

ADMIN NOTES & REMINDERS

PLEASE BE SCENTS-ITIVE (Repeated on a member's request)

Please be aware that a number of people in the choir are very sensitive to scents. As we are all breathing deeply in close quarters even those who aren't "scents-itive" may find various scents hard to take. This includes all perfumes, deoderants, after shave, hair spray and tobacco. If you regularly use any of these products a non-scent set of clothing for choir would be a very considerate act.

No scents makes sense!

CHOIR POTLUCKS

There will be potluck gatherings from 6:00 to 7:30 p.m. on each of the following choir nights:

Tuesday Nov 10
Thursday Nov 12
Monday Nov 16

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

Please bring a tasty dish to share and your own plate, cup and cutlery. An ingredients sign would be helpful for those with dietary considerations and perhaps a name label in case someone wants to get your recipe from you.

All choir members are welcome at all potlucks. Come and enjoy!

ARTS RALLY PHOTOS

My photos from the event are placed on Facebook now.

<http://www.facebook.com/event.php?eid=192260202288&ref=nf>

Submitted by Andrzej Kielbowicz former GHC Bass & Choir Photographer

GHC SITE POSTINGS

There is now a link to a video of the choir singing "We Are The Ones" at the Oct. 20th Rally For The Arts in the "Concert & Event Coverage" section of the "Choir Videos" page of our web site at:

<http://www.gettinhigherchoir.ca/community-info/videos.html>

The iTunes ".m4a" file of Shari's song "The Heartland" has been replaced in the Current Singers Only section with a good old MP3 file. The link to Shari's 1990 Video performance of Every Road has been moved to the notes and replaced in the repertoire list with an MP3 of the song. Everyone should now be able to play both songs easily and those who know how can download them to burn onto a CD.

~ Bill

***** QUOTE BREAK *****

His thoughts were slow. His words were few and never formed to glisten. But he was a joy to all his friends, you should have heard him LISTEN!

Author Unknown

Editor's Collection

COMMUNITY MEMBERS SUBMISSIONS

When reading (skimming) the contents of this newsletter keep in mind that what your choir companions are requesting or offering may be of interest to one or more of your non-choir contacts. Support each otherpass the word!

TUESDAY/THURSDAY PARKING

NEIGHBOURHOOD PARKING!

As those of you who were there on Tuesday know, and as the rest of you have heard via Denis' special yesterday, we had a unfortunate incident at choir on Tuesday. A very frustrated and angry resident of St. Lawrence St. suddenly showed up blaming us for parking in the "residential parking only" area in front of his house. As Denis mentioned it turned out that neither of the cars parked their belonged to any of us.

I'd like to thank those of you who stepped in to assist Denis and myself. A group of people gathered in quiet support of those who are responsible for dealing with such a problem can prevent violence simply by their presence. So..thank you.

I would also like to congratulate the rest of you for continuing on with the practice as well as you did while we were trying to move the man out of the hall. I regret that it took as long as it did to do so but he wasn't willing to go anywhere without a fight until he had fully vented and a fight would have been a lot worse than the cursing and threats that we had to endure.

In addition to the places to park Denis mentioned in his special there is another metered parking lot at the corner of Montreal & Quebec (only 3 blocks away).

Keep in mind, of course, that it is easier to find parking for one car than for three or four. Car pooling is always great! (SATB in every car). To arrange car pools you can:

- ◆ Use the Location section of the Choir Contact List that was sent out a couple of weeks ago to connect with members who live in your area or pass through/near it on the way to choir (or whose areas you pass through if your are offering rides).
- ◆ Announce your request/offer at break time any choir night.
- ◆ Send your request/offer to me to put in the newsletter under "Car Pooling Wanted & Offered."

In the latter two cases don't be shy about repeating your request in subsequent weeks if you don't connect the first time.

Submitted by Bill Hanson GHC Bass Etc.

BAD PARKING KARMA?

Somehow, it does not surprise me that there is some bad PARKING KARMA being projected at our choir members...the below stated will point out one more reason why.

To add to the "Parking Email"...I had an experience last Thursday night...Oct. 15th, I arrived early to park close to the building [as I am still walking impaired], after practice I returned to my car to discover a truck parked close in front of me and a choir member had parked so close behind my car that I could not get out...also, "in doing this, she had partially blocked a driveway. This "parking behavior" cannot go on...the neighbourhood will rapidly lose patience with G.H.C. -- and with our huge size..."we" are convenient to blame.

Last night...Oct 22nd...

I decided to park in the Wharf Lot and noticed that it was a pretty empty lot. I sense a resistance to paying for parking? It is fairly inexpensive -- 4 hours for \$2.00...2 hours for \$1.00

A bass member requested that G.H.C. members make more room for G.H.C. parking by parking in closer to make more parking space...not a good idea...leads to possible partially blocking an owner's driveway...and blocking in members trying to go home.

Namaste,

Submitted by Shelley Scott GHC Tenor

CHOIR PARKING AND CARPOOLING:

The parking incident with our angry neighbour this week got me thinking about benefits of promoting car pooling and alternative modes of transportation. With so many people all driving to the GHC practice, there are bound to be local parking problems. More carpooling would not only get people to choir, but would help our relationship with James Bay neighbours, do our bit for global warming and air pollution, and help build personal connections between members.

Submitted by Ian McLachlan GHC Tenor

APPRECIATIONS

A NOTE OF THANKS

My gratitude to all the choir members who contacted me about Findhorn.

It's amazing-it was like Google, only better. Apologies if I didn't get back to you, I had many more replies than I expected.

Submitted by Daphne Maclain Tues/Thurs Alto/Tenor

OPPORTUNITIES TO SING!!

THE HARMONIOUS FAMILY CHOIR ~ VICTORIA

The Harmonious Family Choir is a "no-audition" singing community based on the GHC model that welcomes all individuals and family groups.

The choir is directed by:

Doug Paterson...CCLT member, Dance Caller and music educator

Our songs are multi-generational...multi-cultural...some old...some new sung in unison, rounds and multi-part harmonies. We also include some...body percussion... musical games...and anything else that creates fun for our family of singing families.

We invite singers at any level of age, skill and experience to come and nourish their spirits with songs of hope and harmony.

For details please visit:

<http://www.harmoniousfamilychoir.com>

To assist us in "Sharing The Harmony" by passing the word to potential singers please visit:

<http://www.harmoniousfamilychoir.com/share-the-harmony.html>

Submitted by Doug Paterson CCLT 5 & Bill Hanson GHC Bass etc.

FREE YOUR VOICE!

Learn better breathing technique, ear training, and how to relax the voice and body when singing. This can allow you to find the power and expressive capacity of your voice, singing the songs you want to sing.

This classically trained teacher (BMus, MA in music), who loves singing in many other styles including especially vocal improv, will work to help you find the voice you always knew and never imagined you had.

My only requirement is that students be willing to practice at least twice a week.

Contact Tamara at tamara@conbriomusic.ca, or call 250-381-3773.

Submitted by Alison Miller Tuesday/Thursday Tenor

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

Submitted by Ella Topaz CCLT 3 - 2006/7

THE VICTORIA GILBERT & SULLIVAN SOCIETY...

...needs Basses & Tenors for the chorus of *The Sorcerer*

The show runs in March

Rehearsals start Nov 22

Please email producer@gilbertandsullivanvictoria.ca

Submitted by Joy Broomfield former GHC Thursday Soprano

WORD OF MOUTH / RECOMMENDATIONS

Elicura Chihuailaf's book

"MESSAGE TO CHILEANS" NOW IN ENGLISH!

Elicura is the Chilean Aboriginal poet from the Mapuche nation who was invited by PUENTE Theatre (Lina de Guevara, artistic director) to help with the project "Journey to Mapu", exploring the relationship between Latin American immigrants and Canadian First Nations. In 2004 he conducted workshops, gave presentations and impressed everybody with his eloquence and his beautiful poetry. He took part in the International Symposium "Artists of Conscience" here the following year and he visited Alert Bay where he found many spiritual connections. "*Message to Chileans*" (www.trafford.com) is

important work not only for Chileans but for all who demand justice for Aboriginal people and care about Mother Earth and the well being of all its inhabitants!

Book recommended by Hilary Leighton, Thursday Alto

THE ANNUAL RESTORATIVE JUSTICE SYMPOSIUM...

...at Wm.Head Institution is being held on Saturday, November 21 from 9 AM to 4 PM at the institution in Metchosin. Those people who attended last year with the choir do not need to get security clearance but new people will be required to do so. Anyone interested in attending can contact either:

Joanna Wilkinson 361-3181
or
Patricia Houston 381-0656

This year the play being performed by the WHOS {Wm. Head on Stage} is "Frankenstein" and is shaping up to be excellent. It starts the end of this month and runs until Nov 21st. 3 nights a week. Further information and tickets can be had by calling Wally Klein at 391-7041

Recommended by Patricia Houston GHC Alto

MAKE YOUR TASTE BUDS HAPPY

I have become a regular shopper at the great "Mediterranean Middle Eastern Foods" store at 924 Pandora. Friendly, helpful service plus a wide, and sometimes exotic, range of products. A few of my favorites are their feta dip, comb honey, bulk olives, jams and organic free range eggs.

Flyer: <http://www.gettinhigherchoir.ca/community-info/pdftemp/2009/1023/mediterranean.pdf>

Open from 7 a.m. to 10 p.m. for your convenience.

Tell Mat you heard about his store here.

Recommended highly by Bill Hanson GHC Bass etc.

POSSIBLE SWINE FLU PREVENTION

This is a serious simple practical message. The article this link takes you to has advice from an MD on measures you can take at home to prevent the flu from developing once you have been exposed. Exposure is almost inevitable in a pandemic, but the suggested measures, according to this MD, should prevent the proliferation of the virus in our bodies and thus minimize its effect.

<http://countrylife.lehmans.com/2009/09/28/simple-ways-to-prevent-influenzah1n1-swine-flu/#more-3242>

Recommended independently by Tatiana Evans GHC Tues/Thurs Alto/Tenor & Kathie Putt, GHC alto temporarily absent (and editorially combined)

THE JOY OF MUSIC

If you want to see "the joy of music" on someone's face, look at the last shot of the conductor!

<http://www.gettinhigherchoir.ca/community-info/video/2009/1023/beer.mpg>

Recommended by Susan Lea Tuesday alto

IT ONLY TAKES ONE

An inspirational interlude

<http://www.youtube.com/watch?v=R7D-JQMvHYA>

Recommended by Bill Hanson GHC Bass etc. (a cyber forward received from CorUnum)

DANCING IN THE STREETS: A HISTORY OF COLLECTIVE JOY

This is a connection to a CBC podcast which is an interview with Barbara Ehrenreich about her book "Dancing in the Streets: A History of Collective Joy."

<http://www.cbc.ca/tapestry/archives/2008/122808.html>

For people who don't want to read the book, it covers the major points -- and includes an interview with someone who sounds as if she belongs to a community choir.

Submitted by Hilary Craig CCLT6 - 2009/10

***** QUOTE BREAK *****

When we walk to the edge of all the light we have
and take that step into the darkness of the unknown,
we must believe that one of two things will happen:
there will be something solid for us to stand on or we
will learn how to fly.

Patrick Overton

Submitted by Patricia Houston GHC Alto

COMMUNITY NETWORKING

CAN YOU SPARE 5-10 MINUTES ON THE WAY TO/FROM CHOIR? (Repeat)

We could still use a couple more 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 a lot of 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 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.

WE NEED YOUR OLD JEWELRY AND PINKING SHEARS FOR MAKING ANGELS

They can be given to Cathy on Monday nights. If anyone is interested in collecting jewelry on other nights please let Cathy know at 250-652-5329. You can also drop stuff off at the African Aids Angels drop box at the James Bay Community Centre. We also welcome more volunteers to make angels. African AIDS Angels is a volunteer fund-raising group that supports projects in southern Africa that assist children and families who are affected by HIV/AIDS. Please see our website and blog for more information:

<http://africanaid angels.googlepages.com>
<http://aidsangelsvictoria.blogspot.com>

Submitted by Cathy Fletcher, Monday Alto

OFFICE SPACE / ARTISTS STUDIO AVAILABLE TO RENT

(and warehouse if needed)

Sunny office space available November 1 in the Hillside & Douglas area.

Organic food distributors looking for "green" tenant.
479 square ft separate office space.
\$600.00/MTH
Wireless internet may be included
Previously used as artists studio.

Shared warehouse and cooler space negotiated as needed.

Call Susan at 250 595-6729

Submitted by Susan Tychie Tues/Thurs Alto

HOME WANTED FOR ORPHANED CAT

I need to find a good home for an neutered male cat whose owner died recently. Ferdinand (Fur-di-nand) is an indoor cat who is about eight years old. He shows some injuries indicative of being hit by a car in a recent xray. We have had his shots updated. Ferdinand walks with a slight limp but is quite a honey. We are taking a second less-adoptable cat from the same previous owner. Can you help?

Contact Elizabeth at echurchi@shaw.ca

Thank you.

Submitted by Elizabeth Churchill former HNC member

MITCHELL HOUSE NEEDS YOU

Mitchell House is part of Threshold Housing Society(local non-profit)-dedicated to providing caring,semi-independent transitional housing for youth, 16-21, at risk for homelessness. Volunteers are needed to help clean and paint Mitchell House on Nov20-22. Contact Savanta at email - harmony1020@gmail.com. check out www.nwnet.org/~threshold/ to find out more about the society.

Submitted by Helle Kallas GHC Tenor

***** QUOTE BREAK *****

The fundamental delusion of humanity is to
suppose that I am here and you are out there.

*Yasutani Roshi,
Japanese Zen master (1885-1973)*

Submitted by: Josephine Munro,
former GHC Tenor

SERVING EACH OTHER

EN~CHANTING BEYOND...

...is a new Bedside Singing service. Vocal music used to support the journey through the major life-passages of birthing and dying in Victoria, B. C. Certainly the passages of birth and dying are themselves quite different: however, until the 20th century, chants and simple songs were used to aid both passages -- and Beside Singing is now re-instating that practice. En~chanting Beyond is available to both dying loved ones and birthing mothers in a home setting, or hospital, care homes or other institutional setting. Website at <http://www.enchanting-beyond.ca> contact Pashta at contact@enchanting-beyond.ca

Submitted by Pashta MaryMoon tenor on sabbatical

COMPUTER SERVICES

Reasonable rates. Very thorough, with 8 years experience.

Virus detection & removal, Hardware & Memory upgrades, Consultations.

Tune up and cleaning of your computer.

Learn how to better protect your computer, against phishing, viruses.

Sales of New and rebuilt computers.

I am also a Linux expert.

Pickup and drop-off service: 1711 Coronation Ave.

call: 250-472-0530 or email: wakefieldcomputers@shaw.ca

Submitted by: Thomas (chris) Wakefield, Soundings Baritone

VERY SOUND SERVICES

Do you have an old record (LP or 45) or tape (R/R or cassette) that you would like on a CD or in your MP3 player?

Favourite music? Instructional recordings? Audio Archives?

Recordings of your children, your parents or other loved ones?

I can convert them for you!

You can contact me at 250-920-4160 (8 to 8, Tues to Fri) or at co-admin@crucible.ca

If you know of someone else who might need this service I would appreciate your passing this item on to them.

Submitted by: Bill Hanson, GHC Bass etc.

SAILING THE SAN BLAS

Currently our sailboat, "Island Dreams"- a 45' Beneteau-is in Panama. We will sail the San Blas from February to April.2010. The San Blas Islands are the home of the Kuna Indians - a remarkable people who govern their own land and live their own way. (Google San Blas Is. or Kuna for more info.) This may be our last season in the area and we would like to share the experience. We provide crewed charters for guests (up to two couples) in two staterooms with private heads. We provide all food, drinks, snorkel gear, kayaks, exploring and as much sailing as you'd like. The cost is \$3000/wk for one couple and \$4000/wk for two. If you are feeling curious, call Jan or Gordy at 250-658-1881 or email jb.walsh@shaw.ca or ghohert@shaw.ca.

Jan Walsh-Hohert, GHC Monday Soprano

COMPUTERS AND MORE....

Media Integration.

Have your computer talk to your stereo, and your television.

Shopping consultation.

Let me help you find the right stuff (and price) for your needs.

Sound systems, desktop and laptop computers,video systems etc.

Outstanding vintage speakers a specialty.

Computer repairs.

Windows Vista and XP. Mac OSX

Internal and system cleaning, and optimization

Viral Infections, Data Recovery, Upgrades

Set-up and basic tutoring

Hardware and Software problems

Free Estimates

Introduction to streaming audio/podcasts and Online Video

Get the most out of your multimedia experience.

\$40 Hour at your home/office

Discounts for seniors/students/unemployed.

Matt Hutton GHC Lighting guy and Gloria's son

mattinvc@gmail.com 250-418-1322

Submitted by Gloria Hansen, GHC and HNC Tenor

NIA DANCE FITNESS CLASSES FOR *EVERYBODY* (ongoing)

"I love Nia! It's a total mind, body, spirit celebration." Christiane Northrup, MD Author of Women's Bodies, Women's Wisdom

New-to-Nia students welcome. A range of ages, sizes and abilities in all classes.

Where:St Nickolas Hall at the Ukrainian Church

1110 Caledonia @ Cook Street

When:

Monday, Wednesday, Friday @ 5:15 PM (1 hour)

Tuesday, Thursday @ 9:30 AM (1 hour)

First Class free.

Start anytime: \$9-12 (3X-1X per week) registered or \$15 drop-in.

Free Parking

Contact Karen at 250 478 1076 or karenia@shaw.ca

<http://www.niac.ca>

<http://www.nianow.com>

Submitted by Karen Boissonneault, HNC, Soprano

PHOTOSHOP COURSE (Repeat)

Photoshop CS4/Elements7 Editing and Image Enhancement

Thursdays, from November 12 to December 3, 2009.

Classes start 6:00 p.m. at Emily Carr Public Library, 3500 Blanshard Street. Victoria BC

Five 2.5 hrs sessions including guided photo walk: How to shoot for Photoshop?

Total 12.5 hours. Group limited to 10 students. Cost 300\$ plus GST

Contact: Andrew Kielbowicz at: 250 884 4012

<http://www.goingdigital.ca> info@goingdigital.ca

Submitted by Andrew Kielbowicz, choir photographer and former GHC Bass

BASIC NEEDS: SENIOR SERVICES AVAILABLE (Repeat)

Hello everyone

I am a Certified Resident Care Attendant offering personal care and companionship services to seniors.

I have been working actively with aging adults for more than a decade, privately, in nursing homes, adult day centers and as a volunteer with Victoria Hospice.

I am mature, caring and I have excellent references.

For more information visit: <http://michelbourque.ca> or call me at 250-891-0854 or email me at: michelbourque@gmail.com

Submitted by Michel Bourque Tuesday night GHC Bass

COMMUNITY MEMBERS WEB SITES

Check out the sites listed here and add them to your favourites if they are of on-going interest. If you have a web site feel free to submit a 50 word (or less) capsule description plus the URL (in the format shown below). It will be kept on file for and 2 - 5 of them will be rotated through here each week (in the order received). This will give your site periodic exposure to 1200+ people and offer readers different web sites to check out each week.

PASHTA MARYMOON, GHC Tenor

<http://www.enchanting-beyond.ca>

En~chanting Beyond Bedside Singing services -- vocal music used to support the journey though the major life-passages of birthing and dying in Victoria, B. C.

SOPHIE OLIVEAU-MOORE, GHC Thursday Soprano

<http://www.ladybirdcommunications.com>

Ladybird Communications specializes in developing small business and NGO websites that are affordable and easy to manage and grow.

PETER FAIRLEY, GHC Bass,

<http://fairley.ca>

Journalist, editor, educator: Insightful, credible, global reporting on energy, technology and the environment

FREE STUFF

EPSON PHOTO PRINTER INK CARTRIDGES

I got a new printer and have some free colour ink cartridges for the old printer (which died). The cartridges fit an Epson Photo printer R200, R220, R300, R320, R340, RX500, RX600 or RX620. I have a cyan T048220, light magenta T048620 and a magenta T058320. Phone me at 250-598-3189.

Submitted by John Hilditch, Soundings and former GHC Tenor

ITEMS TO GIVE AWAY:

glass top coffee table approx 3 feet square
3 dining room chairs

Call Helle at 250-381-5702 if interested

Submitted by Helle Kallas GHC Tenor

COMMUNITY MARKETPLACE

FOODROOTS DISTRIBUTORS CO-OP HAS A BUYERS GROUP.....

Offering bulk pricing on larger package sizes of dry goods.

Local and BC organic produce

Pickup Saturdays at Hillside and Douglas warehouse - the site of the Winter Pocket Market

To see how it works:

http://foodroots.ca/how_to_buy.htm

Click on FoodRoots Buyers Group

To see what is available you need to sign up on the website - order as needed.

<http://foodroots.homedel.com/VisitorLookup.asp?NextURL=/Order.asp>

Submitted by Susan Tychie Thursday Alto

FOR SALE! (Repeat)

Vintage 'real wood' colonial white night table with brass drawer handle and storage space under in perfect condition \$40 OBO,

15 inch color TV with remote good for child's bedroom as new \$25 OBO,

2 goose neck desk lamps \$5 each,

Lap top 13 " computer with internet modem, Windows 95 and Word good for writers \$75 OBO

~ and ~

Sony compact stereo system with 3 way speakers, double cassette, 3 CD swivel and remote as new \$150 firm.

Call Dennis at 250-995-1770 for more information.

Submitted by Dennis Murphy, GHC Thursday bass.

PIANO FOR SALE (repeat)

Beautiful Antique Heinzman Upright Grand Piano \$850.

E-mail for photo of piano thegoddessworks@shaw.ca
or call 250-658-8770 to view, in the Royal Oak area.

Submitted by Ann-Rosemary Conway, High Noon Choir.

ITEMS TO SELL...

...or exchange of moving help:

rectangle table + four chairs
futon couch + mattress
entertainment unit
garden arch
metal blind

Louise: coachlouise@yahoo.com

Namaste,

Submitted by Rosa Goldstein former Summer Singer

ALBACORE TUNA - FROZEN AND CANNED

Both frozen albacore tuna loins and canned albacore tuna are available until the end of November... and then we are gone sailing.

Loins still cost \$12 per pound - and each loin is approximately one pound. The tins are \$4.50 each or \$100 for a case of 24.

This fish is frozen at sea so the loins are sashimi grade and can be eaten raw. If you have never tasted great tuna, this is your chance. These fish are juveniles from off the coast of Oregon. The flesh is white, high in Omega 3 fatty acids and contains no mercury. You can't get better quality fish than this. Call or email today! 250-658-1881 - jb.walsh@shaw.ca

Submitted by Jan Walsh-Hohert, GHC Monday Soprano

MOVING BACK TO MONTREAL..

...and trying to save on the weight.

i am selling:

- ◆ an antique empire sofa circa.1860's reasonable offer considered.
- ◆ day bed \$ 600.00
- ◆ keyboard,pedal and stand,\$ 800.00
- ◆ chandelier - spanish \$ 200.00
- ◆ chandelier cut crystal - \$ 150.00
- ◆ octogonal mahogany table - 2 drawers - \$ 800.00
- ◆ small writing desk- \$ 600.00
- ◆ art from my portfolios - very cheap.

For appointment to view please call joyce 250-360-1988

Submitted by Joyce Jason former Tuesday Soprano

FOR SALE

a gazebo/canopy - make an offer.

thanks

Submitted by Joyce Jason Tuesday Soprano

ACCOMMODATION AVAILABLE OR WANTED

HOUSE SITTING OPPORTUNITIES WANTED

Nathaniel and I are a professional couple who live aboard our sail boat and are looking for house sitting opportunities for the winter months. We are experienced, responsible house sitters (including pet care) with excellent references who are skilled at yard and home maintenance as well. If you need someone to look after your home/pets while you are away this winter you can contact Tracy or Nathaniel at 250-984-4024 or E-mail Tracy at tracy.koebel@gmail.com

Submitted by Tracy Kobel former Summer Singer

OCEANFRONT - DALLAS ROAD, VICTORIA

6-7 Months Short Term/Vacation Rental

Beautifully furnished - 1 bedroom/with office. Immediate condo rental from Oct to May 1010

Overlooking the Ocean and Mountains on Dallas Rd - Beautiful sunrise and sunset and walks along the Sea. 5 minute walk to Downtown Victoria, Odgen Point breakwater/cafe, Beacon Hill Park Peaceful, Serene and Modern...Beautifully furnished, new queen size bed, wonderful ocean views

Includes all utilities/phone/internet/cable/heat/hydro/parking/laundry/rooftop lounge/bike
\$1400 month inclusive - pictures available

Catherine at 298-8191 or reikivictoria@gmail.com

Submitted by Catherine Harvey former Monday/Tuesday Alto

HOUSE FOR RENT CORDOVA BAY

Lovely, furnished house on Cordova Bay ridge available for rent from December 1, 2009 to April 30, 2010. The house has 2 bedrooms, a den, 1 1/2 baths, an open living room dining room area with stone fireplace, a large deck and yard with garden.

The rent (\$1600/mo) includes all utilities, cable and phone. There is room to park 2 cars. We are near the end of a quiet dead end street. Just a short walk takes you to Elk and Beaver Lakes to the west and Mattick's Farm and Cordova Bay beaches to the east. We are close to the Lochside Trail and just 15 minutes from downtown, UVic or the airport. We ask you to feed the cats and water the plants. Not suitable for children, other pets or smokers.

Submitted by Jan Walsh-Hohert, GHC Monday Soprano

NANAIMO SUBLET

Funky Garden Cottage in Old City Nanaimo available for sublet. One bedroom, fully furnished, heated tile floor, shared laundry, access to garden. Includes hydro, phone, internet and electricity. No smoking. \$650/month. Available from approximately Dec 1- March 31st. Best suited for mature, community minded, quiet person. Cat lover an asset.

For more information please call Barbara at 250-591-2444 or Charlo 250-740-0241.

Submitted by: Frances Backhouse, GHC, Tuesday Alto

1845 SQ FT TOWNHOUSE FOR RENT

Immaculate townhouse in quiet family complex in Sidney. There are three bedrooms with 2.5 bathrooms, 5 appliances, gas fireplace, wood floors on main level and freshly cleaned carpet upstairs. The master bedroom has a walk in closet and ensuite. There is a garage and extra parking. This is an end unit with plenty of sunshine. References are required and first and last months rent. Minimum 1 year lease. Non smoking only. Small pets may be allowed. The townhouse is empty and ready for rent. Rent is \$1650 per month plus gas and electricity.
Please call 1- 877-912-7571

Submitted by Rebecca Kennel, past GHC tenor

***** QUOTE BREAK *****

If life is a journey, then life's greatest tragedy is not having enjoyed the trip.

Unknown

Submitted by Harley Lappin former GHC Bass

COMMUNITY EVENTS ~ THIS WEEKEND TO NEXT

We encourage you to support the activities of other choir community members by emailing copies of any item to any of your contacts that you think would be interested.

TIBETAN MONKS TO CREATE SAND MANDALA AT ART GALLERY (now to Oct 25)

A group of 5 Tibetan monks from India will be creating a sand mandala and butter sculptures at the Victoria Art Gallery between October 3 and October 25. They will be constructing the mandala daily during Gallery hours and the event is open to the public as part of an exhibition called Sacred Arts of Tibet. Once completed, the Mandala will be on display until December 6. For more information please contact the Gallery.

Submitted by Kathie Putt, GHC alto on temporary leave.

NIA DANCE CLASSES FOR *EVERYBODY* (now to Oct 30)

New-to-Nia students welcome. A range of ages, sizes and abilities in all classes.

Where: St Nickolas Hall at the Ukrainian Church
1110 Caledonia @ Cook Street

When: ongoing classes:
Monday, Wednesday, Friday @ 5:15 PM (1 hour)
Tuesday, Thursday @ 9:30 AM (1 hour)

First Class free.

Start anytime: \$15 drop-in or register for 1 or more classes per week by session

Free Parking

Contact Karen at 250 478 1076 or karenia@shaw.ca

[Check it out at:](http://www.niac.ca)
<http://www.niac.ca>

Submitted by Karen Boissonneault, HNC, Soprano

LANDSCAPES/ CITYSCAPES (now to Nov 30)

Ben Fox, the photographer whose film work you've seen in 'Journey to Kapasseni' and 'Return to Kapasseni', has an exhibit of photos at MoLe, 554 Pandora (a great restaurant if you haven't been). This collection is entitled 'Landscapes/ Cityscapes', and includes images from Haida Gwaii and the rain forest of Vancouver Island, to cityscapes of Vancouver and Los Angeles, the village of Kapasseni and rural Tanzania. These are beautiful photos, the show is definitely worth a look, and it will be continuing to the end of November.

Submitted by choir veteran Heather Fox Thursday Soprano & Proud Mother

QIGONG (now to Oct. 28)

This type of movement known as Shuxin Pingxue Qigong (Chi Kung) translates as "Expanding the Heart and Balancing the Blood Practice". It was developed in China by the medical profession in cooperation with Qigong masters for use as treatment for hypertension, coronary disease, anxiety, stress or low vitality, with remarkable results.

The eight slow movements are performed with breath and mindfulness four times each and take about 20-25 minutes to complete.

Classes started Oct. 21st and run to Dec. 16th on Weds at 7:30-8:30 pm, in the Gary Oak Room, 1335 Thurlow Street.

Registration open until Oct. 28th
Call Fairfield Community Association, 382-4604 to register.

For more information and future classes contact instructor Dennis Murphy (35 years experience) at 250 995-1770.

Submitted by Dennis Murphy GHC Bass

OONA McOUAT AND DREAM DEEP (Oct 23)

Honey And Holy Water Cd Release Tour

Join the musically effervescent Salt Spring Harpist and Recording Artist Oona McOuat and the Dream Deep Band at the Norway House Friday Oct 23 for an intimate evening of Celtic fusion music.

Joining her will be past GHC collaborator, from the West Cowichan, the rhythmically amazing Chris Bertin on Drums, Didgeridoo and Percussion, from Gabriola Island the Wild Cellist Corbin Keep and a warm breath of Aloha with Hawaii's Richard Lee on Woodwinds. Check out her music at oonamcouat.com

Oona McOuat & The Dream Deep Band
<http://www.oonamcouat.com>

Friday Oct 23, Norway House, 1110 Hillside Ave
Tickets \$12 in advance at Instincts, 622 View St. \$15 at the Door
Doors Open at 7:45 SHOW AT 8:00,
Info - Dancing Wolf - 418-0694

Poster:
<http://www.gettinhigherchoir.ca/community-info/pdftemp/2009/1023/oona.pdf>

Submitted by DancingWolf founding GHC Bass

FRANKENSTEIN AN ILLUSION (Oct 23-24+)

It is a great production!

Dates as follows:

October 23-24, 30-31
November 6-7, 12-14, 19-21

No clearance necessary. Must be at Wm. Head by 7:15, and purchase tickets in advance.
Tickets available at Moka House Cook St. or call Patricia 381-0656

Submitted by Patricia Houston GHC Alto

**DIALOGUE WITH SPIRIT GUIDES,
AN INTERACTIVE EVENING** (Oct 23)

Gifted Victoria psychic channeler Jane Kennard presents an evening of interaction with spirit guides. Unlike many channelers who bring through just one guide, Jane can open to the energy of universal beings as well personal guides. This evening offers audience members the chance to ask direct questions of the guides. It's a rare opportunity for people

to be in the presence of beings of higher guidance and to receive information from them. More information at <http://www.circleswithincircles.com>

Friday October 23, 2009 at 7:30 pm (doors open at 6:30) at U Vic's David Lam Auditorium. Tickets \$20 in advance at Instinct Art & Gifts, 622 View Street online , or at the door.

Submitted by Joanna Pettit, lapsed GHC and HNC tenor.

FASHIONISTAS FOR BRIDGES (Oct 24)

Join local women for a day of self-indulgence, shopping *and* generosity in support of abused women and their families. At this women-only event, you can purchase (by donation) a wide variety of new and gently experienced women's clothing and enjoy live entertainment. Various services, including massage and manicures, will also be available by donation.

Saturday, October 24, 2009
11am 4pm, Queenswood, 2494 Arbutus Road, Victoria

To make a donation, drop off clean, fashionable, gently-used women's clothing, accessories or shoes at Bridges office, 320 1175 Cook Street, Monday Thursday, 9am 6pm, until Wednesday, October 21. If you require an alternate drop-off time, please call 250-385-7410.

Submitted by Helen Durie, Tues-Thurs Soprano

A SEA CHANGE (Oct 24)

An award-winning documentary about ocean acidification. The film will be followed by an open-mic discussion with a panel of experts. Panel with Dr Andrew Weaver, Dr. Lisa Miller, Dr. Colin Campbell.

Date: Oct 24, Sat.
Time: 7:00 pm
Cost: \$3.50, Tickets in advance or at the door
Location: Bob Write Centre, School of Earth, Ocean and Atmospheric Sciences, UVic,

Submitted by Gertie Jocksch, Monday Soprano

POWER OF HOPE PRESENTS: (Oct 24 & 25)

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.gettinhigherchoir.ca/community-info/pdftemp/20090918/expressyourself.pdf>

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

THERE'S HOPE! (Nov 25)

Results Victoria's Annual Fundraiser

Sunday October 25th 2-4 pm
Hotel Grand Pacific, 463 Belleville Street

Guest speaker: Betty Makoni
Girl Child Network & CNN Hero

Information:
250-744-8668

<http://www.resultscanada.ca>

Submitted by Marilyn Henigman former GHC Alto

MEDITATIONS FOR OPENING THE HEART (Oct 28)

Rev. Cedona Holly will share little known meditation techniques from her brand new book: Meditation Manual for the Modern Day Mystic as well as tried and true ways of Opening the Heart. Cedona is a Spiritual Counsellor and Mentor, a CoreLight graduate and Minister, and has been meditating since 1980.

Everyone Welcome! Oneness Wednesday on October 28 from 7 - 8:30 p.m. Free or by donation. Information: Linda (250) 380-6383 or <http://cotvictoria.ca>

Submitted by Linda Chan, Former Tuesday Soprano

**WOMEN MYSTICS,
MANDELA MAKING
AND CIRCLE DANCING** (Oct 31)

Hildegard of Bingen's and Mectild of Magdeburg's understanding of humanity as part of creation is celebrated in art, dance and reflection.

Facilitators: Louise Taylor BMus, Orff 3, Dalcroze Eurhythmics & Mary Jane Wilson CND MA

Date: October 31, Sat
Time: 9:30 am – 3:30 pm
Cost: \$40-60 Pre-registration requested Please do not let cost prevent you from attending.
Location: The Yurt at CorUnum, 5990 Old West Saanich Rd.

Tea and refreshments will be served at breaks, your personal bag lunch to go with the soup du jour . Wear sturdy shoes for the labyrinth and medicine wheel, soft shoes for dancing.

Call us Helen Colbeck 250-380- 9786 or Gertie Jaksch 250-220-4601

Submitted separately by Gertie Jocksch (current) & Louise Taylor (former) Monday Sopranos
(then editorially smushed together)

THE ANCIENT ART OF TEA LEAF READING (Oct 31)

Learn the ancient art of tea leaf reading. Discover pictures and symbols in the leaves to tell the story of someone's future and how to open your intuitive gifts. There will be discussion and instruction on how to communicate your intuitive interpretations, reference to books on tea leaf reading and what types of tea to use. Please bring tea cup (white or light coloured inside) and your lunch.

With Tanya Lester at Royal Roads University. 250-391-2600 x 4801
<http://www.royalroads.ca/NR/exeres/C36AF026-1904-456C-A1CB-9E695533F708.htm>

Saturdays Oct 31, Nov 7 and 14th (half days)

Submitted by Hilary Leighton, Director Continuing Studies, RRU and Thursday Alto

HALLOWEEN DANCE PARTY OF IMPROVISED MUSICAL CONVERSATIONS (Oct 31)

Get dressed up in costume and join us in a fun event this Halloween. An evening of Improv Musical Conversations created by the Paradigm Shifters: Chris Bertin, Cameron Avery, Robert Cerin, and Steve Johnson and special guests Scott Sheerin and Robin Gillmor. Didge, drums, guitar, keys, woodwinds and voice to inspire your evening of dance and enjoyment.

Saturday October 31, 2009
8pm-1am
Moose Lodge, 2244 Moose Rd,
Duncan (off of Lakes Rd)

\$12 advance, \$15 at the door.
kids under 12 free
(250) 732-4599

Prizes for the best costume!

Submitted by Robin Gillmor, former GHC Thursday Soprano

COMMUNITY EVENTS COMING WEEKS

ECKHART TOLLE GATHERINGS SERENITY NOW (Nov 1, 15 & 29)

Eckhart Tolle DVDs will be shown every two weeks in the Garry Oak Room at the Fairfield Community Place, 1330 Thurlow St

Times: 7:00 to 9:00 p.m.
Dates: Nov. 1, Nov. 15, Nov. 29, Dec. 13, Dec. 27 and every other Sunday thereafter

All are Welcome! Cost: \$2.00 per person. Free parking in the Sir James Douglas School lot.

Submitted by Linda Chan, Former Tuesday Soprano

BROKEN OPEN: EMBRACING CHANGE, WELCOMING THE UNKNOWN (Nov 4, 11, 18 & 25)

Facilitated by Joy Emmanuel, Transformational Coach and includes guided meditations, writing, and reflective exercises, gentle movement, readings and optional sharing:

- Nov 4 – Into the Desert – Connecting with our stories, mapping the territory.
- Nov 11 – Broken Open – Dancing with our shadows and letting go of emotional baggage
- Nov 18 – Bowing into the Unknown – Re-framing the map from a new vantage point.
- Nov 25 – The Hero's Journey – Returning home to reintegrate the gifts of the journey.

Everyone Welcome! Oneness Wednesday from 7 – 8:45 p.m. Free or by donation. Information: Linda (250) 380-6383 or <http://cotvictoria.ca>

Submitted by Linda Chan, Former Tuesday Soprano

18 PIECE SWIFTSURE BIG BAND DANCE (Nov 7)

Swing, Fox Trot. Latin, Waltz, 2 Step and much more.

Date: Nov.7/09, 8 to 11:30

Place: Pacific Fleet Club

on the ocean in Esquimalt.

Cost: \$20 per person. tickets in
advance only.

More info: call Rob Pearce at 250 812
3354 or Ken Wodlinger at
250 479 6108

Submitted by Alan Clarke.GHC for several years & CCLT host this year

THE JOY OF MOVEMENT RETREAT DAY (Nov 8)

with Nia Brown Belt, Karen Boissonneault

"The day is a priceless gift. I wish for every woman to give the same gift to herself." ~a participant, June, 2009

Sunday, November 8 10:00 AM to 4:30 PM

The Sanctuary @ Sleeping Dog Farm and Retreat Centre

www.sleepingdogfarm.ca

\$114 or 2 for \$198 with one new-to-Nia
includes organic farm lunch

No experience necessary. All welcome.

Experience peace, community, acceptance, contentment. Feel renewed. Move Your Body's Way.

For more information and to register:

Karen @ 250 478 1076

www.niac.ca www.nianow.com

Submitted by Karen Boissonneault, Soprano, HNC

THE WISDOM OF CROWS: (Nov 8)

Exploring How Stories Shape Our Lives

Who's writing the script of my life? Who's telling the tale? Becoming aware of the stories we tell can teach us about who we are and how we see the world. The wisdom traditions of the world offer a wealth of metaphors to explore the journey to wholeness. Over three afternoons, storyteller, writer, and former chaplain Margo McLoughlin invites participants to explore the role of story in healing at Royal Roads University. 250-391-2600 x 4801

<http://www.royalroads.ca/NR/exeres/B6BBB466-EBEB-4FFE-A4B0-36342B654793.htm>

Sunday November 8

Submitted by Hilary Leighton, Director Continuing Studies, RRU and Thursday Alto

UNTANGLING THE KNOT: (Nov 8)

Intro to Loving Kindness Meditation

The Buddha taught the practice of Loving-Kindness or metta as an antidote to fear and all its variations. Resentment, irritation, anger and hatred keep us separate and locked in a limiting view of ourselves and others. When we recognize the universal wish to be happy, we begin to open our hearts in ways we never thought possible, gradually becoming more and more inclusive in our ability to wish others well. This one-day course offers participants a tool for living with more ease in a fractured, conflicted world with facilitator Margo McLoughlin at Royal Roads University. 250-391-2600 x 4801

<http://www.royalroads.ca/NR/exeres/F289A668-AB39-4033-9803-E740F88F2DAC.htm>

Sunday November 8

Submitted by Hilary Leighton, Director Continuing Studies, RRU and Thursday Alto

A Retreat to:
REDISCOVER MEANING IN THE SECOND HALF OF LIFE (Nov 10 & 14)

November 10 & 14, 2009

A special opportunity for those who have already journeyed far, and find themselves
• ready for a *transformational* process designed to enable deep personal awareness and sustained change.

Venue:
The Bethlehem Retreat Centre, 2371 Arbot Road, Nanaimo, B.C.

Registration:
by email to: john_shields@shaw.ca or call 250 247 7860 for more information

Submitted by Robin Hood Tues/Thurs soprano

PHOTOSHOP COURSE (Nov 12 to Dec 3)

Photoshop CS4/Elements7 Editing and Image Enhancement

Thursdays, from November 12 to December 3, 2009.

Classes start 6:00 p.m. at Emily Carr Public Library, 3500 Blanshard Street. Victoria BC
Five 2.5 hrs sessions including guided photo walk: How to shoot for Photoshop?
Total 12.5 hours. Group limited to 10 students. Cost 300\$ plus GST

Contact: Andrew Kielbowicz at: 250 884 4012
<http://www.goingdigital.ca> info@goingdigital.caa

Submitted by Andrew Kielbowicz, choir photographer and former GHC Bass

THE WORK THAT RECONNECTS (Nov 14 & 15)

Working for change? Searching how to make a difference? A life-changing experience where you can offer genuine witness to others, re-awaken your gratitude for life and explore the interconnectedness of all life. Based on the work of

Joanna Macy, eco-philosopher, activist, author.

<http://www.royalroads.ca/NR/exeres/56882B2C-6C42-4CDE-8437-5E9F9E260F4F.htm>

Date: November 14 & 15, Saturday & Sunday,

Times: 9am – 5pm

Cost: \$175 + GST

Course Code: GLEL1812

Please Register By: Saturday, October 31, 2009

Note: A limited number of scholarships may be available - please contact Continuing Studies for more info.

Sponsored by Royal Roads Continuing Studies and Programs in Earth Literacies

Submitted by Gertie Jocksch, Monday Soprano

THE AGE OF STUPID

(Nov 18)

Mandy invites you to "'The Age of Stupid' Victoria Public Premiere " on Wednesday, November 18 from 7:00 to 10:00 pm.

Sponsored by The Sierra Club of BC

Where: The Victoria Event Centre, 1415 Broad St

To see more details and RSVP, follow the link below:

<http://www.facebook.com/n/?event.php&eid=296296420213&mid=13f44efG234296dbG2f5008aG7>

Submitted by Mandy Leith former GHC Thursday Soprano

JUST FOR FUN

A reward of laughter for reading this far

CLUELESS AND INVENTIVE

Submitted by Chris Gower Rees former GHC & Soundings Tenor

Some great examples of exam answers from the most clueless – and inventive - of students.

1) _Classical Studies_

Question: Name one of the early Romans' greatest achievements.

Answer: Learning to speak Latin

2) _Biology_

Question: What is a fibula?

Answer: A little lie

3) _General Studies_

Question: Jeff has been asked to collect data about the amount of television his friends watch. Think of an appropriate question he could ask them.

Answer: How much TV do you watch?

4) _Classical Studies_

Question: What were the circumstances of Julius Caesar's death?

Answer: Suspicious ones

5) _Biology_

Question: Give an example of a smoking-related disease

Answer: Early death

6) _Geography_

Question: What are the Pyramids?

Answer: The Pyramids are a large mountain range which splits France and Spain

7) Biology

Question: What is a plasmid?

Answer: A high definition television

8) English

Question: In Pride and Prejudice, at what moment does Elizabeth Bennet realise her true feelings for Mr Darcy?

Answer: When she sees him coming out of the lake.

9) Geography

Question: What do we call a person forced to leave their home perhaps by a natural disaster or war, without having another home to go to.

Answer: Homeless

10) Religious Studies

Question: Christians only have one spouse, what is this called?

Answer: Monotony

11) Biology

Question: In the Hawaiian Islands, there are around 500 different species of fruit fly. Give a reason for this

Answer: There are approximately 500 varieties of fruit

12) Physics

Question: Name an environmental side effect of burning fossil fuels

Answer: Fire

13) Geography

Question: Define the term "intensive farming".

Answer: It is when a farmer never has a day off.

14) Maths

Question: Change $\frac{7}{8}$ to a decimal

Answer: 7.8

15) Geography

Question: What does the term "lava" mean?

Answer: A pre-pubescent caterpillar

16) General Studies

Question: Redundancy is often an unpleasant and unexpected event in someone's life. Give two examples of unexpected life events.

Answer: 1) death 2) Reincarnation

17) History

Question: What was introduced in the Children's Charter of 1908?

Answer: Children

18) Business Studies

Question: Explain the word "wholesaler".

Answer: Someone who sells you whole items - eg, a whole cake

19) Geography

Question: The race of people known as Malays come from which country?

Answer: Malasia

20) Geography

Question: What artificial waterway runs between the Mediterranean and Red Seas?

Answer: The Suez Canal

21) Geography

