



This week (all 3 nights) at GHC, we are delighted, excited and honored to welcome composer/conductor Stephen Hatfield to choir. For background on Stephen, go to <http://www.stephenhatfield.com>

Following the GHC SWAT at Royal Roads U. last week, I was invited by Joanna Macy to attend her weekend workshop on Gabriola Island, and bring singing into the process of what she calls "The Work that Re-connects". The RRU evening, and the weekend, was so rich and important - I would love to share it with all of you. On the front page of Joanna's website, there is a wonderful video interview with her that I highly recommend, if you want to learn more. [www.joannamacy.net](http://www.joannamacy.net)

We are the ones we've been waiting for.  
Breathe in the pain, breathe on out the love.  
Another world is possible.  
Oh, Gaia!

~ Shivon

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## DENIS

GHC CDs: Every evening now I will be bringing the wonderful CDs that the GHC has made. Our latest CD is called "One Voice" and it covers three concerts in 2007/08. We think that One Voice is our best yet, from a technical viewpoint, the quality of the music, as well as how the choir sounds. We are quite proud of it! They are all \$15. Please read the notes on the self-serve dispensers for info on how to pay, who to make cheques out to, etc.

Also available is my recording of quiet flute and harp music called "By the Hearth". Many people have told me that they love this CD and play it a lot, which is always nice to hear!

Also I will have flyers about my Reading Poetry and Listening to Music courses, offered through Royal Roads University. If you are interested please pick one up.

~ Denis

## ADMIN TEAM NOTES

### GLORIA

1. Your invitation to attend the POSITIVITY event Fun\*Raiser for Power of Hope in Vancouver, is still open. Hope to see some of you there. If you can't attend please take minute to make a donation by going onto the website. There's a donation button...it's really easy to do.
2. Please have a look at the SWAT for RESULTS CANADA below. Sunday, October 25. The repertoire and more details for responding, if you are able to come are there as well.

Many thanks

~ Gloria

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### BILL

If i am not at choir and...

...you have a fee payment to hand in your can hold it until the next time we are both at choir or give it to Gloria (or Shivon if Gloria isn't there).

...you have information to pass on to me or questions to ask please contact me at

[bill@gettinhigherchoir.ca](mailto:bill@gettinhigherchoir.ca) or  
920-4160 (8 a.m. to 8 p.m., Tuesday to Friday).

### Some Thoughts On Choir Networking

I think last season's notes on this topic bear repeating for this new season but since many of you will have read them the first time I don't want to reprint them here. If you are new to our community, or would like a reminder about the tools that are available for choir networking, please click on:

<http://www.gettinhigherchoir.ca/community-info/pdf/networking-thoughts.pdf>

### Some rules for choral singing

For those who haven't seen them before or who have short memories or would simply like chuckle or two:

[http://www.gettinhigherchoir.ca/community-info/misc/rules\\_for\\_ensemble\\_singing.htm](http://www.gettinhigherchoir.ca/community-info/misc/rules_for_ensemble_singing.htm)

### I give up! Who are you?

A kind and thoughtful lady whose voice is familiar sang happy birthday to me on my voice mail service a while ago without leaving her name. No matter how often I listen to it I can't get past the "I should know who this is but I don't" stage. Whoever you are please let me know. It's driving me nuts and I'm listening to it a couple of times a day trying to figure it out.

~ Bill

## Gettin' Higher Choir Info

### **GHC NEWS & BUSINESS**

#### **GHC POTLUCKS COMING SOON!**

Watch for an announcement on dates in early November.

These potlucks, held every season, are a tradition in the choir that allows us to get to know each other a little better.

Stay tuned for tasty treats & sociability!

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#### **WHO SAID LOVE**

An MP3 of the song "Who Said Love" sung by Paul Reisler has just been added to the Current Repertoire listings in the Current Singers Only section of our site. This recording is from Paul Reisler's "Kid Pan Alley" project and the song was co-written by Paul and a grade 3 class in Charlottesville, Virginia.

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#### **OUR ANNOUNCEMENT POLICY!**

Please make an announcement only if you have flyers to distribute, tickets to sell, or the like, so as to make yourself known, and even then make it as short as possible (e.g. "I am the one with the tickets for the ....", etc). Tell where details can be acquired but please don't announce them (ie "details in the newsletter," "see me at break," "flyers in the lobby," "go to web site at..." etc.).

We are an extremely diverse and exciting community and there is much of common interest but please share briefly.

Many thanks, everyone, for your cooperation!

Shivon and Denis

## GHC SWAT FOLLOW-UP

### OCT 8TH JOANNA MACY SWAT

It is with deep gratitude that I send thanks to the 65 or so Thursday night GHC members who sang for the venerable Joanna Macy out at Royal Roads on the 8th.

Singing in the evening with a resonant *Gaia- Another World is Possible* led by Shivon and then the flowing Michael Stillwater tonglen chant *Breathe In the Pain* set a tone of intention and love that wrapped itself around and held the evening. Joanna was brilliantly inspiring – you could have heard a pin drop the entire time this wise and enlivened elder woman spoke of our dark time and the precious gifts that are making themselves available to us as we honour the pain for the world and share all of ourselves – what it means to be fully human - with each other and with the more than human world. Closing with an uplifting *We Are the Ones We've Been Waiting For* and a book signing, many lingered on, basking in the glow of what beautiful thing had just happened!

With big love and wild blessings! Yeah Choir!  
Hilary Leighton – Thursday Alto and Director Continuing Studies, RRU

## GHC SWAT SCHEDULE

Sing When Asked To

### RESULTS CANADA SWAT, OCT. 25TH

RESULTS CANADA has invited us to sing at their Annual Fundraiser:

THERE'S HOPE!

Sunday, October 25 2 - 4 PM

Hotel Grand Pacific - Ballroom  
463 Belleville Street, Victoria

Guest Speaker - Betty Makoni of the Girl Child Network in Zimbabwe

RESULTS Canada is a network of volunteers dedicated to creating the political will to eradicate hunger and the worst aspects of poverty from the world. We are committed to demonstrating that extraordinary changes can be influenced by ordinary people.

See the poster for more details:

[http://www.gettinhigherchoir.ca/community-info/pdftemp/2009/1016/results\\_poster.pdf](http://www.gettinhigherchoir.ca/community-info/pdftemp/2009/1016/results_poster.pdf)

### SWAT DETAILS

We will gather at 1:30 for a rehearsal at the Hotel - specific location TBA.

We have been asked to sing at the beginning and the end of the program so plan to be there from 1:30 - 4:00 and also to make sure you are comfortable with the repertoire since we will only have around 30 singers in total.

The repertoire will include:

- A. Woyaya, One Heart Beating (as a teaching song with the audience and choir)
- B. Siyahamba, Akanamundla, We Are The Ones (again as a teaching song with the audience) and N'kosi Sikelel'i Afrika (the short version).

TO CONFIRM - PLEASE EMAIL ME - just put your name and section (S,A,T,B) in the subject line and that will confirm your attendance.

[gloria@gettinhigherchoir.ca](mailto:gloria@gettinhigherchoir.ca)

Thanks in advance for singing with me at this event.

Gloria

Editor's Note:

There are song files for Woyaya, Siyahamba, Akanamundla and N'kosi Sikelel'i Afrika in the Core Repertoire listings in the Current Singers Only section if you need a refresher. N'kosi Sikelel'i Afrika also has parts files.

## CAR POOLING WANTED & OFFERED

To arrange car pools you can announce your request/offer at break time at choir (GHC or HNC). You can also email me at [bill@gettinhigherchoir.ca](mailto:bill@gettinhigherchoir.ca) with your name, contact information, where you start from, whether you need a ride or are offering one and which choir you are in. I will put a listing under the appropriate Car Pool heading for you in the next newsletter. Dont be shy about repeating your request in subsequent weeks at choir or in the newsletter if you dont connect the first time.

### CAN YOU SPARE 5 - 10 MINUTES ON THE WAY TO/FROM CHOIR?

We could use a few new members for the "Get Janet To Choir" team. Janet, a Tues/Thurs Alto, is our oldest member and needs rides to/from Amica House at the corner of Douglas & Niagara in James Bay. It will add only a few minutes your trip and she doesn't require any special looking after beyond the gift of a ride.

I try to spread the rides around the team so that none of us need to do it more than once or twice a month. The larger the team the wider the spread.

Please contact me at [bill@gettinhigherchoir.ca](mailto:bill@gettinhigherchoir.ca) or 250-920-4160 (8 to 8, Tues to Fri) to join us or to get more information.

Submitted by Bill Hanson GHC Bass etc.

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### MONDAY RIDE OFFERED (Repeat)

I live in Cordova Bay - up on the ridge near Claremont High School. I drive to each Monday choir and am happy to take people along if they don't mind waiting after a bit while I sell fish.

I can be contacted at: [jb.walsh@shaw.ca](mailto:jb.walsh@shaw.ca)

Submitted by Jan Walsh-Hohert, GHC Monday Soprano

## Other Info About Our Community Of Choirs

### HNC NEWS & BUSINESS

FALL SESSION OF HIGH NOON BEGAN TUES. SEPT. 29,...

...with a record number of new singers, as well as many returning singers. Together, we're making some great harmony, and will continue to welcome new singers as they find out about us. At High Noon, we sing for the pure joy of it.

TUESDAYS, 12 to 1:30 - Season runs through December  
Church of Truth - 111 Superior Ave.

We're excited about singing with you all again, and about meeting new singers. If you know of anyone who might like to try singing with us, please pass this on.

Shivon and Gloria

## **CCLT UPDATES**

Community Choir Leadership Trainings ~ A three week workshop facilitated annually by Denis & Shivon

### **CCLT MEMBERS' UPDATES**

If you know any potential singers in the areas that these events are happening please pass the information on.

#### **From: Ella Topaz CCLT 3 - 2006/7, Saltspring Island**

Journeying With Voice And Writing:

Journey into voice, vocal expression, authentic writing and creative exploration

A blend of exercises in sound, rhythm, breath, melody and harmony

combined with freewriting, dialogue writing, mapping, memoir and story.

Explore creativity, deepen inner awareness, strengthen connections with self and others and find joy and freedom through self expression,

in an atmosphere of trust and open heartedness, cultivating community, connection and mindful presence.

Date: Saturday, November 7, 2009

Venue: The Church of Truth (111 Superior Street)

Time: 10 am – 4 pm

Cost: \$80 – 100 (sliding scale)

To register, contact:

Ella Topaz @ 250.653.4261

Wendy Judith Cutler@ 250.653.4286

#### **From: Patti Powell CCLT 3 - 2006/7. Vancouver (repeat)**

The Acapellaboratory Community Choir and Singing Gang

All you have to have is the desire to sing with other people, and a pulse. We like people who breathe, too.

All ages, all abilities of singers welcome. We have people who were told to "mouth the words" or were kicked out of grade school choir, and folks who are confident soloists!

Singing is part of being a human being, our birthright. Let's take it and make some beauty together.

We sing a capella music from many traditions and cultures, sacred and not. And we laugh a lot.

Email: [powee2003@yahoo.ca](mailto:powee2003@yahoo.ca)

Office: 604-25505061

#### **From: Tina Filippino CCLT 1 - 2004/5, Comox Valley\_ (repeat)**

From The Heart Of The Rainforest A Singing Workshop With Su Hart

The Letz Sing Community Choir is thrilled to announce that Su Hart from the internationally acclaimed UK music group, Baka Beyond, is coming to the Comox Valley to lead two workshops.

Singing Workshop, all voices welcome

Saturday October 17<sup>th</sup>

10:00 – 3:00

Lions Den 1729 Comox Ave, Comox

Ticket Price : \$60

Family Workshop

Sunday October 18<sup>th</sup>

2:00 – 4:00

Lions Den 1729 Comox Ave, Comox

Child: \$10.

Adult \$15

Family Pass \$45

Tickets @ Laughing Oyster Book Shop in Courtenay or call Tina @ 250-337-8328

## General Info

### **VOCAL SUPPORT**

#### **JOURNEYING WITH VOICE AND WRITING**

For details on this Nov. 7th event please see the Ella Topaz item in the CCLT Updates section above.

### **ADMIN TEAM SPECIAL ANNOUNCEMENTS**

From time to time Shivan, Denis, Gloria or Bill will use this section to announce activities and events that they are involved in, or support, outside of their normal work for the choirs and the CCLT.

You are all invited to  
POSITIVITY!

(Repeat)

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20091002/poh.pdf>

A Power of Hope FUN\*RAISER at the  
RESILIENT CITIES CONFERENCE! In Vancouver

<http://www.gaininggroundsummit.com>

We believe that resilient YOUTH make resilient cities!

Youth are an untapped resource for community renewal. Our art-based leadership programs help young people unleash their awesome potential and creativity to build a just and sustainable world.

*Experience* inspiring performances ...

*Celebrate* transformative programs for youth 🎤

*Generate* friends to grow The Power of Hope!

POH event Tuesday, Oct 20, 2009

Door 7:30pm, Youth performances 8 -9pm

Vancouver Convention Centre, 999 Canada Place, Ballroom C, Ground Floor

By donation. Please RSVP

Highly recommended by Gloria Hansen,  
GHC and HNC tenor and Canadian Chair, Power of Hope

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POWER OF HOPE PRESENTS: (Repeat)

Express Yourself! Creative Facilitation 1

October 24 and 25 at Royal Roads University

Working with youth is an intensely creative endeavor demanding a high level of improvisation - and the arts can be one of your greatest allies.

This two-day intensive training is designed for youth workers, artists, teachers, and other adults, and is based on the belief that you don't have to be a professional artist to use the arts in working with young people.

Register early and bring a friend.

Poster: <http://www.gettinghigherchoir.ca/community-info/pdftemp/20090918/expressyourself.pdf>

Highly recommended by Gloria Hansen,  
GHC and HNC tenor and Canadian Chair, Power of Hope

## NEWSLETTER INFO

### RE-SUBMITTING ITEMS

If you wish to re-submit an item that has appeared in the newsletter please copy it from the newsletter it previously appeared in and paste it into an email rather than pulling your original version from your files. This will retain any formatting changes I have made to it so that I don't have to re-do them.

If I have made any changes please notice what they are and then try to incorporate them in your future submissions.

Sometimes the changes are simply for visual consistency or clarity but most often the reasons for the changes rest in the word limits, format standards and policies described on the "Using Our Newsletter" page of our web site at:

<http://www.gettinghigherchoir.ca/community-info/newsletterinfo.html>

Submissions that don't require me to make any changes save time in preparing the newsletter for distribution and are a gift that is always greatly appreciated.

### \*\*\*\*\* QUOTABLES \*\*\*\*\*

Just as the words and notes form the music, so  
do the people and places in our lives make us  
who we are.

Laura Pedersen  
(in her novel Beginner's Luck)

Editor's Collection

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===== THAT'S NOT ALL FOLKS =====  
Our Choir Member's Issue (Part 2) follows next Friday with lots of  
interesting submissions from other choir community members

plus some "Quotables" and the Just For Fun section! If  
you have items for it please submit them by midnight  
next Wednesday to [bill@gettinhigherchoir.ca](mailto:bill@gettinhigherchoir.ca)

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You can always find links to the current, and past, issues at:  
<http://www.gettinhigherchoir.ca/community-info/newsletters.html>

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