



# Gettin' Higher Choir Info

## GHC NEWS & BUSINESS

### 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!

## GHC SWAT SCHEDULE

### CALL for AFRICAN SONGS SWAT

Friday Nov.13 in Cadboro Bay (exact location TBA)

This is a fundraiser for the Jolly Nyeko Foundation. She is another of those amazing African women, leading an organization to care for war-affected children in Uganda. She will be speaking at the event.

We need 20 or so singers, SATB of course, to sing 4 - 6 songs at the beginning of the evening. Arrive at 6:30. Sing at 7:00.

For those wanting to stay and have dinner & listen to speaker, tickets are \$10. There will also be a silent auction. It should all be over by 8:40.

Funds raised are bring used to help with expenses for Dr. Amanda Weinerman, optometrist and her assistant Maryjean Morrison of Cadboro Bay Optometry who will be travelling to Uganda in January 2010 to check the eyes of hundreds of children and their grandparent caregivers, and supplying glasses to those who need them. She is donating her time and the cost of the lenses.

If you can participate, please email [shivon@gettinhigherchoir.ca](mailto:shivon@gettinhigherchoir.ca)

Please just put this in the Subject line: Jolly N. SWAT & Your section (soprano, alto etc.)

thanks!  
Shivon

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### SWAT CAR POOLING

If you want to offer or request a ride to/from the Nov. 13th SWAT feel free to submit an item for next Friday's Choir Community Issue of our newsletter. Along with whatever else you want to say be sure to include:

Whether you are offering or requesting

Your location  
Contact information  
~ and ~  
"Submitted by..." line

You are of course also welcome to make your offer/request at break time at choir or to use the Location section of your Choir Contact List for this season. With a SATB in every car we would only need 5 or 6 cars.

## 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**

#### **PLEASE PASS THIS ON TO POTENTIAL SINGERS**

Many of the graduates of the Shivon and Denis' Community Choir Leadership Training program (CCLT) are involved in choirs of their own across North America and in Australia.. We consider these choirs to be GHC "sister choirs" and you can find information about them by clicking on:

[http://www.ubuntuchoirs.net/locator\\_coastal\\_BC.php](http://www.ubuntuchoirs.net/locator_coastal_BC.php)

If you know someone who might like to sing in a GHC/HNC style environment send them this link so they can check to see if there is a sister choir in their area.

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#### **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: Nancy Watters CCLT 1 - 2004/5, Victoria & Cowichan Valley**

#### The Sacred World Song Project

"Calm the mind. Heal the body. Enrich the spirit."

Community chant circles (free), one Sunday each month from 3-5 pm, 1531 Yale St., Oak Bay. (details listed on [http://www.nancywatters.com/sacredworldsong/events\\_calendar.php](http://www.nancywatters.com/sacredworldsong/events_calendar.php)).

I am also available by invitation for sacred song gatherings, concerts and workshops.  
<http://www.sacredworldsong.com> 250-595-2142

## **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.

### **NEWSLETTER INFO**

#### NAVIGATING THIS NEWSLETTER

With more than 1200 members of our community eligible to submit items to this newsletter it can get pretty long. So...know what's where so you can go directly to, and only to, what interests you:

Skim through, looking at section headings only (large coloured type) and only stop to explore those sections that are of interest to you.

Skim through sections of interest, looking only at item titles and only stop to read items whose titles catch your eye.

Whether you skim or read every word keep in mind that some items you come across in the newsletter might be of interest to a family member, friend or associate and generously pass such items on. You will be doing both the recipient and the submitter a favour and will probably generate some goodwill for yourself in the process.

~ Bill

\*\*\*\*\* QUOTABLES \*\*\*\*\*

All music is important if it comes from the heart.

Carlos Santana

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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