

# Pacific NW Handbell Directors' & Musicians' Forum 2015



Feeling Good and Playing Your Very Best!

- Saturday, September 12, 8:30 am-3:30 pm
- First Unitarian Church (SW 12 between Main and Salmon)
- COST: \$20/person



- **Ringin' Healthy for a Lotta Years!** Setting yourself up for injury free ringin'. Instructor: Patty Boyd, PT
- **Eight Skill Building Exercise Everybody Can Use Today!** Really! Instructor: Ellie Hodder
- **Rings from Around the World You Can Use in School, Sacred and Secular Settings** Directors: Shosh Meyer and Ellie Hodder

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 other directors and musicians who may find the mission of PNWHBDF useful.*

----- 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 with your registration to cover the costs of light snacks, lunch and mailing of music packets. Make checks to "First Unitarian"

**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, [ehodder@firstunitarianportland.org](mailto:ehodder@firstunitarianportland.org)

# About Our Clinicians

**Patty Boyd** (pimcb317@comcast.net) has been working as a physical therapist since 1985. She has worked in several states including California, Washington and Oregon providing therapy services to individuals of all ages. Patty is a big believer in individualized programs. She consults frequently on programs that will help individuals maximize their abilities and prevent future physical problems or injuries. She is currently working in a local school district as well as, consulting on a variety of adult needs. As a bell ringer, Patty has learned first-hand about the physical needs of handbell musicians. There is a clear need for injury prevention techniques and practices and the understanding of movement patterns that result in healthy ringing. Using her skills as a physical therapist, Patty has been changing her own ringing and exercise habits to encompass emerging movement patterns and healthier handbell ringing techniques.



**Shosh Meyer** (shoshm@smlcfamily.org) is a staff member at St. Matthew Lutheran Church in Beaverton, Oregon where she presently serves as Pastoral Administrative Assistant and Director of the Handbell Ministries for the church's five handbell choirs (grades 3 – senior adults). Shosh has directed handbells since 1976 and has been a faculty member and conference coordinator at regional, area and national handbell organization events since 1993. In 1998, Shosh began conducting at handbell festivals across the U.S. for young ringer and adult. She is presently serving as the Oregon Chair of Handbell Musicians of America - Area 10.



**Ellie Hodder** (ehodder@firstunitarianportland.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 has served as Director of Handbells at First Unitarian Church, Portland, Oregon since 2002. Ellie is founder of the Pacific NW Handbell Directors' Forum and the Pacific NW Youth Handbell Festival. Currently, Ellie is the Regional Membership Coordinator, West, for Handbell Musicians of America. Ellie is founder/artistic director of Pacific Ringers community handbell ensemble. She has served locally and regionally as a clinician including for the upcoming Coppers' Classic debuting October 2015 in Vancouver, Washington.

