

Michèle Sharik
Half-Day Workshop for Ringers AND Directors
A Handbell Musicians of America Endorsed Event

Date: **Saturday, August 18, 2018**

Time: **8:45AM registration** and coffee/tea.
Classes begin 9AM until 1:00PM. Gloves are optional. *You are invited to join the clinician in a no-host lunch at a restaurant following the workshop to socialize.*

Location: **First United Methodist Church**, 341 S. Kalmia St. Escondido, CA 92025
Enter the Social Hall on 4th Street, in the middle of the block. Free parking.
Church phone: (760) 745-5100; DL's Cell phone: (760) 745-1194
Church Email: dls@fumcescondido.org

Bring: **four small bells** for the 4IH class, nothing larger than C5. If you do not have access to bells to bring contact me and we will arrange borrowed bells for you to use. *Gloves are optional.*

Clinician: **Michèle Sharik** –Michèle Sharik is known world-wide as a teacher of ergonomic handbell techniques, as well as a handbell soloist and conductor. She holds a Bachelor of Arts in Visual and Performing Arts from Cal State San Marcos and a Graduate Certificate in Performing Arts Medicine from Shenandoah University. Michèle is Master Teacher of Handbell Techniques for the Certification Program of the Handbell Musicians of America, and serves as Past Chair and SoCal Regional Coordinator of Area 12.

Each class will be 50 minutes followed by a 10 minute break:

Basics Revisited: Whether you're a brand new beginner or a "veteran ringer," this class will teach (or remind) you what to do before you ever pick up a bell or chime. Learn ergonomic techniques to help you not only "survive" those long rehearsals, concerts, and day-long ringing festivals, but also do so without pain or soreness. Ringers will be introduced to the "Three S's": Stance, Seat and Stroke, and will focus on developing a relaxed ringing style to help control the bell, ring dynamically and make beautiful music.

Ringin' in One Accord: Ringing chords cleanly and rapid runs accurately can be a challenge for handbell choirs. Learn techniques and strategies to help you and your choir ring more fluidly.

4-in-hand Techniques: Learn the three most popular methods of ringing two bells in each hand (there are more than seven ways to do it!), how to decide which to use when, and how to do them safely and musically. Includes some "6-in-hand", if time allows.

50 Shades of Damping: One of the first things we learn as a handbell musician is to damp the bell, but there is so much more to damping than just "on" or "off"!

Discover how selective damping, soft damping, pre-damping, half-damping — and more! — can help you shape your music and take your performance to new heights.

Detach and mail this form to registrar along with a check. *Please duplicate this sheet for additional registrations.*

Registration Fee: **\$45.** per person includes \$10. early bird discount for registrations received **BEFORE August 1** (*does not include lunch*)

After August 1 and at the door: \$55. per person AMOUNT ENCLOSED _____

Mail to Registrar: D.L. Shearer, First UMC, 341 S. Kalmia St. Escondido, CA 92025
Make checks payable to **FUMC.**

NAME: _____ Church or school: _____

Address: _____

Phone: _____ Email: _____