



January 2023

Dear BC Handbell/Handchime Musicians,

We are looking forward to hosting you for the upcoming Spring Ring May 5 and 6, 2023 at First Baptist Church in Nanaimo. Our theme is “Coastal Carillon” bringing the sights and sounds of the BC west coast and music together. The Planning Committee invites you to enjoy the camaraderie of music-making and to experience the blend of nature and culture that runs deep on Vancouver Island and in the neighbouring Gulf Islands.

We have invited conductor Ellie Hodder from Oregon, USA to express her love of handbells and encourage us to grow in our musical abilities. We also welcome Christie Noseworthy, one of our very own BC ringers, to the conductor’s platform.

This package contains all the information you need regarding Spring Ring 2023 and all of the application forms. The church will be used to capacity so be aware we have **limited registration to a maximum of 80** ringers. The church is just a 5- to 10-minute drive from the hotel we have chosen for you.

We want to encourage choirs, small ensembles, and soloists to be part of our weekend performances either for the Friday night concert or during the main showcase concert on Saturday night. Make sure to sign up on the registration form if you wish to perform.

Please read all the information carefully. Complete and return the registration form as quickly as possible so you don’t miss the **‘Early Bird Deadline’ of March 8, 2023**. Please complete the equipment form if you are able to bring bells and/or chimes and foam with you. We are always in need of as many bells and chimes as possible to accommodate individual ringers and workshops. If you have any questions or comments regarding the conference please contact Cara Beirnes at 250-816-4280 or headdingaling@shaw.ca.

We hope you will come and experience “Coastal Carillon” with us.

Sincerely,
Cara Beirnes & Anne Hill
Chair Co-chair

REGISTRATION AND EQUIPMENT FORMS

- Each ringer, **whether attending as a member of a choir or as an individual ringer**, must complete a registration form. Be sure to indicate your workshop choices on this form. A completed registration form must be received from each ringer in order to ensure a confirmation of registration. (Just because your director has indicated on the equipment form you are attending doesn't save you a spot.)
- If you are attending as an individual, be sure to indicate your preference of ringing position on the registration form. Every effort will be made to accommodate your 1st choice and to inform you of your position in time for you to prepare your levels and massed ringing music.
- If your choir is attending and is able to bring bells and/or chimes and foams, one equipment form is required. This form should be completed by the director or an appointed choir representative. If you are attending as an individual ringer and are able to bring bells and/or chimes and foams, an equipment form is required.
- It would be very helpful if **individual ringers** could bring complete sets of bells, chimes, and foams. This will help for workshop setups.
- Please clearly mark all of your equipment that you are bringing.
- Your registration includes:
 - Friday evening reception
 - Saturday lunch and two coffee breaks

Mail registration form, equipment form, and cheque made payable to BCGEHR to:

Linda Vensland, Treasurer
#22 – 3626 Mission Springs Drive
Kelowna, BC V1W 5L1

Or alternatively, scan and email forms to: treasurer@bcgehr.com
and pay online through the BCGEHR website with PayPal or credit card (extra fee charge).

CONDUCTOR BIOGRAPHIES

Ellie Hodder, Portland, Oregon

Level 3, Massed Ringing and Quick Study



Ellie Hodder is a well-known teacher and clinician. Ellie is passionate about learning and spreading that good news. If we can learn—and we all can—then we are capable of creating great music. Ellie has served as a clinician for many events children and youth, adults and seniors along the west coast where she is known for her skills as a “teaching director”.

“Music is the ultimate practice of community; engaging the audience, each musician contributing their notes to the whole, making a masterpiece in the moment. I am privileged to work with students of all skill levels spanning a 90-year age difference. For me, there is no greater joy than to lead within the group and assist every musician to meet the finish line TOGETHER.”

Ellie serves as Director of Music Ministries at Murray Hills Christian Church in Beaverton, Oregon. She founded Pacific Ringers (www.pacificringers.org), a non-auditioned community choir for musicians with a passion for the instrument, the Pacific Northwest Handbell Directors and Musicians Forum which meets annually in September for a day of learning and ringing, the Pacific Northwest Youth Handbell Festival and Coppers Classic, the nation’s premier event founded specifically to celebrate coppers level musicians (www.coppersclassic.com)!

When she’s not making music, Ellie lives in Portland, Oregon with her husband, Benn.

Christie Noseworthy, Nanaimo

Level 1/2 & Massed Ringing



Christie Noseworthy is an elementary music teacher in Nanaimo, BC. She has been teaching music to young children for 20 years; teaching voice, band, chimes and musical theatre and has been a bell ringer for 31 years.

Christie graduated with honours in Classical Voice from the Fine Arts Program at York University and carried on to complete her Bachelor of Education at Brock University in Ontario.

While in university, Christie helped establish a children’s theatre group and assisted with every aspect of theatre for over 25 musical productions. Her other experiences include directing a chamber choir at the Harrogate International Music Festival in North Yorkshire, England, performing and directing choirs at Disney World in Orlando, and many different cities within Ontario.

In 2007, Christie started teaching music with Ontario’s York Region District School Board. In the summer of 2016, she and her husband Paul and their two children embarked on a new life adventure and moved to Nanaimo, Vancouver Island. Shortly after arriving, she started ringing with Cara Beirnes, director of JuBellation at First Baptist Church. Christie accepted her current position, teaching music with the

Nanaimo/Ladysmith School District, and is breathing new life into her school's music program. She also teaches at Headliners, a local children's theatre company.

As a ringer, Christie has attended multiple handbell conferences in the United States; Ontario, and the 2004 International Handbell Symposium in Toronto. Christie has recently been elected as the Vice-Chair of the national handbell organization, Handbell Musicians of Canada.

Christie is honoured to be the level 1–2 and massed ringing director and looks forward to working with all the talented ringers at the Spring Ring 2023.

REPERTOIRE

Please make sure to order your music in plenty of time so that you can come with your music prepared and ready for final finessing with the conductors. We hope that you will have put all the directors' performance notes in place and that you will arrive feeling good with the music choices.

- Our Showcase Concert will include *O Canada* rung by all delegates. We will play Chris Barron's arrangement, which she graciously makes available free of charge to all BC ringers. The music can be downloaded from https://www.bcgehr.com/spring_ring/ or will be mailed to you if you so indicate on the registration form.
- In accordance with copyright laws, the use of photocopied music at this event without appropriate permission is strictly prohibited.

Massed Ringing selections

Festival Celebration, by Michael Helman, Lorenz LC202072L, Conductor Ellie Hodder
Cherished Memories, by Betty B. Radford, Conductor Christie Noseworthy

**This piece can only be ordered here:

<https://wordp.fromthetopmusik.com/product/cherished-memories/>

Level 3 selections – Conductor Ellie Hodder

Milele, by Jason W. Krug, Red River Music RRBL5087

Toccata on "King's Weston", Ralph Vaughan Williams, arr. Matthew Compton, Agape 2767

Level 1/2 Combined – Conductor Christie Noseworthy

Barcarole (Peace in the Storm), by Patricia Cota, Agape 2643

I'm Just a Poor Wayfaring Stranger, arr. Tammy Waldrop, Agape 2343

KNOW YOUR LEVEL

We celebrate ringers at all levels! Newer ringers usually are at Level 1 or Level 2 or somewhere in between. Some ringers who have been ringing a long time are at Level 2 and very happy to be there. Some ringers are at Level 3, 4, 5 or even 6. There is as much value in attending this conference whether you are a Level 1 ringer or a Level 4 ringer. **Spring Rings are held to help all of us improve our ringing ability, meet and spend time with people who enjoy ringing as much as we do, experience different parts of the province, and to have FUN!**

Experience from past Spring Rings has shown us that it is so important for you to accurately identify your level. If ringers underestimate their ability, they are not as challenged and do not get as much from Spring Ring. If ringers overestimate their ability, they are often challenged beyond their ability to learn and master the music leading to frustration and often discouragement.

Rehearsing and Choosing the Music for a Mixed Levels Choir

What do you do? You need to keep the more experienced ringers challenged and learning so you want to have them in Level 3. At the same time, you do not want to stress out the newer ringers with music that is beyond what they can accomplish successfully.

For example : You have 2 brand new ringers, 3 experienced ringers and 6 in-between ringers.

A few suggestions follow:

Looking at the 6 in-between ringers – you can decide which songs would be best to do as a full choir in your own community. However, for Spring Ring, you want the 3 experienced plus maybe 2 from the in-between group to play at the Level 3 as they are ready to be challenged at that level and the other ringers should stay with the Level 1/2

How does that work for practice??

For instance, you might choose the Level 1/2 pieces for the whole choir to learn as everyone would be able to learn these and play them well for performance. As for the 5 ringers going into Level 3, only buy music for the 5 of them. For a 2-hour practice, use the last ½ hour to practice with the Level 3's only. Or maybe the last 15 minutes and then have them stay an extra 15. Or you may want to ask some of the “in between” people to read off their music to fill in for spots that are missing and make it an hour practice. If your ringers going into Level 3 are ready for that level they will also be able to do some practice at home on their own. Or maybe they need some one-on-one time with the director to work over a few tough spots.

Look at each ringer individually and decide which level would be most appropriate for that ringer. Whatever you decide, have fun with it.

To assist you in determining the level at which you should be registering, here is a short description of Levels 1, 2 and 3 as described by Handbell Musicians of America.

Work with your conductor to determine the best level and music choice for you at this Spring Ring.

Level 1

- Meter is limited to 4/4, 3/4, 2/4, common time.
- Notes and rest values are whole, half, dotted-half or quarter
- There is no subdivision of beats, but use of simple ties
- Techniques include ring, shoulder damp, SK, TD, echo, martellato, SW, RT
- There are no bell changes (accidentals)
- Dynamic levels go from *pp* to *ff*, but with all ringing at the same level
- Limited use of crescendo or diminuendo
- Tempo is limited to slow to moderate

Level 2

- All Level 1 criteria plus:
- Meter can be 2/2, 3/2, cut time, and simple mixed meters of 2/4, 3/4, and 4/4
- Note and rest values include eighths, the dotted quarter followed by an eighth, simple combinations of eighths and quarters.
- Rhythmic elements can include simple syncopation patterns such as eighth-quarter-eighth, and pick-up notes or upbeats.
- Techniques can include table damp, PI, martellato-lift, malleting, and combination of two different techniques.
- There may be a limited number of changes per ringer.
- Dynamic levels include crescendo and diminuendo polyphonic style with simple dynamic contrasts (such as two voices ringing in different dynamic levels).
- Tempo remains slow to moderate.

Level 3

- All Level 1 and 2 criteria, plus:
- Meter can be 6/8, 3/4 (in one pulse/measure), 3/8, 9/8, 12/8, 6/4.
- Note and rest values can include sixteenth, dotted-eighth and sixteenth note patterns and triplets.
- There can be more complicated syncopation.
- There can be a moderate number of bell changes per ringer.
- All Level 1 and 2 techniques may appear in combination, but not more than two per measure.
- More variety in dynamic levels.
- Can include accents
- Tempo ranges from slow to fast, with some changes of tempo within the work.

Level 4

- All Level 3 criteria, plus:
- Mixed meters of 6/8 and 3/4, 5/4.
- All of the previous note and/or rest values, at faster *tempi*, triplet over two beats

- More complex syncopation, using sixteenth notes and ties
- Brush damp
- Extensive number of bell/chime changes per ringer
- Combination of articulation techniques in eighth-note patterns at moderate *tempi*
- Dynamic changes from *subito piano* or *subito forte* without rest, more complex polyphony with more than two independent voices, more rapid shifts of dynamic levels.

Level 5

- All Level 4 criteria, plus:
- Irregular meters
- Dotted rhythms in compound meters at fast *tempi*, duples against triples.
- More complex syncopation, mixed patterns
- Ring-hook-damp sequences, handbell passes at moderate *tempi*.
- Unlimited bell/chime changes.
- Any combination of articulation at faster *tempi*.
- Rapid shifts between dynamic levels with no preparation, more frequent use of *crescendo* and *decrescendo*.
- More changes of tempo within the work, including abrupt shifts.

For complete descriptions of handbell difficulty levels, please see the AGEHR Handbell and Handchime Notation Booklet (revised 2016).

<https://handbellmusicians.org/music-resources/agehr-music-2/notation-guide/>

STUDENT BURSARY

For our young delegates, BCGEHR offers a student bursary. Applicants must be a current member of BCGEHR or under the direction of a BCGEHR member, and actively involved in handbell ringing for a minimum of two years. They must be between 13 and 24 years of age and attending school or a post-secondary institution. They must be recommended by their handbell director or teacher with an accompanying reference letter.

Applicants should submit their letters of request including name, age, grade, school/church/community choir, name of Director and description of their handbell experience and reason for applying.

Application deadline is February 17, 2023 and should be submitted by email to:
secretary@bcgehr.com

Or by mail to:

Jackie Keesey, BCGEHR Secretary

3409 Lockhard Crescent, Armstrong, BC V0E 1B8

You will be contacted about your successful application by February 28, 2023.

CHAPERONES

Each student group requires one adult chaperone per 5 students. The registration charge for the chaperone is \$75 and includes all meals/snacks that are being provided for the ringers.

WORKSHOPS

If you are arriving on Friday before 1:00 pm you can attend up to six (6) workshops over the two days. Friday afternoon includes three (3) workshop sessions and Friday evening has opening ceremonies, mass ringing and levels ringing rehearsals. For those arriving by noon on Friday, please choose eight (8) workshops in order of preference (you will be placed in six (6) workshops according to preference and availability).

If you arrive on Friday in time for the Opening Ceremonies or later, there are three (3) workshops to attend on Saturday. For those arriving later on Friday or on Saturday morning, please choose five (5) workshops in order of preference (you will be placed in three (3) workshops according to preference and availability). Every attempt will be made to accommodate your top choices.

Please note: Registering for the **Level 4 Quick Study** counts as **THREE workshop choices**, and attendance at all rehearsals is mandatory. Level 4 Quick Study is limited to two full choirs so be sure to register early if you want this session!

Many workshops will be offered twice during Spring Ring in an attempt to accommodate all registrants. The sooner your registration arrives the more likely you are to receive your top workshop choices.

The workshops are as follows:

Level 4 Quick Study (Levels 4 – 5) Ellie Hodder, Portland OR

Prepare a Level 4 piece from start to finish in just 3 hours and possibly perform it in the Showcase Concert.

- This workshop counts as three (3) workshop sessions.
- Attendance at all rehearsals is **mandatory**.
- Registrants **must arrive by 3:00 PM on Friday, May 5, 2023** in order to attend the first rehearsal session.
- Registrants will be responsible for purchasing the selection of music to be played. Payment will be collected at the time of check-in at Spring Ring (cash only). Music will be provided at the first rehearsal session.

Registrants will be informed by email in advance of Spring Ring for their acceptance in this workshop and the cost of the music.

Bell Maintenance – Schulmerich Bells (All Levels)..... Annie Hergott, Calgary AB
Beyond Polishing: Quick and Easy solutions for keeping your Schulmerich bells in tiptop shape

This session will examine:

- how to disassemble Schulmerich bells for thorough cleanings; inside and out
- how to reassemble a Schulmerich bell
- how to adjust, balance and voice Schulmerich bells
- minor repair tricks and bell issue problem solving
- how to keep your bells working smoothly and producing the best sound
- any other concerns/questions about bell maintenance and practices
- if time, basic chime repair
- specific repair issues of attendees

Bell Maintenance – Malmark Bells and Chimes (All Levels). Annie Hergott, Calgary AB
Staying in Shape: Maintaining your Chimes (Malmark, Schulmerich, Suzuki) and Malmark Bells

This session has two sections:

1. Chimes: Learn how your chimes work and how to best clean and adjust them. Schulmerich (Melody chimes), Malmark (Choir chimes), or Suzuki (Chimes) are all brands you may be using. Learn the differences between the brands, how to adjust them and other tricks to get your set into top shape.
2. Malmark Handbells: Learn how to best polish, clean, adjust, balance, and voice your Malmark bells. Bring your questions about how to keep your bells working smoothly and producing the best sound.

Boot Camp for “Newer” Ringers (Levels 1 – 2)Karen McClelland, Kamloops BC

Ring, 2, 3, 4, Ring, 2, 3, 4. Calling all newer ringers and ringers wanting to ensure your bell “techniques”, foundation skills and “bell” musical knowledge will take you to the next levels as a ringer! This session is for YOU! We will cover the wide variety of techniques and ringing styles and help you so you are not caught unawares. See you there!!!

Coastal String Art (All Levels)Cara Beirnes, Nanaimo BC

Have some fun making a string artwork to take home as a reminder of your time on the coast.

Conductor/Director Roundtable Anne Hill, Victoria BC & Jan Nordstrand, Port Moody BC

Conductors/Directors are encouraged to take part in a guided *roundtable* discussion where participants can ask burning questions, identify concerns, and share solutions on best practices for school/church/community bell choirs. Topics may include recruitment, rehearsal and

performance techniques, dealing with difficult ringers, allocation of parts in a multi-level choir, and much more.

Ringling Mixed Meters (Levels 2 – 3)Anne Hill, Victoria BC

Techniques specific to levels 2 & 3 as indicated in the *Handbell & Handchime Notation and Difficulty Level System Guide* published by Handbell Musicians of America (HMA), including :

- 2/2, 3/2
- Cut time
- 6/8, 3/4 (in one pulse per measure), 3/8, 9/8, 12/8
- Moving between 6/8 and 3/4

Ringling with Multiple Bells (Levels 2 – 3) Nikki Attwell, Kelowna BC

An overview of the variety of ways that handbell ringing involves more than one bell in each hand.

- Damping with more than one bell
- Weaving
- Introduction to 4-in-hand and Shelley ring, and how to move from one technique to the other

Small Ensemble Ringling (All Levels) Peggy Bensler, Kelowna BC

Oh No!!! The Carsons are moving and Johnny wants to retire. What will we do?

Come and find out how to ring in a small ensemble — you do not need to be part of an existing small ensemble to take this session.

- How many ringers in an ensemble
- Practice techniques associated with ensemble ringing
- How to organize bell allocations and the bells on the table
- How to choose music
- How to mark your music

We're Having a Ball! (All Levels)Jan Nordstrand, Port Moody BC

Let's build our skills without using any bells. Come play some games with balls, bean bags and cups to help develop your eye/hand coordination, rhythm reading and keeping the beat.

Receive some ideas for apps you can play at home to develop your skills.

What They see is What They Hear (All Levels)Jan Nordstrand, Port Moody BC

Handbell ringing has a beautiful sound, but does how it looks matter, too? In this workshop we will explore how what the audience sees influences what they hear. Participants will play, watch video and explore ways to make the music come alive.

TENTATIVE SCHEDULE

Friday, May 5, 2023

11:00 AM – 1:30 PM	Registration opens including bell table setup and open rehearsal
1:30 – 2:20 PM	Workshop 1
2:30 – 3:20 PM	Workshop 2
3:30 – 4:20 PM	Workshop 3
4:20 – 6:15 PM	Hotel Check-In and Dinner (on your own)
6:30 – 6:45 PM	Opening Ceremony
6:45 – 7:35 PM	Massed Ringing Rehearsal
7:45 – 8:35 PM	Levels Ringing Rehearsal
8:45 – 9:15 PM	Concert
9:15 PM	Welcome & Reception

Saturday, May 6, 2023

8:15 – 9:00 AM	Massed Ringing Rehearsal
9:10 – 10:00 AM	Workshop 4
10:00 – 10:20 AM	Refreshment Break
10:20 – 11:20 AM	Levels Ringing Rehearsals
11:30 AM – 12:20 PM	Workshop 5
12:20 – 1:00 PM	Lunch (included in Registration)
1:00 – 1:45 PM	AGM
2:00 – 2:50 PM	Levels Ringing Rehearsals
3:00 – 3:50 PM	Workshop 6
3:50 – 4:10 PM	Refreshment Break
4:10 – 5:00 PM	Massed Rehearsal
5:00 – 5:30 PM	Concert Rehearsals for individual performing groups/soloists if needed
5:00 – 6:30 PM	Supper (on your own) and dress for concert
6:45 PM	In place for concert
7:00 PM	Showcase Concert

MEALS

Food that is provided includes: Friday night reception, Saturday lunch and bio break refreshments. Any dietary requirements will be available upon request, please refer to your registration form.

Meals “on your own”: there are many restaurant options between the church and the hotel.

REHEARSAL NOTES

Please check www.bcgehr.com/spring_ring/ for rehearsal/performance notes from the conductors.

IMPORTANT DATES & GENERAL INFORMATION

February 17	Deadline for Student Bursary
March 8	Early Bird Registration deadline – save \$50.00 and get it in early!
April 5	Deadline for requesting to perform Friday or Saturday evening.
April 5	Final Registration deadline for Adults and Students
May 5	See you in Nanaimo!

CONCERT DRESS

Concert Dress is white tops and dark slacks or skirts. If you are attending with your choir, you are welcome to wear your choir's performance attire.

WHAT TO BRING:

You need to bring the following with you to Spring Ring:

- Gloves, music & a binder or stand, comfortable attire and footwear.
- To help with supporting our island environment, please bring
 - your own music bag
 - a water bottle
 - your own AGM package, which will be distributed closer to Spring Ring.

ACCOMMODATIONS

The Ramada hotel is holding a limited number of rooms in a block for BCGEHR at a special rate until April 5 or until the block is sold out, whichever comes first — **so make your reservation early!**

We have been asked to call Wednesdays to Sundays between 7 AM and 3 PM to make sure to get the group rate. Please identify yourself as a member of the BC Guild of English Handbell Ringers **Spring Ring Group**. The hotel includes free WiFi and parking plus continental breakfast with both hot and cold food and beverage options

Ramada by Wyndham: 315 Rosehill Street, Nanaimo BC, **1-250-716-2009**

- 2 Queen beds (no Balcony): \$170.00 plus 16% taxes based on double occupancy
- 2 Queen beds (with Balcony): \$174.25 plus 16% taxes based on double occupancy
- 2.0 km from hotel to church, approximately a 5-minute drive

DIRECTIONS

Directions to First Baptist Church from Departure Bay Ferry Terminal

1. Stay on Trans-Canada Hwy/BC-1/Stewart Ave (for 1 km)
2. Turn right onto Poplar Street (for 800 m)
3. Turn right onto Island Hwy/ BC-19A/Terminal Ave N (for 280 m)
4. Move into the left turn lane and turn onto Waddington Road (for 190 m)
5. First Baptist Church will be on your left.

Directions to Ramada by Wyndham from Departure Bay Ferry Terminal

1. Stay on Trans-Canada Hwy/BC-1/Stewart Ave (2.1 km)
2. Turn right onto Townsite Road (220 m)
3. Turn left at the traffic lights onto Island Hwy/Terminal Ave N (130 m)
4. Turn right at the next street, Rosehill Street. Ramada is on that corner.

Directions to FBC from Ramada by Wyndham

1. You can turn right on Rosehill and left on the Island Hwy/Terminal Ave N (as you had come in) (1.7 km)
2. Move into the left turn lane and turn onto Waddington Road (190 m)
3. First Baptist Church will be on your left.

Or, go to the traffic lights

1. You can turn left on Rosehill Street (150 m)
2. Turn right at the 2nd cross street onto Holly Ave (110 m)
3. Turn right onto Townsite Road (150 m)
4. Turn left at the lights onto the Island Hwy/Terminal Ave N (1.6 km)
5. Move into the left turn lane and turn onto Waddington Road (190 m)
6. First Baptist Church will be on your left.

THINGS TO DO AND SEE ON VANCOUVER ISLAND

Once you arrive on Vancouver Island, the list of things to see and do in the surrounding area and within a day's drive is endless! Hiking, sport fishing, kayaking or canoeing, whale watching, golfing, and farmers markets are key attractions along this part of British Columbia's coastline. Lots of tours for wine, beer, distilleries, ciders, tea and even the Nanaimo Bar Trail! Or just walk along the beach and enjoy the sights and sounds of the ocean – on either side of the island.

Come and enjoy our coastal playground. We look forward to hosting you!

Visitor Centre and Internet Help

- **TOURISM NANAIMO VISITOR CENTRE:** The official Visitor Centre for Nanaimo is located at the Nanaimo Parkway and Northfield Intersection.
<https://www.tourismnanaimo.com/>.

- **HELLO BC Tourism site** <https://www.hellobc.com/?s=Nanaimo>
- **Tourism Victoria** <https://www.tourismvictoria.com/>

Central Vancouver Island is a relaxed haven of sandy beaches with warm water, mountain-ringed valleys, agricultural fields, and relaxed coastal communities like Parksville and Courtenay/Comox.

PLACES TO STOP BETWEEN VICTORIA AND CAMPBELL RIVER: Many of the Island must-stops can be found in this region; outdoor trails with waterfall vistas and sprawling ocean views.

- **Nanaimo** – *see all information below*
- **Chemainus** – *This town is known for its famous larger than life murals and is full of history. “The Little Town that Did.” www.muraltown.com*
- **Parksville** – *Rath Trevor Beach Provincial Park*
- **Coombs** – *Country Market is a full-blown visitor attraction with a country store that still has goats mowing the green grass roof.*
- **Qualicum Beach** – *Walk along sandy beaches, or enjoy canoeing, hiking, swimming, fishing and the beautiful natural attractions.*

In **Nanaimo**, the blend of nature and culture runs deep. You’re likely to have breakfast at a farm-to-table cafe, hit the trails, and wrap up at a museum, all in one day. It’s easy to navigate from one activity to the next, whether you’re strolling downtown or zipping into cozy gear to go whale watching. And if you’d like to say you’ve island-hopped, you can visit the neighbouring Islands, such as Saisutshun, the traditional territory of the Snuneymuxw First Nation (Newcastle Island), and Gabriola.

The harbour city of Nanaimo is located north of Victoria, and is accessible by ferry from Vancouver. Nanaimo’s island-sheltered harbour is right in the centre of town and its bustling waterfront is a popular spot to grab a bite or watch the seaplanes take off.

- Downtown, you’ll find a museum, art galleries, and waterfront cafes and restaurants.
- Adventure: Nanaimo offers great hiking, kayaking, and biking, as well as world-class scuba diving and snorkelling.
- Don’t miss Neck Point Park and Piper’s Lagoon—two must-see parks
- Quick getaway: Take a passenger ferry from Nanaimo to two nearby island gems: Protection Island (home of Canada’s only floating pub) and picnic-perfect Newcastle Island.
- Nanaimo is also a jumping off point to explore the west side towns of Tofino and Ucluelet.

1. **NANAIMO BAR TRAIL – DINING & CULINARY TOURS:** Tourism Nanaimo takes us along the Nanaimo Bar Trail and shows us the best places to eat and also enjoy one of BC’s most iconic treats – the Nanaimo Bar!

2. TOURS – Wine, Beer, Distilleries and Ciders

- Millstone Winery And Vineyard
- Arbutus Distillery
- White Sails Brewing

3. WALKING TOURS:

- Nanaimo's Water Front
- Pioneer Life in Nanaimo
- Robert Dunsmuir – Arrived in Nanaimo as a lowly coal miner in 1852
- Nanaimo in the Fifties
- Saysutshun – Newcastle Island
- Departure Bay

4. HARBOUR CITY TRANSPORTATION LTD. – SIGHTSEEING

Harbour City Transportation offers uncommonly luxurious touring itineraries reflect our local roots. Our guests prefer the roads less travelled, instead exploring back alleys steeped in history and culture, enlivened with new artisans and vendors, or rustic and charming journeys that only locals can lead. Luxurious, inspired and authentic.

5. MUSEUMS & HERITAGE SITES

Nanaimo Museum: Discover Nanaimo's fascinating history in our museum located in the VI Conference Centre. The main gallery offers a sense of what life was like for Nanaimo's earliest settlers and the Snuneymuxw First Nation.

6. GOLF at the NANAIMO Golf Club and so many other golf clubs on the island.

<https://golfvancouverisland.ca/>

7. BIRD WATCHING: Local birder Spenser Smith reveals why Nanaimo is a particularly good place for bird watching. <https://www.hellobc.com/stories/bird-watching-in-nanaimo-on-vancouver-island/>

See also <https://vancouverisland.travel/listings/wildlife/bird-watching/>

8. WILDPLAY ELEMENT PARKS: WildPlay is an exhilarating outdoor recreation park that's fun for all ages and experience levels! Whether you're a first-time thrill seeker or a full-time adrenaline chaser, our tightropes, log bridges, ropes swing, cargo nets, and ziplines.

9. WILDHEART ADVENTURES – PADDLING: Join us in our 30th season exploring gorgeous Vancouver Island. Kayak with orca whales in Johnstone Strait, grey whales in Clayoquot Sound. Our tours feature gourmet camping cuisine, fun-loving certified guides, premium kayaking and safety.

10. **VANCOUVER ISLAND WHALE WATCH:** Experience BC's most sustainable whale watching on an unforgettable day at sea aboard our open zodiac-style boat or our semi-covered boat. Our coastal wilderness is home to killer whales, humpback whales, sea lions, porpoises, seals, and eagles.
11. **NANAIMO DIVE OUTFITTERS – DIVING:** Nanaimo Dive Outfitters and Shepherd Charters provide scuba diving and snorkeling lessons, tours, charters, sales and service to people from all over the world.
12. **NANAIMO YACHT CHARTERS – BOATING:** Nanaimo Yacht Charters & Sailing School has specialized in bareboat yacht charters, power and sailboat instruction for weeklong sailing adventures along BC's magnificent coastline!

PLACES TO SEE AND PLAY ON THE WEST COAST OF VANCOUVER ISLAND

Tofino

<https://tourismtofino.com/>

Hidden in an ancient landscape off the coast of British Columbia is the village of Tofino. Situated on the traditional territory of the Tla-o-qui-aht First Nation, Tofino is surrounded by the vast, breathtaking expanse of the UNESCO Clayoquot Sound Biosphere Region—a region cherished for its profound biodiversity and environmental culture. Here we treasure the quiet inlets, the old growth rainforest and the rolling waves that embody the vibrancy of this place. We celebrate our acclaimed food scene and our rich arts and culture.

Ucluelet

<https://www.discoverucluelet.com/>

From surf lessons on Long Beach, gliding through the Broken Group Islands in a Kayak, Wildlife Adventure Tours or Fishing Charters departing from our protected harbour, adventure awaits you on the rugged West Coast. Stay an extra day and play!

Registration Information

Spring Ring May 5–6, 2023



IMPORTANT DATES

✓ **ALL Registrations include Friday evening reception, Saturday hot lunch and two breaks.**



ADULT EARLY BIRD REGISTRATION: DEADLINE SUNDAY, MARCH 8, 2023.

BCGEHR member **\$160.00**

Non-member **\$210.00**



ADULT REGULAR REGISTRATION (after March 15): DEADLINE WEDNESDAY APRIL 15, 2023.

BCGEHR member **\$210.00**

Non-member **\$260.00**



STUDENT REGISTRATION (full-time elementary, secondary, college or university)

EARLY BIRD DEADLINE WEDNESDAY, MARCH 8, 2023.

Student Ringer **\$85.00**

Chaperone **\$85.00**

REGULAR (after March 8) DEADLINE WEDNESDAY, APRIL 5, 2023.

Student Ringer **\$110.00**

Chaperone **\$85.00**



STUDENT BURSARY APPLICATIONS: DEADLINE FRIDAY, FEBRUARY 17, 2023.

Please see Registration Package for instructions on how to apply.

PAYMENT



Full payment is required to be registered. **No** partial payments. Post-dated cheques — dated no later than March 8, 2023 for Early Bird registration, or April 5, 2023 for regular registration — are acceptable.



Cancellation prior to April 5, 2023: Registration fee **less \$20.00 administration fee** will be refunded. **No refunds** after April 5, 2023.



Make cheque payable to **BCGEHR** and mail cheque and all forms to:

Linda Vensland, Treasurer, #22 – 3626 Misson Springs Dr, Kelowna, BC V1W 5L1

OR pay using PayPal at www.bcgehr.com/spring_ring (extra fees apply), and scan and email these forms to treasurer@bcgehr.com



Please follow up if you do not receive a receipt or acknowledgement within 4 weeks of your payment.

ACCOMMODATION



You are responsible for making your own reservations.

A limited number of rooms are being held at the Ramada Hotel for BCGEHR at a special rate until April 5.

After that, rooms are open to the general public and will be available to BCGEHR registrants on a first come, first served basis — **so make your reservation early!** For full details on accommodation, see page 12.

ONE REGISTRATION FORM PER PERSON — PHOTOCOPY AS NECESSARY.

CHOIRS AND INDIVIDUALS BRINGING EQUIPMENT MUST ALSO COMPLETE AN EQUIPMENT AND BELL ASSIGNMENT FORM.

Registration Form

SPRING RING

May 5 & 6, 2023

First Baptist Church, Nanaimo

FOR TREASURER'S USE ONLY

DATE	<input type="checkbox"/> CHQ # <input type="checkbox"/> PAYPAL RECEIPT #	AMOUNT	ORDER RECEIVED #
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Name:

☐ This is my first Spring Ring

Address:

Phone:

E-mail:

I am attending as an individual ☐

with my entire choir ☐

Choir Name:

Church/School/Org:

ACCOMMODATION

See information sheet regarding reserving your own accommodation.

LEVEL RINGING SESSIONS

Indicate the level you will ring at: Level 1 – 2+ ☐

Level 3 – 3+ ☐

ASSIGNMENT *Individual* ringers please indicate your preferred ringing position:

1st _____ 2nd _____ 3rd _____

Equipment and Bell Assignment form to be completed by choirs, and individual ringers bringing bells.

WORKSHOPS

There are 6 workshop sessions (3 on Friday and 3 on Saturday). If you will arrive by 1:00 pm on Friday, choose 8 workshops. If you will arrive later than 4:00 pm on Friday, choose 5 workshops. List your workshop choices in order of preference. You will be placed in 6 or 3 workshops respectively, according to preference and availability. Every effort will be made to accommodate your top choices. Remember that the Level 4 Quick Study counts as 3 choices. It is mandatory that you arrive no later than 3:00 pm Friday to take part in the Quick Study.

- | | |
|----------|----------|
| 1. _____ | 5. _____ |
| 2. _____ | 6. _____ |
| 3. _____ | 7. _____ |
| 4. _____ | 8. _____ |

OTHER

Indicate here if

- ☐ you require a hard copy of *O Canada* to be mailed to you.
☐ you will arrive in time for Friday afternoon workshops.
☐ you will only arrive in time for the opening ceremonies on Friday evening.

MINI-CONCERTS

Indicate here if you are interested in performing in a mini-concert as a

☐ soloist ☐ ensemble ☐ duet Director only to indicate: ☐ choir and name _____

You must state your intention to perform no later than April 5. Choice of repertoire will be on a first come, first served basis.

REQUIREMENTS

List any physical and/or dietary requirements:

ONE REGISTRATION FORM PER PERSON — PHOTOCOPY AS NECESSARY

ONE FORM ONLY PER CHOIR



Name of Choir: _____ Director: _____

Phone No.:	E-Mail:
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I am bringing ☐ 2 ☐ 3 ☐ 4 ☐ 5 octaves of bells, or these individual bells:_____

I am bringing ☐ music stands ☐ ____ feet of foam ☐ table covers ☐ mallets ☐ table skirts

I am bringing ☐ 2 ☐ 3 ☐ 4 ☐ 5 octaves of chimes

Please indicate the type of music stand your choir uses (*free standing? attached? on top of the table? etc.*)

IF ALL OR MOST MEMBERS OF YOUR CHOIR ARE ATTENDING: List each ringer's name and position below. Any vacant positions may be filled by other ringers (see below*).

[illegible]

*These positions in our choir will be vacant:

If you are attending as an individual and can bring bells or chimes please complete this form. Be sure to indicate your preference of position on the registration form. Every effort will be made to accommodate your first choice and to inform you of your position in time to prepare.

IMPORTANT:

Please remember to *label* all your equipment!

Bells, chimes and mallets may be shared or borrowed by other ringers. Set up will be based on the best possible arrangement for the room and the conductor.

Remember also that FBC's insurance *does not* cover your bells and other equipment.

Questions? Concerns? Comments?

Contact Cara Beirnes by phone at 250.816.4280 or email headdingaling@shaw.ca

ONE FORM ONLY PER CHOIR:



Return to Linda Vensland, Treasurer
#22 – 3626 Mission Springs Dr
Kelowna, BC V1W 5L1
or scan & email to
treasurer@bcgehr.com