

NOV. 13TH AFRICAN SONGS SWAT UPDATE

We still need some singers for next Friday's African SWAT. We're especially short of sopranos and basses, but could use a few more on other parts as well.

See the "Eyes of Uganda" poster:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/2009/1106/uganda.pdf>

When:

Friday Nov. 13. We'll meet at 6:30 for warm-up and run through of sings.
We sing at the beginning of dinner, at around 7:05. Those leaving should be free to go by 7:30.

Where:

At St. George's Anglican Church Hall, 3909 St. George's Lane (off Maynard St.) in Cadboro Bay.

Songs:

One Heart Beating (I will teach this to the audience), Siyahamba, Gabi Gabi, N'kosi Sikelel'i Afrika

Dinner:

If you wish to stay for the dinner & talk, cost is \$10, (\$25 family rate) for an Africa dinner & dessert, puppet show, music & dancing, & silent auction.

To Book For Dinner,

please email jlstokes@shaw.ca - say "GHC singer for Dinner" in subject line.

If you can participate, please email shivon@gettinhigherchoir.ca

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

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.

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.

thanks!

Shivon

NOVEMBER 13TH SWAT CAR POOLING

If the offer below doesn't work for you, you can make your own offer/request at break time at choir this coming week.

Jolly Friday The 13th Swat Carpooling From Fairfield

Ride offered. If you are not too far out of my way you can ride to the SWAT in style in my funky VW van, protected by various and sundry deities. I leave from Cook and Richardson, and plan to stay for the dinner. Call me at home at (250) 388-0694, or weekdays at work at (250) 387-4041, or email me at bhuot@shaw.ca

Submitted by Bill Huot, chronologically unstable GHC Bass

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!

SOME SPECIAL LYRICS USED AT CHOIR

With our potlucks starting next week it seems appropriate to share the following lyrics with those of you who aren't familiar with them. If you want to be prepared when they pop up copy this section, print it out and keep it in your binder.

At potlucks Shivon tends to sing the following grace:

Thank you for this food, this food
This glorious, glorious food
And the animals
And the vegetables
And the minerals
That make it possible (Repeat 1 or 2 times)

Yummmm!

Denis tends toward this one:

Give thanks to the Mother Gaia
Give thanks to the Father Sun
Give thanks to The plants
In the Garden, w-h-e-r-e
The Mother & the Father are one (Repeat 1 or 2 times)

Yummmm!

Another set of lyrics that crops up regularly at choir (to the confusion of some) is:

Happy birthday, happy birthday, we love you
Happy birthday and may all your dreams come true
When you blow out the candles, one light stays aglow
That's the love light in your eyes where e're you go!

Sing in joy

Bill

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

The passions are the most effective orators for persuading. They are a natural art that have infallible rules; and the simplest man with passion will be more persuasive than the most eloquent without it.

Francois De La Rochefoucauld,
French writer (1630-1680)

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 other pass the word!

APPRECIATIONS

REMEMBERING WITH APPRECIATION

For Remembrance Day Nov. 11th - Lest we forget

This is a song by Terry Kelly from Newfoundland. It's appropriate at this time of the year.

<http://www.gettinhigherchoir.ca/community-info/video/2009/1106/a-pittance-of-time.wmv>

Submitted by Patricia Houston GHC Alto

NOVEMBER 5, 2009

Today I live in music. I sing with Ensemble Laude, an auditioned medieval women's choir of about 40 voices, I study voice formally, I take piano lessons and I have just bought a ukulele! My voice teacher tells me I am a mezzo-soprano, and I sing with the Alto IIs. I live in music.

I had never sung before, not even in the shower. I joined the Getting Higher Choir in 2001. I sang mostly with the sopranos because they carry the melody and I liked that. I sang sometimes with the low male voices in rehearsal because they are the foundation of the choir and I liked that too. It was a rich and fun experience. Shivon and Dennis gave me an insight and a path into a world of which I knew nothing, a world that would have remained hidden from me, a world of such blessings I am ever grateful to them both for their kindness.

Thank you Shivon, Thank you Dennis.

Submitted by Nikki Basuk, former GHC & HNC Soprano

COMMUNITY-BASED LOCAL EXTREME HOME MAKEOVER

Thanks to all the members of the choir community who participated in, or otherwise supported, the recent Hero Search extreme makeover of the Casa Maria Emergency Housing premises.

As a past or present choir member, you know what can happen when community comes together with common purpose. Check out an inspirational photo montage of a local extreme makeover, put on by Hero Search, the same non-profit that transformed the backyard of choir member, Helle Kallas.

Be inspired!

And be sure to look for a video of the event to follow.

Access the photo montage in two ways:

Website: <http://www.herosearch.ca>

YouTube: <http://www.youtube.com/watch?v=Nv8Pd8jriFk>

Submitted by Bill Hanson GHC Bass etc. on behalf of Hero Search

COMMUNITY CARPOOLING REQUESTS & OFFERS

TO/FROM JUBILEE HOSPITAL FOR HNC

I am a Veteran GHC Member switching to HNC and need a ride from Jubilee Hospital where I am temporarily residing due to some medical challenges. My medical support people feel that choir would be good for me and have OK'd my going but I'm not up to driving or busing myself there. A ride to and from choir, for at least the next 3-4 weeks, would be greatly appreciated.

I can be at the main entrance of the hospital with my walker ready to meet whoever is picking me up at whatever time they specify.

If there is more than one volunteer to help out in this way I will try to rotate through the list in order to make it easy on everybody.

Please call 250-370-8218 and ask to speak to me.

Submitted by David Usher veteran GHC and hoping to be HNC Bass

OPPORTUNITIES TO SING!!

THE SACRED WORLD SONG PROJECT

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

Nancy Watters, CCLT 1 Grad (2004/5), hosts free community chant circles, one Sunday each month from 3-5 pm, 1531 Yale St., Oak Bay. Details listed on http://www.nancywatters.com/sacredworldsong/events_calendar.php

She is also available by invitation for sacred song gatherings, concerts and workshops. For details please visit <http://www.sacredworldsong.com> or call 250-595-2142

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

COMMUNITY EVENTS ITEMS THAT INVITE YOU TO SING!

Upcoming Taize Service (Nov.20)

For details on the above "Opportunities To Sing" see the full items in the Community Events section below

WORD OF MOUTH / RECOMMENDATIONS

EXPLORATIONS!

If you haven't already done so I invite you to explore the Choir Community Info section a little. While most of you will probably have been at least once to the "Choir Schedule" page (that section's home page) I would be willing to bet that quite a few of you haven't checked out what is on offer on the "Choir Photos," "Choir Videos" and "Singing?!" pages. You may be surprised at what you find there.

Recommended by Bill Hanson GHC Bass, Registrar & Communications Guy

STOP BILL C-6

Most Canadians are not even aware of Bill C-6 and the dangers it presents to some of our fundamental rights and freedoms. It's the original Bill C-52 that was so controversial and now it's being quietly reintroduced as Bill C-6. It has already been passed in the House of Commons and is now in the Senate.

With this legislation, Health Canada will be able to inspect any business, garage or shed on your property without a warrant.

For more information and to sign the petition, go to

www.petitiononline.com/3654148/petition.html

Please take a moment to read about this Bill and sign the petition. Your health may depend on it.

Recommended by Mary Lou CCLT 2007

IL DIVO ~ AMAZING GRACE

A most enjoyable rendition.

<http://link.brightcove.com/services/link/bcpid1785324681/bclid1338935106/bctid1913313052>

Enjoy!

Submitted by Sharon Alder GHC Soprano

RAIN X 4

This video was recommended in a number of June and July newsletters and specials and I received the following four recommendations since then but held off putting them in until now to give it a rest.

Could I please ask that this be included in the newsletter?
Katrina Pavlovsky, former GHC Soprano

This is very cool! Thought maybe the newsletter would like it, cheers
Donna Bell GHC Tuesday/Thursday Soprano

If you haven't already heard this choir, this is one of the most FANTASTIC choral performances I have ever heard. Totally magical. Crank up the volume.
Liz Gronbach GHC Monday Soprano

A little something for everyone to enjoy - maybe our choir can do it some day!
Chris Girard GHC Tuesday Soprano

This fun YouTube video features a 1980s pop classic. The rock band Toto scored their biggest hit with Africa in 1982. The song is instantly recognizable. But it has been reinvented by Perpetuum Jazzile, an a cappella jazz choir from Slovenia.

<http://www.youtube.com/watch?v=M6ZVpZqistk>

If this video is new to you be sure to check it out. If it isn't check it out again anyway, its worth another look and listen.

Submitted by Bill Hanson on behalf of the community members listed above.

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Recommended by Mary Lou CCLT 2007

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

Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, "I will try again tomorrow."

Mary Anne Radmacher, Artist and writer

Submitted by Bill Huot, chronologically unstable GHC Bass

COMMUNITY NETWORKING

GIFT GIVING

I am a distributor for the *Lia Sophia jewellery* company which operates through direct selling and/or home parties. If you would like to host a party for your friends and family and receive very generous hostess perks, or wish to place an individual order, I am here to help. I am now taking party bookings for December and have a few spots left for November. I invite you to look at our on-line catalogue at www.liasophia.ca/deborahredfern or contact me and I'd be happy to get together with you to show you the catalogue in person. Phone: 250-383-8378, email: deborahredfern@gmail.com.

Submitted by Deborah Redfern, High Noon

LOCAL WOMAN ORGANIZES PAINTING MAKEOVER, INSPIRED BY HERO SEARCH

Savanta LaMar was inspired by her participation in the recent Hero Search extreme makeover of the Casa Maria Emergency Housing premises. So inspired that she is organizing a painting makeover of Mitchell House, a transition house for boys between the ages of 16 and 21 who are at risk of homelessness. Have fun and join a team of people making a radical difference. This place can really use beautification! Help her make the world a better place. Inspire the youth. Help paint Mitchell house. November 20-22.

To volunteer email Savanta at harmony1020@gmail.com.

Poster:

<http://www.herosearch.ca/Downloads/MitchellHouseflyer.pdf>

Info Sheet:

<http://www.herosearch.ca/Downloads/ThresholdInfoSheet.pdf>

(a rundown on Threshold Housing Society, the organization that runs Mitchell House)

Submitted by Bill Hanson GHC Bass etc. on behalf of Hero Search

URGENT NEED TO FIND A NEW HOME FOR FERDINAND THE CAT (Repeat)

We need to find a new home for a cat whose owner recently died. Ferdinand is a neutered gray tabby about eight years old who shows a marked preference for Bach. He was hit by a car around the time he lost his owner. Ferdinand limps as a result. We have had his shots updated and he has had a full workup at a local veterinary surgery. Can you help by providing this loving creature with a new home? We are unable to take him as we have adopted a second less-adoptable cat who belonged to the same owner.

Submitted by Elizabeth Churchill former HNC member

WE NEED YOUR OLD JEWELRY AND PINKING SHEARS FOR MAKING ANGELS (Repeat)

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

MITCHELL HOUSE NEEDS YOU (Repeat)

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

SERVING EACH OTHER

CEREMONIAL ART WORKSHOP

A Celebration of the Return of the Divine Feminine. According to Mayan Prophecy this return begins on Saturday the 7th. of November!

We will use ritual and ceremony to explore the unconscious image in art. We will allow the Self to speak in creative ways. Bring your favorite medium: poetry, writing, drawing, painting, collage, mixed media.

No art skills necessary...just a sense of adventure.

Ann-Rosemary Conway BFA has taught Tools for Recreating Your Life through the Study of Symbolism since 1979.

Fee for this workshop is \$ 40.

Call 250-658-8770 to Register. Space is limited.

Submitted by Ann-Rosemary Tuesday Alto

CUSTOM "YOUR CHOICE" COMPILATION CDs

Personalized CDs you can add to your own collection or give as a special gift.

A unique service for people who would like to put their favourite music on a CD in the order the want to listen to it but don't know how, or are too busy, to do it themselves.

Jazz, classical, rock, pop, blues, etc...oldies...newies...whatever you like. Give me a list of favourite titles that you would like to have on a CD and the playing order that you would like them in. I can work from source files that you supply (on a group of CDs, records or tapes or from your MP3 player) or I can find them and download them for you on the internet (iTunes, MP3 Fiesta, etc.).

I can also create custom CD labels and jewel case covers.

I can be contacted at billh@crucible.ca or 250-9204160 (8 to 8, Tues. to Fri.)

Submitted by: Bill Hanson, GHC Bass etc.

INSIDE 'N OUT CLUTTER CONSULTING

Is your clutter really scary? Do you long for peace of mind, freedom from stuff? Clearing clutter will reduce your anxiety, recover your space, and renew your energy. Need support? 250-382-2741

<http://www.insidenoutconsulting.com>

Free initial consultation

Submitted by Lynn Connell GHC Tuesday/Thursday 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

COMPUTER SERVICES (Repeat)

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.

Pickup and drop-off service: 1711 Coronation Ave.
call: 250-472-0530 or email: wakefieldcomputers@shaw.ca

Submitted by: Thomas (chris) Wakefield, Soundings Baritone & 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.

NANCY WATTERS (CCLT 1 - 2004/5)

<http://www.sacredworldsong.com>

Monthly community chant circles (free), sacred song gatherings, concerts & workshops.

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 (former GHC Bass)

<http://fairley.ca>

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

COMMUNITY MARKETPLACE

MOVING BACK TO MONTREAL

For Sale:

Empire sofa, circa 1860. - make an offer
Wrought iron day bed - \$ 600.
Keyboard, pedal and stand - \$ 800.
Chandelier-Spanish - \$ 200.
Chandelier -cut crystal -\$ 150.
Octagonal mahogany table 35 x 35 -2 drwaers - \$ 800.
Small writing desk-walnut \$ 600.
Gazebo/canopy - make an offer.

Please call 250-360-1988

Submitted by Joyce Jason former Tuesday Soprano

BRIDGES FOR WOMEN BENEFIT JEWELLERY SALE

Greetings all choir members;

I'd like to extend an invitation to all of you to attend my giant jewellery sale Fundraiser for Bridges for Women Society on November 22nd. As many of you already know, this worthy organization was established in Victoria in 1988 to provide employability training programs for women with histories of abuse.

This fun event will be held at The Lexington, 1012 Collinson St. in Cook Street Village in Victoria (Recreation Room) Buzz #21 for admission. Sunday afternoon, November 22nd from 1 p.m. to 4 p.m...

I am not set-up for credit/debit card sales, so don't forget your cheque book or cash and bring a friend! Men are welcome to attend! Taxes are included in the prices. There'll be something for everyone and expect surprisingly affordable prices!

Call 250-896-1152 for more information or directions or email me at : mercedes.originals@gmail.com

Please have a look at my poster for the event at <http://www.mercedespicotwellness.com/jewelersale.html>

Submitted by Mercedes Picot, GHC Tuesday Soprano.

ACCOMMODATION AVAILABLE OR WANTED

WINTER HOUSESITTING WANTED

I have a friend looking to do house sitting for two months or over the winter for free accommodation. She has good references and is presently available. Call Valerie 250-588-9379

Submitted by Christine Atkins former GHC Alto

ACCOMODATION NEEDED:

Quiet, clean, non-smoking woman from Cortes Island, looking to either rent a room or housesit in Victoria, December until April 2010. Excellent housitting/pet care references.

contact: Mieko Heartsong, 250-202-1711, meikoheart@yahoo.ca

Submitted by mary lynch, Monday soprano (on a break)

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

When you are laboring for others, let it be with the same zeal as if it were for yourself.

Confucius,
Chinese teacher & philosopher (551-479 BCE)

Editor's Collection

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.

FRANKENSTEN ~ THE PLAY (now to Nov 21)

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

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

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

**RAMANA
RADICAL AWAKENING SEMINARS** (Nov 6-22)

Explore the Power, Presence, and Silence of the Heart

There has never been a more important time for the luminous glow of awareness to transform fears and untruths into the unlimited, creative and Divine power of your true self! I invite you to join me to explore in more depth. Ramana

Satsangs

November 6, 9, 11, 13, 16, 18

1017 Oliver St Oak Bay 7-9 PM \$10

Puja to Kali and Arunachula

November 20

Orange Hall 1620 Fernwood Rd 7-9 PM \$10

Intensive Workshops

November 14,21,22 full days (location TBA on registration)

For further info, please contact Allana at infovictoria@radicalawakening.org or call toll-free: 1-877-228-8977

A puja poster and a flyer with all details of my visit are available on my website <http://www.radicalawakening.org/schedule/>

Submitted by Karen McArthur former GHC Thursday Soprano

JEFF MOLLOY - "BLESSINGS"

Opening at the Winchester Gallery, Victoria, BC (Nov 7)

Hello All;

As some of you may know, I have known Jeff and Kathryn Molloy since meeting Jeff as a student at the Victoria College of Art in 1995. We became and still are close friends.

Jeff's work has always spoken to me because of the incredibly interesting surfaces - much like our mutually appreciated artist Antoni Tapies (Spanish Abstract Expressionist - 1923 - present).

I encourage you to attend Jeff's Opening "Blessings" at the newest Winchester Gallery in Victoria - 796 Humbolt -

When: Nov 7, 2-4 PM

Where: The Winchester Gallery, 796 Humboldt St. Victoria, BC

What: An amazing show 📍 see attached for details.

Hope to see you there.

Submitted by Gloria Hanson GHC Tenor etc.

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

5TH ANNUAL PUMPKIN SMASH (Nov 7 & 8)

The scariest thing about Halloween is all the pumpkins that go to waste in the landfill. Join the Greater Victoria Compost Education Centre this weekend to smash your spent jack-o-lantern into garden fertilizer!

Bring your family and friends, and of course your pumpkins, for fun family pumpkin games (such as Pumpking Bowling), as well as cooking classes from Terralicious. By donation.

More info available from: info@compost.bc.ca, www.compost.bc.ca, or (250) 386-WORM (9676)

10am to 3pm Saturday, Nov. 7th: Fairfield Thrifty Foods and Cloverdale Thrifty Foods
10am to 3pm Sunday, Nov. 8th: Hillside Thrifty Foods and Admirals Walk Thrifty Foods

Poster: <http://www.gettinhigherchoir.ca/community-info/pdftemp/2009/1106/pumpkin.pdf>

Submitted separately by: Nashira Birch, GHC Tuesday night Alto & Tatiana Evans Tuesday/Thursday Alto/Tenor

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

POSIPALOOZA! (Nov 10)

- a concert dedicated to positive global change -
"Changing the world, one song at a time"

Four winners and organizers of the annual Positive Music Awards visit Victoria on their continent-wide tour.

David Roth, Harold Payne, Sue Riley, and Richard Mekdeci will share the stage at the Alix Goolden Hall (VCM) presenting music in the round. An uplifting evening of fun, inspiration, and new musical ideas. All four performers have genuine 'heart' - not an over-sized ego in the bunch! (CD's and print music available.)

Tuesday Nov. 10, 7:00 pm
Tickets \$20 at the door or call 778 430 4078

Submitted by Judy Seeley former GHC 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

AFRICAN AIDS ANGELS OPEN HOUSE (Nov 14)

Drop in for a fund-raising event and select from hundreds of handmade cloth angels for gifts or decorations. Free admission, refreshments provided.

Saturday, November 14, 2009 from 10am to 2pm at The Swan Lake Nature House (take McKenzie Ave. east of Blanshard to Rainbow or Nelthorpe)

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://africanaidsangels.googlepages.com>
<http://aidsangelsvictoria.blogspot.com>

Submitted by Cathy Fletcher, Monday Alto

DANCE FOR GUATEMALA (Nov 14)

White Eagle Hall, 90 Dock Street, James Bay. 8 pm to 12 am.

Support two Guatemalan projects while dancing to Victoria's own Vic High R&B band. You just can't sit down when listening to these energetic young musicians. Guatemalan scarves, delicious homecooked East Indian food and a cash bar available.

Tickets - \$20 for sale at choir all next week, or at Woodward and Company, 2nd floor, 844 Courtney. 250.383.2356.

ICO Scarves for Stoves provides safe, efficient stoves for Guatemalan families, improving health and reducing deforestation. Guatemalan Action Support Assoc. supports Rabinal Legal Clinic in it's work for Guatemala's Maya. Learn more at <http://www.crucible.ca/temp/guatemala.html>

Dance away the November blahs and raise funds for Guatemala.

Submitted by: Linda Woodward Stanton GHC Tues Alto

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

**A Rare Literary Event:
LOCAL AUTHORS INSPIRING
WRITERS TO BECOME AUTHORS** (Nov 15)

A free presentation of the Church of Truth - Community of Conscious Living and InspireABook. Opening with Author Panel; break out sessions; book raffle for Cambodia; topics: writing, inspiration, education, business, spiritual healing, adventure and music.

November 15th 1:30-4:30 pm at 111 Superior St.

Full Details www.inspireabook.com/events.html

Submitted separately by June Swadron former GHC Alto & Linda Chan, Former Tuesday Soprano

PFLAG

(Nov 15, Dec 20, Jan 17)

Confidential support for parents, family, and friends of lesbians, gays, bisexuals, transgender and two spirited individuals
Meetings September through June, every 3rd Sunday of the month at 2:00 PM
St John the Divine Lounge – 1611 Quadra Street – Look for the rainbow flag in the back parking lot.
For more information phone 250 592-0305

2:00 PM Every 3rd Sunday (Nov 15, Dec 20, Jan 17)

Submitted by Sharon Schaan – Soundings Soprano and former GHC Soprano

COMMUNITY EVENTS COMING WEEKS

THE POWER OF COMMUNITY:

HOW CUBA SURVIVED PEAK OIL

(Nov 16)

Victoria Region Transition Town Initiative screening of this film followed by discussion

* <http://transitionvictoria.wordpress.com>

When Russia closed the oil tap in the early 90's Cuba went into crisis: How to feed the population and create a society not dependent on oil? Witness a people's hardship, ingenuity and triumph that can teach the rest of the world about survival in the face of dwindling energy resources and climate change.

Monday Nov. 16th 7 - 9 p.m.

VCA, 1625 Bank St.

Contact Anke: 250 361-1955 if you want to host a showing for your group.

Submitted by Anke van Leeuwen, lapsed Soprano.

COUNTDOWN TO COPENHAGEN! **A Climate RALLY and INFO NIGHT**

(Nov 17)

Hello to all Green Party members and supporters in the Capital Region.

This is a chance to show the Canadian government that you expect action on Climate Change going into Copenhagen.

Elizabeth May and other climate leaders will be speaking, so this is a great chance to get out and listen as well as show support for her and the other speakers.

Details: <http://www.gettinhigherchoir.ca/community-info/pdftemp/2009/1106/green.pdf>

Please send this info to anyone you know in other areas of the island or the mainland who would be interested.
Thanks!

Submitted by Harley Lappin former GHC Bass

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

UPCOMING TAIZE SERVICE (Nov.20)

The next Taize service will be on Friday, November 20 at St. Andrew's Cathedral on Blanchard from 6 to 7 PM. For extra singing come at 5:15 to join the lead group that practices the songs before the service.

Submitted by Anne Forester, Monday Soprano

A DANCE FOR THE YOUNG AND YOUNG AT HEART (Nov 20)

Invite your friends to come out and dance for "Stop the Cycle", with live music provided by the Vic High Rhythm and Blues Band. The evening is in support of the Mary Manning Centre, Victoria's non-profit, no-fee counselling agency for sexually abused children and youth.

Friday, November 20, 2009, 7-11 p.m.,
Da Vinci Centre, 195 Bay St

Tickets are \$10, available at Lyles (770 Yates St), Mary Manning Centre (210-1175 Cook St), at GHC choir or at the door. Contact admin@marymanning.com or 250-385-6111 for more information.

Submitted by: Helen Durie, Tues/Thurs Soprano

THE ANNUAL RESTORATIVE JUSTICE SYMPOSIUM... (Nov 21)

...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

Submitted by Patricia Houston GHC Alto

**BRIDGES FOR WOMEN
BENEFIT JEWELLERY SALE** (Nov 22)

Greetings all choir members;

I'd like to extend an invitation to all of you to attend my giant jewellery sale Fundraiser for Bridges for Women Society on November 22nd. As many of you already know, this worthy organization was established in Victoria in 1988 to provide employability training programs for women with histories of abuse.

This fun event will be held at The Lexington, 1012 Collinson St. in Cook Street Village in Victoria (Recreation Room) Buzz #21 for admission. Sunday afternoon, November 22nd from 1 p.m. to 4 p.m...

I am not set-up for credit/debit card sales, so don't forget your cheque book or cash and bring a friend! Men are welcome to attend! Taxes are included in the prices. There'll be something for everyone and expect surprisingly affordable prices!

Call 250-896-1152 for more information or directions or email me at : mercedes.originals@gmail.com

Please have a look at my poster for the event at <http://www.mercedespicotwellness.com/jewelersale.html>

Submitted by Mercedes Picot, GHC Tuesday Soprano

Victoria Community Response Network (Crn)

EXPLORING COMMUNICATION TOOLS

for the

NON-TRADITIONAL COMMUNICATOR

(Nov 24)

Join us for a Brown bag Lunch Series

Tuesday, Nov.24, 2009, 12:15 – 1:30

Hillside Seniors Health Centre Yakimovich Wellness Centre, 1454 Hillside Ave

Presenter: Dorothy Tait Augmentative & Alternative Communication (AAC) Consultant.

The focus will be on the importance of providing AAC tools to non-traditional communicators as part of the safety net for vulnerable people, such as adults with cognitive disabilities or stroke victims.

Admission: By Donation to the Food Bank

Registration required at Yakimovich, [250-370-5641](tel:250-370-5641)

Refreshments served

For further information e-mail crnrosa@hotmail.com or call 250-665-7788

Submitted by Chumi Goldstein, former GHC & Soundings bass

FROM THE STARS TO THE STREET,

UNSPOKEN HUNGER FOR SACREDNESS AND DEPTH

(Nov 25)

Lecture with Jim Conlon, PhD, Author. A Time to Explore the enchanted wisdom at the heart of the universe through a tapestry of story, engagement, poetic excursions and the vision of a hope filled future.

Date: Nov 25, Wed.

Time: 7:30—9:00 pm

Cost: \$20.00.

Location: First Metropolitan United Church, 932 Balmoral Road.

Register: www.firstmetvictoria.com and click Events. Tickets at First Met & Koinoinia Books.

Submitted by Gertie Jocksch, Monday Soprano

EXCITING ALBOA CONCERT SERIES ANNOUNCEMENT! (Nov 26 to 29)

Come and enjoy a night of ambient groovy jazz tunes with a hint of a flamenco taste. 2 beautiful dancers will be joining Alboa as well!

Details:

ALBOA: Friday's Child CD release
Metro Theatre (1411 Quadra St) corner of Quadra and Johnson
Thursday Nov 26, Friday Nov 27, Saturday Nov 28 8pm show time
Sunday Nov 29 2pm show time
Tickets \$20 at Larsen Music (cash/cheque only please)

Can't wait to catch up with you all! xo

Submitted by Kanoux Larsen GHC Thursday Alto

BOB BOSSIN IN CONCERT (Nov 27)

Bob Bossin (<http://www.bossin.com>), who was our featured guest in our January '09 concerts, is returning to Victoria! So I am passing the following information on:

This is a fundraising house concert for The Our Place Society at the Sammasati offices, 1412 Broad Street, Victoria, on Friday, November 27 at 8 pm

Tickets \$20. Space is limited, so get your tickets while they are available.
For advance tickets contact Ashanti at 250.298.8270 or ashanti@sammasati.com

It will be a great night and a timely support for the good work Our Place does with homelessness and poverty in the inner city here in Victoria. The cost is \$20.

Submitted by Shivon

Editor's Note:

If you would like to support our friend Bob and Our Place in this worth effort please pass this item on. You can also open and print copies of their poster to put up anywhere appropriate that you don't see one (home, work, neighborhood, etc.) by clicking on:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/2009/1106/bossin.pdf>

GLOBAL SUSTAINABILITY (Nov 27)

Pille Bunnell, PhD Beginning with a simple activity this course will explain the fundamentals of simulation modeling and quickly proceed to presenting a complex and realistic model of our global situation; people, renewable and non-renewable resources, infrastructure and technology.

Date: Nov. 27, Fri.
Time: 9am – 5pm
Cost: \$125 + GST.
Location: Royal Roads University 2005 Sooke Rd.
Register: www.royalroads.ca/continuing-studies or call 250-391-2600 ext 4801.

Sponsored by Royal Roads Continuing Studies and Programs in Earth Literacies

Submitted by Gertie Jocksch, Monday Soprano

**RETREAT:
BEAUTY, WONDER & BELONGING,**

A BOOK OF HOURS FOR THE MONASTERY OF THE COSMOS (Nov 27& 29)

Jim Conlon, PhD, Author. An exploration of the meaning of a new and engaged mysticism understood within the widening horizons of the new cosmic story.

Date: Nov. 27 – Nov 29, Fri – Sun.
Time: Fri 7:00 pm—Sun 1:00 pm.
Cost: \$299.00 residential and commuter \$214.00
Location: The Lodge at Weir’s Beech, 5195 William Head Rd. Metchosin, BC.
Register: earthliteracies@shaw.ca 250-220-4601 www.livinglanguageinstitute.org

Submitted by Gertie Jocksch, Monday Soprano

BODYTALK ACCESS CLASS (Nov. 28th)

Your own personal health care system! In this one-day course, you will learn the 5 most powerful BodyTalk techniques. Practice them as a daily 10-minute routine to help create wellness for yourself and your family. Using these techniques will boost your immune system, improve mental clarity, increase energy levels, reduce stress and pain ... includes emergency first aid. There are only two spaces left in this class, so register soon! For further information, or to register, contact Access Instructor, Jill Kirby. 388-7905 or jkirby@holisticarts.ca.

Submitted by:Jill Kirby, Soundings and Tuesday Night GHC Soprano

AMANDLA!
Revolution in 4-Part Harmony (Dec.4)

Amandla is the Zulu word for “POWER!” And on December 4th at 10:00 p.m. the Knowledge Network presents “an impassioned chronicle of the role music played in the 40-year fight against apartheid.”

Submitted by Anne Forester GHC Monday Soprano

JUST FOR FUN

A reward of laughter for reading this far

NUN OF YOUR BUSINESS

Submitted by Tatiana Evans GHC Tuesday/Thursday Alto/Tenor

While shopping in a food store, two nuns happened to pass by the beer, wine, and liquor section. One asked the other if she would like a beer.

The second nun answered that, indeed, it would be very nice to have one, but that she would feel uncomfortable purchasing it.

The first nun replied that she would handle it without a problem. She picked up a six-pack and took it to the cashier. The cashier was surprised, so the nun said, “This is for washing our hair.”

Without blinking an eye, the cashier reached under the counter and put a package of pretzel sticks in the bag with the beer.

“The curlers are on me.”



Watch for the latest Choir News & Business updates in next Fridays
CHOIR ADMIN ISSUE

Check the most current News & Business in last weeks issue
<http://www.gettinhigherchoir.ca/community-info/pdf/200904nl-pt1.html>



===== THAT'S ALL FOLKS =====

Making
Universal
Sounds
In
Community

A Community Choir Crescendo, check it out!
http://www.ubuntuchoirs.net/locator_coastal_BC.php

