



# ADMIN NOTES & REMINDERS

## CHOIR SECTIONAL COMING SOON!

Starting the week of **Nov. 30, Dec.1 & 3** there will be Alto and Bass sectionals all three nights from 6:45 to 7:30. Please be there a bit early so we can warm up and be singing repertoire starting right at 6:45.

The following week (Dec. 7, 8 & 10) will be the Soprano and Tenor sections' turn.

\*\*\*\*\*

## WHAT ARE SECTIONALS?

New Members please note:

A Sectional offers an individual section (Sop/Alt/Ten/Bass) an opportunity to practice its parts without the distraction of waiting while other sections are learning theirs. There are two types. Choir Sectionals that happen for ½ to ¾ of an hour before the regular choir sessions and Home Sectionals that happen at times and places set by those who choose to host them.

The first dates listed above will be choir sectionals only. Announcements about home sectionals and the next round of choir sectionals will be made as we get closer to concert time.

\*\*\*\*\*

## GREAT GIFT MARKET PLACE AT CHOIR CONTINUES

If you are looking forward to the Gifting Season but always trying to find the perfect gift, here are a few of great ideas that will continue to be available at choir in the coming week with all proceeds going to wonderful charitable projects.

1. Gift cards for Kuwangisana, one of our projects in Mozambique. These \$10 cards make great gift and are easy to send (or give in person) to anyone on your Christmas list - or for other occasions throughout the year. You'll want to keep some on hand.

<http://www.kapasseni.org/health.html>

2. Beautiful scarves and shawls handwoven by Mayan women in Guatemala, with all proceeds going to fund fuel-efficient stoves in their communities. Cost:\$20 - \$45.

<http://www.crucible.ca/temp/guatemala.html>

<http://www.atitlan.innovativecommunities.org>

3. Beautiful beaded Necklaces and bracelets from Uganda, helping lift women and their families out of extreme poverty. Cost: \$7 - \$34. Please pay with cash if possible

<http://www.beadforlife.org>

4. Elaine White Pottery Sale. Again this year, Elaine will be selling her pottery before, during and after choir practice at the Church of Truth on the evenings of Tuesday, December 8 and Thursday, December 10. It will be sold by donation with ALL proceeds going to The Power of Hope

Also - starting the first week in December

5. GHC Concert Tickets, for our January 29 and 31 concerts, "Every Road Leads Home".Cost: \$20 & \$15  
All proceeds go The Power of Hope.

<http://www.powerofhope.org>

~ Shivon & Gloria

\*\*\*\*\*

**DEAR KAPASSENI PROJECT FRIENDS,**

Here is our November newsletter. Thank you for all your support. Merry Christmas and Happy New Year.

<http://www.gettinhigherchoir.ca/community-info/pdftemp/2009/1120/kapasseni200911.pdf>

Submitted by Carol Kerr - Kapasseni Project

\*\*\*\*\*

**A NETWORKING NOTE**

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...copy such items into an email to send to such people...pass the word!

\*\*\*\*\*

**DO YOU HAVE A PERSONAL OR BUSINESS WEB SITE?**

If you have a web site feel free to submit the URL plus a 50 word (or less) capsule description for periodic inclusion in the Choir Community Member's Issue that goes out every second week. Your listing will be kept on file and 2 - 5 of them will be rotated through that issue's Member's Web Sites section 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.

**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!

**APPRECIATIONS**

**FROM THE EYES OF UGANDA SWAT ON NOV. 13:**

Dear Shivon,

I extend my heartfelt thanks to you and the wonderful GETTIN' HIGHER CHOIR. I heard so many great comments from people who loved and appreciated the choir. Please pass this on to the members who sang for us.

Warmest regards,

Leanne Stokes

\*\*\*\*\*

**A "BY THE HEARTH" TESTIMONIAL**

I greatly enjoy and appreciate the music on Denis' By The Hearth CD. Not only do I listen to it often myself, I have also set it up as one of my main playlists for when I am giving massage. I am very appreciative of it's presence in my music collection!

Submitted by Lorna Hannah, former GHC soprano

# COMMUNITY CARPOOLING REQUESTS & OFFERS

## RIDES NEEDED - 1 TO & 1 FROM TUESDAY GHC

I would like to car pool with someone on Tuesdays night from UVic to the Church of Truth

~ and then after choir, ~

another someone from the church either to Tillicum Mall area (Gorge and Washington) or even to downtown where I can catch the bus!

If you can help in either direction please contact me at [bke\\_39@hotmail.com](mailto:bke_39@hotmail.com)

Submitted by: Brooke English GHC Tuesday Soprano/Alto

## OPPORTUNITIES TO SING!!

### JIM SCOTT CHOIR VISITS & WORKSHOPS

I am very pleased to announce two workshops by *Jim Scott*, a very fine arranger, songwriter, and generally musically gifted guy. He will be coming to Victoria and spending some time with the GHC in the week of Nov.23. His workshops are Friday evening Nov. 27 and Saturday morning Nov.28, and will be a wonderful time to spend singing and having creative fun. I'll be talking about this more at GHC evenings.

More info here:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/2009/1113/jim-scott.pdf>

Jim's web site is here:

<http://jimscottmusic.com>

~ Denis

\*\*\*\*\*

### THE HARMONIOUS FAMILY CHOIR ~ VICTORIA

Fall season ends Dec. 9th

Winter season starts Jan. 13th

We are 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 & 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 and lapsed GHC Bass & Bill Hanson GHC Bass etc.

\*\*\*\*\*

## 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

\*\*\*\*\* QUOTE BREAK \*\*\*\*\*

I do not feel obligated to believe that the same god who has endowed us with sense, reason and intellect has intended us to forgo their use.

Galileo Galilei

Editor's Collection

\*\*\*\*\*

## WORD OF MOUTH / RECOMMENDATIONS

### ELAINE WHITE POTTERY SALE

Again this year, Elaine will be selling her pottery before, during and after choir practice at the Church of Truth on the evenings of Tuesday, December 8 and Thursday, December 10. It will be sold by donation with ALL proceeds going to The Power of Hope.

I really recommend Elaine's work and it will add considerably to our Gifting Marketplace this year.

Recommended by Gloria Hansen GHC Tenor etc.

\*\*\*\*\*

### VIDEO FAIR TRADE FAIR...

...will be held Saturday, Nov. 21<sup>st</sup> at First Metropolitan Church Hall, 1932 Balmoral (off Quadra) from 10 am to 4 pm. Lots of vendors; please come and visit positively AFRICA'S table!

Submitted by Sabine Laubental, GHC Alto

\*\*\*\*\*

### ANOTHER GREAT SOURCE OF SPECIALTY FOODS

I highly recommend exploring the multitude of unique and tasty offerings to be found at Charelli's Delicatessen, Cheese Shop & Catering at 2863 Foul Bay Road.

Check out their interesting web site: <http://www.charellis.com>

Recommended by Bill Hanson GHC Bass etc.

\*\*\*\*\*

### GAY'S YOGA CLASSES

Times:

Thursday evenings: 7 - 8:30 pm  
Friday morning: 9:30 - 11 am

Where:

The Orange Hall. 1620 Fernwood

Gay Meagley has been teaching yoga for over 30 years having been trained by Iyengar himself. Gay's style of yoga is a combination of the physical and the metaphysical. She has a particular interest in working with each person as an individual and she is experienced and skilled at working with individual problems. Her classes are energetic and contemplative and designed to accommodate all levels.

For More Information call Gay at:  
1.250.653.2390  
or email: [mossmt@saltspring.com](mailto:mossmt@saltspring.com)  
or call me: 250.383.5677

Recommended by Ann Jacob GHC Alto (from the past)

\*\*\*\*\*

### **SING TWO SONGS AND CALL ME IN THE MORNING**

I found this article in the May 2008 issue of O magazine - in the doctor's office this morning. It made me think of our choir:

on the O web site:

<http://www.oprah.com/article/omagazine/200805-omag-singing-therapy>

in an easy print pdf file:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/2009/1120/2songs.pdf>

Recommended by Susan Lea Tuesday alto

Editor's Note

If you like the above article about the benefits of singing check out the other articles, videos and websites listed on our web site's "Singing?!" page at:

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

\*\*\*\*\*

### **MEN INVENTED EVERYTHING**

Thought you would get a kick out of this.

<http://www.gettinhigherchoir.ca/community-info/video/2009/1120/men-invented-everything.wmv>

Laughin' and singin', Shar-in Joy!

Submitted by Sharon Alder GHC Soprano

\*\*\*\*\*

### **A CAT DUET**

This is a must see:

<http://www.gettinhigherchoir.ca/community-info/video/2009/1120/cat-duet.wmv>

Listen to this all the way through. Very good.

Submitted by Tatiana Evans GHC Tuesday/Thursday Alto/Tenor

\*\*\*\*\*

## GLOTTAL OPERA: VOCAL CHORDS ON VIDEO

View the true inner workings of the vocal mechanism. An endoscopic view of four sets of vocal chords while a talented group sings a beautiful song!

<http://www.youtube.com/watch?v=PI0d8IVm9xk>

Glottal Opera by directed by John Fink, produced by Deborah Szapiro, starring the girls from Kaya.

Submitted by: Shani Thomson, GHC Tuesday/Thursday Soprano

## COMMUNITY NETWORKING

### 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, or you know someone who needs someone, to look after home/pets while away this winter you can contact Tracy or Nathaniel at 250-984-4024 or E-mail Tracy at [tracy.koebel@gmail.com](mailto:tracy.koebel@gmail.com)

Submitted by Tracy Kobel former Summer Singer

\*\*\*\*\*

### YOUR PERSONAL VICTORIA

Dear friends:

My great-niece, Ariel, in Toronto is doing a Geography project about Victoria and wants to make it as personal as possible...as though she's lived here - not just the stuff she can Google. I wrote to her about my experience - many of the things I love but I was wondering that if you had the time in the next day or two to write one or two of your most favourite things about our beautiful city, and email them to [juneswadron@shaw.ca](mailto:juneswadron@shaw.ca), that would be awesome.

Thank you.

Blessings,

Submitted by June Swadron former GHC Alto

\*\*\*\*\*

### PAINTING MAKEOVER, INSPIRED BY HERO SEARCH (Repeat)

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](mailto: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

\*\*\*\*\*

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

Submitted by Cathy Fletcher, Monday Alto

\*\*\*\*\*

**MUSHROOMING INFO WANTED**

Hello All

My friend is fairly new to these parts, and is an organic gardener/foodie looking to find spots to practice her newest joy, picking wild edible mushrooms! She has asked me, since I have been an Island girl for almost all my life, if I knew of anyone who might know of such places, anywhere on the lower Island (that can be done in a day trip). Please fwd this to whomever you think might know of any please.

If you can help please contact Amy Crook at 250-721-1184

Thank you! :)

Submitted by Tatiana Evans Tuesday/Thursday Alto/Tenor

\*\*\*\*\* **QUOTE BREAK** \*\*\*\*\*

The evil of the world is made possible by nothing but the sanction you give it.

Ayn Rand,  
Russian/American Philosopher & Author

Editor's Collection

\*\*\*\*\*

**SERVING EACH OTHER**

**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

mattinvic@gmail.com 250-418-1322

Submitted by Gloria Hansen, GHC and HNC Tenor

## 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.

**ANN JACOB & STAN TOMANDL** (former GHC Tuesday Alto & Bass)

<http://www.comacommunication.com>

Counsellors, Educators, Facilitators. Specializing in working, learning and teaching about the altered consciousness that appears in joy, grief, creativity, dreaming, illness, trauma, memory losses, and other tender and strong moments in our living and dying. Inquiries welcome: 250-383-5677 annstan@islandnet.com

\*\*\*\*\*

**ELKE COLE** (former GHC Alto)

<http://www.elkecole.com>

Houses that love you back: offers natural house design, owner- builder support plus local and international workshops

\*\*\*\*\*

**LEE MCLEOD** (GHC Tuesday/Thursday Bass)

<http://www.leemcleodcounselling.com>

I'm a Registered Clinical Counsellor whose practice embodies values of relationship, harmony, and respect. Your initial consultation is free.

## COMMUNITY MARKETPLACE

**BRIDGES FOR WOMEN BENEFIT JEWELLERY SALE**

Greetings all choir members;

You are invited to attend my giant jewellery sale Fundraiser for Bridges for Women Society...  
<http://www.bridgesforwomen.ca>

Join the fun:

Recreation Room, 1012 Collinson St. (Cook Street Village), Buzz #21.  
Sunday, November 22nd, 1 to 4 p.m...

I am not set-up for credit/debit card sales so cash or cheques only please. Bring a friend! Men are welcome to attend! There'll be something for everyone and expect surprisingly affordable prices with taxes included!

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

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

Submitted by Mercedes Picot, GHC Tuesday Soprano.

\*\*\*\*\*

### **GORGEOUS GUATEMALAN SCARVES AND SHAWLS FOR SALE AT CHOIR or CONSIDER MAKING A DONATION AS A CHRISTMAS GIFT...**

...instead of exchanging gifts with family, work or friends and make a huge difference in a Mayan family's life.

The Mayans cook over open hearths in adobe huts resulting in respiratory and eye infections and sometimes fatal burns to infants. For \$120 there is a solution - onil stoves - 99% smoke free, 70%less wood used.

If you wish to donate for part of a stove or school supplies or buy scarves, we will be at choir the week of Nov. 23 -26 (including High Noon Choir) week. We have beautiful cards for those who would like to make a donation.

More info

<http://www.crucible.ca/temp/guatemala.html>

<http://www.atitlan.innovativecommunities.org>

~ or ~

250-479-5585

Submitted by mary lynch, monday soprano,

\*\*\*\*\*

### **OPPORTUNITIES TO BUY GUATEMALAN SCARVES IN THE COMMUNITY:**

Choir members sometimes ask where they can direct their friends to buy our scarves in the community. Here are 2 opportunites:

#### Videa Fair Trade Sale

Sat., Nov 21st- 10 to 4 at  
First Metropolian Church Hall,  
932 Balmoral st, ( [www.videa.ca](http://www.videa.ca) )

#### Just Christmas Fair

Sunday, Dec.6th - 11:30 to 2:30 at  
St.Aidan's United church,  
3703 St. Aidan's, near corner of Richmond Rd. and Cedar Hill X Rd.

Submitted by Mary Lynch, Monday Soprano

\*\*\*\*\*

### **WELL TUNED PIANO FOR SALE**

Just had my beautiful Piano turned to concert pitch so you can come and play it to see how resonant it is. For Sale to a good home \$ 888. or best offer. Royal Oak Area.

250-658-8770

Submitted by Ann-Rosemary Conway, High Noon Choir.

## **ACCOMMODATION AVAILABLE OR WANTED**

### **ACCOMMODATION 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: Meiko Heartsong, 250-202-1711, [meikoheart@yahoo.ca](mailto:meikoheart@yahoo.ca)

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

\*\*\*\*\*

### **DUNCAN HOUSE AVAILABLE FOR RENT**

January through April 2010. Preferably for couple or single person. Situated 15 minutes walk from downtown, groceries, library, community centre, Vancouver Island University, etc.. Older house, fully furnished, quiet neighbourhood. Rent for the 4 months is \$925/mo. No smoking and no pets.

Email: [kpcoster@hotmail.com](mailto:kpcoster@hotmail.com)

Submitted by Kathy Coster, sometimes Thursday Soprano

\*\*\*\*\*

### **MILLION DOLLAR WATER VIEW**

Large apt, carpeted in older low-rise bld., bright clean, 1 bedroom,. Fantastic opportunity sublet from Dec 17 to April 1, fully furnished, just off the Songhees walkway/West Bay Marina. Watch the Coho ferry, float planes & cruise ships sail by the mountains from the bedroom & living room. Walking and cycling distance to all amenities including waterfront walk to town centrally located, on bus route, close to everything. Can come with or without very friendly cat. \$1200. month. View pictures at [Sabbaticalhomes.com](http://Sabbaticalhomes.com) ref # 48054

[zsuzsa@telus.net](mailto:zsuzsa@telus.net)

Submitted by Zsuzsa Harsman

\*\*\*\*\*

### **WANTED TO RENT: 2 BDRM APARTMENT DEC 15 or JAN 1**

Single, professional, middle-aged woman seeking an apartment in house or well-managed building in Cook St Village/Fairfield/James Bay area. Looking for a new home only because my current apt of 10 years is being taken over by the new owners of the house. Quiet, reliable, excellent reference, non-smoker, no pets. About \$1200. Contact Beth Trotter, at 250-386-2833 or [bethtrotter@shaw.ca](mailto:bethtrotter@shaw.ca)

Submitted by Helen Durie, GHC Tues Soprano

\*\*\*\*\* **QUOTE BREAK** \*\*\*\*\*

The 40 people with candles who I ignored brought down the wall and proved a basic truth: It is individuals, not armies that change the world".

Doug McArthur,  
journalist for the G&M on the fall of the  
Berlin Wall in 1987

Submitted by Patricia Houston GHC Alto

\*\*\*\*\*

## 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!

Last Dates: November 20 & 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

\*\*\*\*\*

### 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](mailto:admin@marymanning.com) or 250-385-6111 for more information.

Submitted by: Helen Durie, Tues/Thurs Soprano

\*\*\*\*\*

**EXPLORE THE POWER,  
PRESENCE AND SILENCE  
OF THE HEART with RAMANA** (Nov 20)

Puja To Kali And Arunachula:

November 20 7-9 PM \$10 Orange Hall 1620 Fernwood Rd  
A sacred Indian ceremony to invoke the energies of transformation.  
An evening of surrender, release and freedom. Bring a flower as an offering.

Intensive Workshops:

Power Presence and Love in these Changing Times.  
November 21 and 22 10-5 pm (location TBA on registration)

*An immersion into the creativity and possibility which spring from Heart. Practical exercises in stabilizing awareness and Heart.*

*Small group for deepest work.*

*For further info, please contact Allana at [infovictoria@radicalawakening.org](mailto:infovictoria@radicalawakening.org) or call toll-free: 1-877-228-8977*

Submitted by Karen McArthur former GHC Thursday Soprano

\*\*\*\*\*

**VIDEA'S FAIR TRADE FAIR**

A chance to support over 30 local fair trade vendors, make your holiday purchases with a conscience, enjoy great live music, African dancing by Moondance at 3.30pm, food from the International Women's Catering Coop, good friends and lots more!

Sabine says: "Please come and visit positively AFRICA'S table!"

Saturday November 21st, 10am till 4pm  
First Metropolitan United Church Hall  
932 Balmoral Rd. off Quadra

Admission by donation, lots of door prizes, wheel chair accessible,  
Please share widely - more information at [www.vida.ca](http://www.vida.ca)

Submitted independently by Sabine Laubental & Hilary Leighton GHC Alto (editorially combined)

\*\*\*\*\*

**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;

You are invited to attend my giant jewellery sale Fundraiser for Bridges for Women Society...

<http://www.bridgesforwomen.ca>

Join the fun:

Recreation Room, 1012 Collinson St. (Cook Street Village), Buzz #21.

Sunday, November 22nd, 1 to 4 p.m...

I am not set-up for credit/debit card sales so cash or cheques only please. Bring a friend! Men are welcome to attend! There'll be something for everyone and expect surprisingly affordable prices with taxes included!

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

\*\*\*\*\*

**A STORY WITH TWO ENDS** (Nov 22, 23 & 24)

Award-winning Canadian authors Andrew Nikiforic and Ian McAllister embark on speaking tour highlighting how Alberta Tar Sands developments are set to collide with BC's remarkable coastline.

Victoria - Sun. Nov. 22nd

Alix Goolden Theatre, 907 Pandora

7-9:30pm

\$5 suggested donation

Sidney - Mon. Nov. 23rd

Bodine Family Hall,

Mary Winspear Centre

7-9:30pm

\$5 suggested donation

UVic - Tues. Nov. 24th

Room A110

SS&M Building, UVic

2:30pm FREE

Join Ian McAllister, Conservation Director of Pacific Wild, and journalist Andrew Nikiforuk as they describe the beauty and complexity of British Columbia's Great Bear Rainforest and look at how Canada's dirty oil industry threatens BC and our nation.

Poster & Bios: <http://www.gettinhigherchoir.ca/community-info/pdftemp/2009/1120/twoendsposter.pdf>

\*\*\*\*\*

**JUDY GARLAND SHOW!** (Nov 23, 25 & 26)

Come on out to the Fort St. Cafe on Mon 23/Wed 25/Thurs 26 for an evening of well-loved songs and hear Judy tell you her life story. Ticket are 10\$ and 12\$ at the door. Call Fort St. Cafe to reserve. 250-382-3130/or Jennifer 250-385-6554

Check out the poster at:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/2009/1113/judy.pdf>

Submitted by Jennifer Sagar Tues.eve. soprano(on temporary break)

\*\*\*\*\*

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](mailto: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](http://www.firstmetvictoria.com) and click Events. Tickets at First Met & Koinoinia Books.

Submitted by Gertie Jocksch, Monday Soprano

\*\*\*\*\*

**BROKEN OPEN:**

**EMBRACING CHANGE,**

**WELCOMING THE UNKNOWN**

(Nov 25)

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

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

\*\*\*\*\*

## ENHANCE YOUR HOLIDAY HEALTH & HARMONY (Nov 25)

With Energy Therapies for Self -Care

An Experiential Evening with Karen Ledger RN BScN

Wed. Nov. 25th 7 - 9:30pm  
at Oaklands Community Centre  
Cost \$20 at the door.

We all have issues related to the holidays - whether they are economic, related to family issues, fear of travel, seasonal depression, fear of getting H1N1 or other unwanted emotional and physical issues, they can often respond quickly to Energy Therapies. Come and find how they work and experience some shifts for yourself as we explore some self-care techniques like EFT, TAT, heart focused meditation and more.

Please call 250 413-3273 or email karenledger@shaw.ca to reserve your space.

Submitted by Karen Ledger, Tuesday Tenor

\*\*\*\*\*

## 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](mailto: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](http://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

\*\*\*\*\*

**JIM SCOTT CHOIR VISITS & WORKSHOPS** (Nov 27 & 28)

I am very pleased to announce two workshops by *Jim Scott*, a very fine arranger, songwriter, and generally musically gifted guy. He will be coming to Victoria and spending some time with the GHC in the week of Nov.23. His workshops are Friday evening Nov. 27 and Saturday morning Nov.28, and will be a wonderful time to spend singing and having creative fun. I'll be talking about this more at GHC evenings.

More info here:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/2009/1113/jim-scott.pdf>

Jim's web site is here:

<http://jimscottmusic.com>

~ Denis

\*\*\*\*\*

**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](mailto:earthliteracies@shaw.ca) 250-220-4601 [www.livinglanguageinstitute.org](http://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](mailto:jkirby@holisticarts.ca).

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

\*\*\*\*\*

### **EVENING PERFORMANCE OF IMPROVISED MUSIC (Nov 29)**

You are invited on a musical journey, an evening of conscious listening, where local musicians will create music in the moment. (Celste Lovick, Robin Gillmor, Craig Paterson, Chris Bertin and special guests) Cozy up for the evening under a fabric woven by voices, harp, flutes, didgeridoos, percussion and more. Your company will be most welcome! CDs will be available.

Sunday, November 29, Church of Truth, 111 Superior street, Victoria, BC.

Doors at 7:00, Journey from 7:30- 9:30/10:00 pm. \$15

[www.shelteringtree.co.uk](http://www.shelteringtree.co.uk) (250) 384-4642

Submitted by: Robin Gillmor, former GHC member, Thursday Soprano

\*\*\*\*\*

### **PASSION FOR TANGO CONCERT & SILENT AUCTION (Nov 29)**

Tango and Flamenco guitarists Corbett & Lauchbaum perform at the View Art Gallery.

Sunday November 29th

2:00-2:45 free dance lesson

2:45-3:15 viewing/bidding auction items

3:15- 3:45 duo Corbett and Lauchbaum concert

3:45-4:20 viewing/bidding on auction items

4:00-4:30 Corbett and Lauchbaum background guitar music

View Art Gallery, 104-860 View St

Cost \$10, senior/student \$8 — some food and beverages included

Tickets available at View Art Gallery, call 778 432-0112, or at the door

<http://www.passion4tango.com>

Submitted by June Waters Former HNC Singer

\*\*\*\*\*

### **ECKHART TOLLE GATHERINGS SERENITY NOW (Nov 29 + Dec 13 & 27)**

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. 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

## **COMMUNITY EVENTS COMING WEEKS**

**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

\*\*\*\*\*

**CELTIC WORSHIP** (Dec.4)

Come and join us for a quiet, reflective evening service featuring Celtic music and liturgy of the Iona tradition.  
6:00 – 7:00 pm, Fridays: Dec 4; Jan 8; Feb 5  
First Met United Church Quadra @ Balmoral (in the Chapel off Balmoral)  
[www.firstmetvictoria.com](http://www.firstmetvictoria.com); 250 388 5188, etc. 231

Submitted by Candis Elliott former GHC Tuesday Soprano

\*\*\*\*\*

**KIM ROSEN'S MUSIC  
AND POETRY CONCERT** (Dec 4)

Please consider attending Kim Rosen's music and poetry concert on Friday, Dec. 4th, 7:30 - 9:00pm at the Truth Centre on Fort St. She is truly an inspiring and awakened artist whose performance weaving mystical poetry, insight and music will cause your heart to melt. Come and join her in the celebration of her new book, "Saved by a Poem: The Transformative Power of Words".

To learn more about Kim and her work, you can listen to her podcast "Poetry: The Direct Route Home" at

<http://www.newdimensions.org/cafe/C0117/kim-rosen-poetry-the-direct-route-home>

or see the attached poster.

<http://www.gettinhigherchoir.ca/community-info/pdftemp/2009/1120/kim-rosen.pdf>

Submitted by Bill Hanson GHC Bass etc (just because it sounds interesting)

\*\*\*\*\*

**MPAMBO FUN/D-RAISING** continues....! (Dec. 5)

Remember the fun SWAT at Royal Roads for the Multiversity?

We're at it again - this time at Camosun's Lansdowne campus, Saturday, Dec, 5th - 7 pm - 9 pm,

Performance by the Wontonara Drum and Dance Troupe and lots of cool auction items. (*Like a raffle where you pay a little and can win big!*) Proceeds to the House of Indigenous Culture and Spirituality in Uganda. Many old Afrikan instruments for sale and great fun!

Co-sponsored: VIDEA, UVic Community-Based Research, RRU - Continuing Studies and Camosun College. Info: Dr. Francis Adu-Febiri 250-370-3105 [www.africa.disted.camosun.bc.ca](http://www.africa.disted.camosun.bc.ca) or [www.mpambomultiversity.org](http://www.mpambomultiversity.org)

Poster: <http://www.gettinhigherchoir.ca/community-info/pdftemp/2009/1120/mpambo.pdf>

Submitted independently by Hilary Leighton (text) & Wendy Gedney (poster) GHC Altos

\*\*\*\*\*

**SOUNDINGS - SONGS FOR A WINTER'S NIGHT** (Dec. 6, 11 & 13)

If you've heard them you know they're good. If you haven't...you really should.

This 30 voice auditioned choir directed by Denis Donnelly will be weaving their musical magic on Dec. 6, 11 & 13.

For details visit:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/2009/1120/soundings.pdf>

I know Denis and the members of Soundings would appreciate emailing this item on to your music loving contacts.

Submitted by Anu Patel GHC & Soundings Alto (flyer) & Bill Hanson GHC Bass etc (text)

\*\*\*\*\*

## **PFLAG**

(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 3<sup>rd</sup> 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 (Dec 20, Jan 17)

Submitted by Sharon Schaan – Soundings Soprano and former GHC Soprano

## **JUST FOR FUN**

A reward of laughter for reading this far

## **THE HOTEL BILL**

Submitted by Harley Lappin former GHC Bass

Next time you think your hotel bill is too high, you might want to consider this:

My wife and I are travelling by car and after almost eleven hours on the road, we were too tired to continue, and decide to take a room. But, we only planned to sleep for four hours and then get back on the road. When we checked out four hours later, the desk clerk hands us a bill for \$350.00.

I explode and demand to know why the charge is so high. I tell the clerk although it's a nice hotel; the rooms certainly aren't worth \$350.00. Then the clerk tells me that \$350.00 is the 'standard rate'. I insisted on speaking to the Manager.

The Manager appears, listens to me, and then explains that the hotel has an Olympic-sized pool and a huge conference centre that were available for us to use. 'But we didn't use them.' 'Well, they are here, and you could have,' explains the Manager.

He goes on to explain we could also have taken in one of the shows for which the hotel is famous. 'We have the best entertainers from New York, Hollywood, and Las Vegas perform here,' the Manager says.

'But we didn't go to any of those shows,' 'Well, we have them, and you could have,' the Manager replies.

No matter what amenity the Manager mentions, I reply, 'But we didn't use it!'

The Manager is unmoved, and eventually I gave up and agreed to pay.

I write a cheque and give it to the Manager.

The Manager is surprised when he looks at the cheque. 'But sir,' This cheque is only made out for \$50.00. 'That's correct, as I charged you \$300.00 for sleeping with my wife.'

'But I didn't!' exclaims the Manager.

