Thursday evening, July 5 through Sunday afternoon, July 8. Classic Bronze will feature advanced level 3/4/5 music and is seeking ringers capable of sightreading level 3 and performing level 5 music. Classic Bronze will have four core handbell sets - two six-octave sets and two five-octave sets along with various complementary instruments. The event will be conducted by Dr. John Hooper, of Concordia University College, where he conducts JUBILOSO! Bells of Concordia. Known to Albertans from performances and workshops at Handbell Discovery events, he was the Canadian conductor at the International Handbell Symposium in Brisbane and will be one of the conductors at the London, ON Ringing Link in 2008. The culminating concert will be on Sunday afternoon, July 8 and will be open to the public.

Application materials are available in .pdf format at [www.classicbronze.org](http://www.classicbronze.org)

For details, contact Cathy Koski at [rkoski@telusplanet.net](mailto:rkoski@telusplanet.net). Classic Bronze is delighted to acknowledge support from Handbells Etc. and Concordia University College and is soliciting further support from other agencies and organizations.



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## Handbell Accessories

### Foam and/or Tables

- \* designed especially for Handbells Etc.
- \* trapezoid shaped 4" supersoft foam with zippered cotton covers
- \* trapezoid shaped folding tables

### Mallets

- \* Gray E6 and above - \$15.00
- \* Light Blue G4 - E5 - \$20.00
- \* Red F5 - D#6 - \$20.00
- \* Yellow C4 - F#4 - \$25.00

Mallets also available for lower bass bells.

### Gloves

- \* Cheaper by the Dozen (prepackaged dotted - white or black) - \$39.00
- Individual Gloves (dotted - white or black) all sizes - \$ 5.00

### Binder Stands

- oversized binders with foldback design \$18.00

### Polish and Cloths

- \* polishing cloths - \$ 6.00
- \* polishing cream(50 gram) - \$ 6.00

### Etc. Items

*For pictures and prices, see on line catalogue.*  
All prices are in Canadian Dollars  
Payment by Visa, Mastercard, Cheque or Cash

### ***Prairie Sunset Bed and Breakfast***

*Fort Saskatchewan, Alberta*

*[www.prairiesunset.com](http://www.prairiesunset.com)*

*Hosts - Chris and Camille Ream*

*1-866-997-0551*

## ***IT'S YOUR LUCKY DAY!***

### ***Sets of Seven***

***Seven pieces for \$25.00***

***Anniversary MUSIC SALE***

***Sale end Feb 28, 2007 or while quantities last***

<b><i>TITLE</i></b>	<b><i>COMPOSER/ARRANGER</i></b>	<b><i>OCTAVES</i></b>	<b><i>LEVEL</i></b>
<i>Pie Jesu</i>	<i>Webber/Wagner</i>	<i>345</i>	<i>2+</i>
<i>Fum Fum Fum</i>	<i>Catalonian Carol/Thompson</i>	<i>345</i>	<i>2+</i>
<i>Fantasy on Kingsfold</i>	<i>Kingsfold/Wagner</i>	<i>345</i>	<i>2+</i>
<i>Festive Intrada</i>	<i>Dobrinski</i>	<i>345</i>	
<i>One Day at a Time</i>	<i>Thomson</i>	<i>3</i>	
<i>In the Good Old Summertime</i>	<i>Merrett</i>	<i>45</i>	<i>3-3+</i>
<i>Pastorale</i>	<i>Bedford</i>	<i>3456</i>	<i>4/5</i>
<i>Cantad Al Senor</i>	<i>Brazilian/Geschke</i>	<i>345</i>	<i>2</i>
<i>Five More Celebrations</i>	<i>Keller</i>	<i>2</i>	<i>2</i>
<i>Sans Souci</i>	<i>Merrett</i>	<i>2</i>	<i>2</i>
<i>Blessed Assurance</i>	<i>Knapp/McKechnie</i>	<i>345</i>	<i>3</i>
<i>A Mighty Fortress</i>	<i>Luther/Dobrinski</i>	<i>345</i>	<i>3</i>
<i>A Mighty Fortress</i>	<i>Ein'Feste Burg/Raney/Sherman</i>	<i>456</i>	<i>3</i>
<i>Above the Clouds</i>	<i>Merrett</i>	<i>3</i>	<i>3</i>
<i>Carillon</i>	<i>Wagner</i>	<i>45</i>	<i>3</i>
<i>Down by the Riverside</i>	<i>Folksong/Wagner</i>	<i>345</i>	<i>3</i>
<i>Procession of Praise</i>	<i>Sherman</i>	<i>345</i>	<i>3</i>
<i>Joy in the Morning</i>	<i>Sleeth/Thompson</i>	<i>345</i>	<i>3</i>
<i>Allegro Maestoso</i>	<i>Handell/Linker/McFadden</i>	<i>345</i>	<i>3</i>
<i>Go the Distance</i>	<i>Zippel/Menken/Stephenson</i>	<i>3456</i>	<i>3</i>
<i>Endless Fanfare</i>	<i>Lemmen/Allen</i>	<i>3456</i>	<i>3</i>
<i>Promise</i>	<i>Behnke</i>	<i>3456</i>	<i>3</i>
<i>He's Got the Whole World</i>	<i>Dobrinski</i>	<i>345</i>	<i>3</i>
<i>Silverthorne</i>	<i>Allured</i>	<i>345</i>	<i>4</i>
<i>Rondo Exultate</i>	<i>Tucker</i>	<i>345</i>	<i>4</i>