



Bristol Rural News

Gloucester and Bristol Diocesan Association of Church Bellringers

The Newsletter of Bristol Rural Branch Bellringers

No 268

Website: www.bristolrural.co.uk email: bristolrural@bristolrural.co.uk

Headlines

- 1 Far-cited outing - Kempford, Lechlade, Highworth - 5th September - details on page 2
- 2 Gloucester cathedral ringing - 15th September - 13.30-15.00
- 3 Branch practice - Warmley - 28th September - 19.00-21.00
- 4 G&B Association training day - 12th October - details later

September 2019

Filton

This is a picture of Arthur Lawrence taken after the Patronal Festival Eucharist on 30th June at St Peter's Filton when he was given presents by the ringers to celebrate his 90th birthday. He is shown with some of them, Thomas Moller, Mary Haslum, David Haslum (Tower Captain), Brian Goodliffe, Wendy Goodliffe, and Mary Naylor.

Arthur was taught to ring by Jack Ferris at Westerleigh but was a ringer at Filton for many years, and his four children, Martin, Nicky, Jane and Mark all learned to ring there.

Mary Haslum



Frenchay

Edna Cause has been a loyal ringer at Frenchay ever since the bells were installed in 1991. In celebration of Edna's 80th birthday on 8th July, a quarter peal of Grandsire and Plain Bob Doubles was rung, with Edna ringing the treble. What Edna had not expected, however, was the crowd of people who materialised at the end of the quarter bearing food and drink to wish her well. There were ringers, parishioners, ex-work colleagues, fellow musicians among them and with all the chatting there was not much more ringing that evening.

Chris Greef

Dyrham Practice and Cream Tea

All our Branch events involving food seem to be popular, and the practice at Dyrham, followed by a cream tea, was no exception. There were over 30 people present on what was a gloriously hot summer afternoon. We rang methods from Plain Hunting through to Cambridge and then tucked into home-made scones with clotted cream and a wide range of jams, all washed down with plenty of tea. There was plenty of chatting going on too! Thanks are due to Linda for the organizing, Adrian for slaving away in a hot kitchen to make all the scones, and to all the helpers in the team.

Chris Greef



Almondsbury

I am sad to tell you that Val Woodman died on Tuesday 23rd July. She had been unwell and in a care home since Christmas. I saw her a couple of weeks ago when she was very weak, but asked after my family and the ringers. Whenever I or Rev Philip Rowe visited her, she always asked about the bells and the ringers.

She hadn't been able to ring for some years due to her breathing, but always sent a Christmas card to the tower in Almondsbury, she was affectionately known as big Val, as there was also a little Val (Val Reeves). As a family, I will miss Val's company and the children will miss their Almondsbury adopt-a-gran.

Clare Jefferis

Far-cited outing - 5th September

10.30-11.15 - Kempsford, St Mary the Virgin, 6 (16cwt) - GL7 4ET, SU162965

11.30-12.15 - Lechlade, St Lawrence, 6 (13cwt) - GL7 3AT, SU215995

Lunch - Saracen's Head, High St, Highworth, SN6 7AG

14.30-15.15 - Highworth, St Michael, 8 (18cwt) - SN6 7AQ, SU201925.

Please send lunch orders to cgreef@btinternet.com by Monday 2 September. The menu can be found at <http://www.saracenshead.co.uk/>.

Do your learners struggle with changing the speed of their bell, particularly at backstroke?

by Heather Peachey, ART Tutor. Reprinted from the Ringing World July 19, 2019.

By the time learners move on to plain hunting they need to be comfortable enough with making speed changes, so that they can devote their attention to the bell's path, not being overly distracted by the mechanics of getting the bell to ring in the desired place. Some will inevitably find it harder than others. This skill starts developing from the earliest handling exercise.

Observation of experienced ringers shows that they do not always change their hand position on the rope when changing speed. When ringing lighter bells they achieve a quicker backstroke by bending their arms a little. Only when ringing a heavier bell do they shift up and down the tail end. The same is true of the handstroke, but here there is likely to be a small change in the position of the hands on the sally.

So, what's going on? Efficient control of a bell relies upon the ringer having both the skills and experience to deliver the optimum amount of work on the bell, using a personally comfortable amount of physical effort. Simple physics tells us that the work applied to the bell is the force applied multiplied by the distance over which that force is applied. Ringers make changes to both force and distance as required. The experienced ringer does not need to think about doing so, any more than a driver has to consider how hard/fast to turn the steering wheel. The novice does need to devote thought to the process

and needs to develop a feel for both force and distance. Many start off by applying great force over a small distance, which is tiring and inefficient. Others struggle to apply enough force. ART teaches the skill of a long pull to maximise the work achieved by the force applied. This of course has the essential benefit of better rope control and reduces the temptation to "snatch" at the sally.

As the novice progresses on to the stage of needing to make fine adjustments in order to vary speed, we must ensure they have the physical skills to control the speed change. These are the same skills as the start of ringing down and the end of ringing up. Ring a bell yourself, or have someone else do it and show natural ways of achieving speed control; perhaps start by ringing a bell partway down and back up again. Have learners watch, discuss and then experiment on single bells, seeking to refine the basic skills they have developed to date. Encourage them to consider the effectiveness of moving the hands both up and down the tail end, altering the positioning of the hands on the sally and ringing with arms straight, moderately bent or very bent. You may find it useful to consciously ring different weight bells for a dodging exercise yourself and discover what you do on various bells.

Having said that, it is absolutely essential that novice ringers learn the skill of ringing with the maximum distance of pull possible and learn to make quick and efficient alterations to their tail end length at the correct point in the pull, i.e. before the rope starts to rise to the backstroke and not whilst their hands are up in the air. It may be that they find this easier on a middle to back bell than on a light one. Having developed this skill they will be able to deal with pulling off a bell which has a tail end that is much too long or with a bell that suddenly drops for whatever reason and they will be well set up to learn to control bigger bells efficiently. Later they will settle to their own comfortable style, using the range of pull-length that suits them and the bell they're ringing - but they have to "walk before they can run".

Once the learner can comfortably change speed at will on a single bell, they need to practise it at normal ringing rhythms. There are many exercises which can be used for this - here are just a few:

-follow the leader: offer a bell to follow who will take the learner on a journey of varying speeds.

-call changes, changing at backstroke as well as at handstroke.

-continuous dodging.

Finally, why not have a go at "hunting" through static bells, i.e. the rest of the ringers stay in rounds, but allow the novice to ring in 2nds, 3rds etc between them. Hunting up/ down can be separated by instructing the novice to hunt to 5ths and stay there. Then on an agreed cue, starting at backstroke, they hunt down to lead. This is a good way of emphasising the three speeds of hunting without them thinking about finding bells to follow.

Ringling Books Available

Tony York has some books and badges available at cost as below. Please contact him if you are interested:

The One per Learner Book (the little yellow book, ideal for learners for logging progress in early stages) - £1 each.

Ringling Circles (gives the blue line and details of what happens at calls for some standard methods) - £3 each.

G&B badges - £5.

Branch Ringling Achievements

Almondsbury - 1260 Plain Bob Triples - first quarter on the rehung bells at Almondsbury, rung by a local band.

Thornbury – 1260 Plain Bob Triples - rung to celebrate the life of Caroline Williams, 1955-2019.

Frenchay – 1260 Doubles – rung to celebrate the 80th birthday of Edna Cause, treble ringer.

Olveston – 1260 Grandsire Triples – rung to celebrate Thomas Bale's graduation and 21st birthday. – ringer of 5th.

Frenchay - 5040 Spliced Surprise Minor (41 Methods).

Frenchay - 1260 Plain Bob Minor - first in method by conductor Yuhan Jiang.

Coalpit Heath - 1376 Yorkshire Surprise Major.

Almondsbury - 1280 Cambridge Surprise Major - R.I.P.

Lilian May Ward, mother of conductor Andrew.

Almondsbury - 1250 Yorkshire Surprise Major.

Notice Board

Bristol Rural Branch

web site www.bristolrural.co.uk

**September
2019**

What's on this month in the
Branch

FarCited Ringing

5th September

10.30-11.15 - Kempsford, St Mary the Virgin, 6 (16cwt) - GL7 4ET, SU162965

11.30-12.15 - Lechlade, St Lawrence, 6 (13cwt) - GL7 3AT, SU215995

Lunch - Saracen's Head, High St, Highworth, SN6 7AG

14.30-15.15 - Highworth, St Michael, 8 (18cwt) - SN6 7AQ, SU201925

Please send lunch orders to cgreef@btinternet.com
by Monday 2 September.

The menu can be found at

<http://www.saracenshead.co.uk/>.

Branch Ringing

September 15th Sunday Gloucester Cathedral Service Ringing 13.30

28th Branch Practice Warmley 19.00 – 21.00

Chipping Sodbury Ringing

Third Friday 19.30 - 21.00 Unless notified differently.

If you would like to use the Branch CCTV cameras in your tower, just ask a branch officer?

"If you want some help with a practice, some assistance to learn a new method, a special training session, or if you have any other query, please contact one of the Committee members.

web site email: bristolrural@bristolrural.co.uk

As this is a pdf form you can click any web address or email address

Ajy July 2017