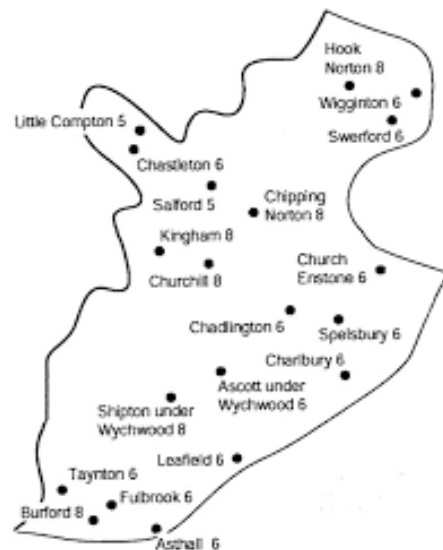


# Chipping Norton Branch

Oxford Diocesan Guild of Church Bellringers

[www.odg.org.uk](http://www.odg.org.uk)



## A Message from the Chair

Thank you for appointing me to Chair, and deputy ringing master. I have been a member of the branch for 20 years or so, and most of you will know who I am. I look forward to meeting you all at Branch events throughout the year.

I would like to express my thanks to Ken, Chris & Keith, for their valuable service to the Branch over many years, and thanks to the existing members of the Committee staying on.

Our first priority is to get the Branch ringing again, once restrictions are lifted that allow us to do this safely, I have already had some discussions about the challenges we face. David Salter, our new ringing master will have more to say to you about this shortly.

In the meantime, if there are any issues you would like to raise please bring these to my attention, by email ([chair@chippy.odg.org.uk](mailto:chair@chippy.odg.org.uk)), or when you see me out and about in the Branch.

I look forward to ringing with you again very soon.

Chris Seers

## New Branch Officers Who's Who

### Chairman & Deputy Ringing Master

Chris Seers

[chair@chippy.odg.org.uk](mailto:chair@chippy.odg.org.uk)

### Secretary

Jenny Lewis

[secretary@chippy.odg.org.uk](mailto:secretary@chippy.odg.org.uk)

### Treasurer

Tracey Cooper

[treasurer@chippy.odg.org.uk](mailto:treasurer@chippy.odg.org.uk)

### Ringing Master

David Salter

[brm@chippy.odg.org.uk](mailto:brm@chippy.odg.org.uk)

### Branch Representative

Peter Kenrick

[brep@chippy.odg.org.uk](mailto:brep@chippy.odg.org.uk)

## Upcoming Events

**Tuesday 27 July 2021; 7.30pm**

Branch Practice

Shipton under Wychwood



### ODG EVENTS

**Saturday, 02 October 2021**

Six-Bell Striking Competition  
North Bucks Branch

**Saturday, 30 October 2021**

Steeple Aston Course  
Steeple Aston

## From the Ringing Master

Thank you for electing me as Ringing Master for the Chippy Branch. My thanks to Keith Mitchell for holding the fort during the last year. As I write this the expectation is that after 19th July many restrictions will be lifted and we can look forward to getting back to some proper ringing with more bells, more people, and more time. As Ringing Master I will endeavour to arrange some Branch Practices over the coming months with the first one planned for 7.30pm on 27th July at Shipton under Wychwood. Please add it to your diary now and I'll confirm nearer the time.

As we emerge from COVID some of you may be feeling nervous about getting hold of a rope again so its best we take things slowly and, to pinch a slogan, this is an opportunity to Build Back Better!

Whilst I am known to some of you others may be thinking who on earth is David Salter, so an introduction of some kind is needed. If you scour the internet or the Ringing World you may well come across David G Salter, a prolific peal ringer from Suffolk. That is not me. That said there is a ringing method named after us both and is called, unsurprisingly, Double David Salter Surprise Royal! I am David M Salter and neither should I be confused with David W Salter, Team Vicar for Kingham, Churchill and Chipping Norton! I moved into this branch about 3 years ago having come from a small village called Hursley, a 12 bell tower in the Winchester and Portsmouth (W&P) Guild, where we were fortunate enough to have a large band and would regularly ring Bristol Max for Sunday service.

Learning to ring is not easy. It can be a frustrating process and it's not uncommon to feel as though you have hit a brick wall as you grapple with, ropesight (for example), or your ability to strike the bell accurately, or progressing to ring new methods, or coping with long drafts, or ringing heavier bells, etc, etc. It seems that once we think we have mastered one skill and try something new then all the old things go out of the window. But, take heart, there is one thing that is essential to all stages of ringing progression and, if properly mastered, will allow faster progress. The 'Thing' I am talking about is Bell Control and, as Ringing Master, I would like to introduce some very simple bell control exercises into our Branch Practices. I must emphasise that none of these exercises are difficult, they are fun, everyone can do them so do not worry, but through practice I think our collective striking performance will improve considerably. Striking is something we all need to focus on.

So, moving forward, I will attempt to arrange just one Branch Practice on the last Tuesday of each month. I encourage you to attend these and I look forward to seeing you there. If you have any comments or suggestions then please do get in touch via [brm@chippy.odg.org.uk](mailto:brm@chippy.odg.org.uk)

With Best Wishes,  
David M Salter  
**Branch Ringing Master**



### Next Branch Practice: Shipton under Wychwood

The bell tower has 8 working bells, some of them dating back several centuries. We are fortunate to have 9 bell ringers registered to the tower and Wednesday practice nights are well attended, or were before Covid.

Significant work to repair and improve the bells and the tower was completed in 2019. The bells are in good order and ready for the return to ringing. Ventilation has been improved with the addition of a window extractor fan which keeps fresh air circulating through the tower. We are looking forward to welcoming you to the branch practice!



## Getting fit to ring

What does bell ringing do for us physically? Words that spring to mind are strength, balance, posture, grip, coordination, spatial awareness, stamina and that's without the cognitive effect of mental agility, thinking and concentration. What a brilliant activity!

- Balance – uneven paths, floors, hazards, stairs.
- Lower limb strength – climbing stairs, checking bells, climbing ladders, crouching under bells etc.
- Shoulder flexibility – up and down 5000 times plus.
- Straight posture – allows a good reach at backstroke, which improves rope control.

If you are one of the many who feel a little less fit than you were 18 months ago, here are some suggestions for preparing to ring again. All the exercises can be done standing up or sitting. This is general advice. If you have any health concerns, please consult your GP for specific advice.

### Balance

- Stand with your feet together.
- Stand in tandem – heel of left foot in front of the toe of the right foot – then the other way round.
- Progression 1 – do this with arms raised in front.
- Progression 2 – do this with eyes closed.
- Progression 3 – do this with arms in front and eyes closed.

### Lower limb strength

- Sit to stand from a dining room chair (or similar height and firmness). Complete as many as you can in 20 seconds.
- Progression 1 – aim to beat your score.
- Progression 2 – increase time by increments of 10 seconds up to one minute.

### Shoulder flexibility

- When you walk through a door (provided you are not carrying anything) reach up to touch the door frame above your head and take another step so your arms are stretched.
- Stand with your back against a wall, feet about 3-4 inches in front of the wall arms out to the side with bent elbows. Keep your arms as close to the wall as you can and raise them up so they are above your head.
- Progression – do this 5040 times (only joking!)

### A straight posture

- Sit up straight on dining chair. Hold still.
- Correct your posture as you pass a window or mirror.
- Reach to touch high shelves (put teabags here).
- Stand up against wall, shoulders back.
- Think posture from your belly.
- Grow tall, walk tall.

