





If you know of someone needing a “donated ticket” you can request it from the ticket sellers. They will be given out in the order requested as donations make them available.

~ Bill



## MAXIMIZING JOY!

Getting ourselves “off book” by memorizing our lyrics over the break will enable us to get into the heart of the songs and maximize our joy in singing them at our performances and the joy of our audiences on hearing them!

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

The great danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it."

Michelangelo

Taken from the footer of an email from:  
Veda Ishaya former GHC Bass

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## 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

### GUATEMALAN SCARF PROJECT

We are so appreciative of the donations to our Guatemala project and for all the scarves our wonderful, generous choir bought.

Submitted by Mary Lynch, Monday Soprano

#### Editor’s Note

If you missed the sales at choir or you have realized that another one would be perfect for someone you care about check out their “Opportunities To Buy Guatemalan Scarves ...” sale item in the Community Marketplace section below.

## COMMUNITY CARPOOLING REQUESTS & OFFERS

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

I would like to car pool with someone on Tuesday nights from UVic to the Church of Truth

~ and then after choir, ~





## A HARMONIOUS INVITATION

Director Doug Paterson, along with all the kids and adults in the Harmonious Family Choir, invite you to join them for a Christmas Frolic on the last night of the choirs fall season. Bring your inner child for the fun of it!

Date:  
Wednesday December 9th

Times:  
5:30 to 6:30 Finger Food Potluck  
6:30 to 8:00 Singing with dance, games, stories & drama

Location:  
The Athletic Club Hall (upstairs), 205 Simcoe in Victoria's James Bay area.

For information about the Harmonious Family Choir please visit:  
<http://www.harmoniousfamilychoir.com>

The HFC's next season starts on January 13th.  
If you haven't already checked out the HFC this is a fun opportunity to do so.

Submitted by Bill Hanson GHC Bass etc.



## 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](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

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

We usually know what we can do, but temptation shows us who we are.

Thomas a Kempis German Monk, mystic & religious writer (1379-1471)

Editor's Collection

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## 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



Recommended by Ada Harrison Tuesday Alto



## THE PINK GLOVE DANCE

Click on the link below. This is awesome!

Emily (MacInnes) Somers, created, directed and choreographed this in Portland for her Medline Glove Division as a fundraiser for breast cancer awareness and to help promote their new pink gloves. The many employees, doctors and patients involved obviously all had a lot of fun doing it.

When the video gets 1 million hits, Medline will be making a huge contribution to the hospital, as well as offering free mammograms for the community. Please check it out. It's an easy and great way to donate to a wonderful cause, and who hasn't been touched by breast cancer?

<http://www.youtube.com/watch?v=OEdVfyt-mLw>

Recommended individually by Susan Lea Tuesday Alto & Sophie Moore Thursday Soprano



## INSPIRED BY JAVA: CONCERT FOR INDONESIAN EARTHQUAKE RELIEF

Featuring Sutrisno Hartana & The Busy Island Gamelan Orchestra

Special guests: The Jon Miller Jazz Trio; Doug Hensley & The Darya Persian Music Ensemble;

Rob Hunter (First Nations Drummer); Tim Gosley & The Victoria Puppet Zone; Niel Golden ( the Hang)

100% of proceeds go directly to *Canadian Red Cross*

Date: Sunday, December 6, 2009

Time: 8pm

Venue: Church of St. John the Divine (1611 Quadra)

Tickets: \$20/\$12 Contact: [timgosley@shaw.ca](mailto:timgosley@shaw.ca) (598-1430)

Recommended by Nejama Ferstman, former GHC tenor & alto



## A MUST SEE!

A musical 'happening in the Antwerp train station.

<http://www.youtube.com/watch?v=7EYAUJazLI9k>

Recommended by Patricia Houston GHC Alto

### Editor's Note

The link to this video has been doing the rounds of cyber space for a while. It appeared in this newsletter a couple of times last season but it is well worth repeating.



## CAPITAL FESTIVAL CHRISTMAS

This is a wonderful series of concerts being held here at St. Ann's.

Check out the schedule!





Submitted by Bill Hanson GHC Bass etc.



**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

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

It's a funny thing about life: if you refuse to accept anything but the best, you very often get it.

W. Somerset Maugham

Editor's Collection

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## SERVING EACH OTHER

### DIGITAL PHOTOGRAPHY ONE-ON-ONE or GROUP LESSONS

Christmas gift certificates on sale now!

Please check <http://www.goingdigital.ca> or call 250 884 4012

Submitted by Andrew Kielbowicz, GHC photographer and former bass



### COMPUTER SERVICES

Reasonable rates. Very thorough, with 8 years experience.

- Virus detection & removal;
- Help with software issues;
- Windows Security improvements;
- Hardware & Memory upgrades;
- Computer cleaning & tune-ups
- Consultations.

Sales of New and rebuilt computers.

I am also a Linux expert.

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

Submitted by: Thomas (Chris) Wakefield, Soundings Baritone.

## 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.

**DOUG PATTERSON** (GHC Bass)

<http://www.harmoniousfamilychoir.ca>

Love to sing? Check out our non-audition, multi-generational choir. We welcome all individuals and family groups! New singers always welcome.

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**SHIVON ROBINSO** (GHC & HNC Director)

<http://www.shivon.com>

Anyone Can Sing! And singing together in harmony is a vital source of energy and connection, accessible to everyone. Workshops! Theatre! Choirs! Training!

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**LYNN CONALL** (GHC Thursday Soprano)

<http://www.insidenoutconsulting.com>

Inside 'N Out will help you clear your clutter in your home, your workspace, your money and when you move.

## COMMUNITY MARKETPLACE

### 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 opportunities:

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.

If you wish to donate for part of a stove or school supplies you can do so at the sale. We have beautiful cards you can give to those you care about that tell them about the project and let them know that you have made a donation in their name.

Submitted by Mary Lynch, Monday Soprano

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### CHRISTMAS IS COMING AND WHAT BETTER GIFT THAN MUSIC?

The Jazz lover on your list would surely appreciate Nick La Riviere's CD: 'Too Much To DO!' It's a refreshing, melodic album featuring cello, violins, piano rhythm and Nick on trombone.

Here's a short cut to some recording session samples: <http://www.youtube.com/watch?v=-OZepfxkhK0>

Island Jazz found it "A well crafted gem" <http://islandjazz.ca/guest-reviews/>

Nick's CD is available at Long & McQuade or through us at 250-652-3189 or [LaRiviereG@shaw.ca](mailto:LaRiviereG@shaw.ca). We can deliver to GHC.

Submitted by Greg and Elaine La Riviere (Soundings Bass and Alto)

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### **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.

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### **HELLE'S CHOCOLATES**

Greetings Everyone,

I'm making a limited edition of hazelnut chocolates (Vegan, organic Denman Island Chocolate and local organic Hazelnuts) this year instead of the familiar truffles. You can order by the dozen( \$25) by Dec 18 by calling Helle at 250-381-5702.

Cheers,

Submitted by Helle Kallas GHC Tenor

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### **GIFTS AS PHOTOGRAPHIC IMAGES FOR SOLSTICE, HANNUKAH, CHRISTMAS AND THE NEW YEAR!**

*For Angel Lovers Everywhere*

It's coming close to that time of year - gifts for Solstice, Hannukah, Christmas and the New Year!

I am pleased to announce that my photographic images are being represented by The Gallery in Oak Bay Village.as prints, framed prints and art cards. They are featuring angelic, seasonal and floral images as work in prints, framed images and art cards.

2223A Oak Bay Avenue. Tel. (250)598-9890. Hours: Monday to Friday 10 - 5 p.m. Saturdays 10 - 3 p.m.

For more information please email [info@katrinasphotgraphicart.com](mailto:info@katrinasphotgraphicart.com) or visit <http://www.katrinasphotgraphicart.com>.

Please drop by.

Katrina

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### **HARP & ACCESSORIES FOR SALE \$1400.00**

32-string Wellspring Josephus harp with Soft Case & 2 risers. Harp has 9 Truitt levers on F & C strings. Comes with everything you need to get started, chromatic tuner & lots of music.

Call Louise at 250 658-2469 &/or email for photos: [infinitehealing@telus.net](mailto:infinitehealing@telus.net)

Submitted by Louise Lilliott, former Mon. sop

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### **ROYAL ALBERT – VAL D'OR**

70 piece Val D'Or china, made in England. In excellent condition, no cracks, chips or crazing. Placesetting for 9 (dinner, salad, bread/butter plates, tea cup & saucer.) Extra: 9 oatmeal bowls, 9 fruit bowls, 2 coffee mugs, cream & covered sugar bowl, salt & pepper. Small serving dishes: 2 side plates, 2 round pickle dishes, 2 square dishes, 1 sandwich plate. Large serving dishes: 1 oval platter, 2 open vegetable dishes, 1 gravy boat.

A value of \$3500.00, now asking \$1500.00

Call Louise 250 658-2469 or email for photo: [infinitehealing@telus.net](mailto:infinitehealing@telus.net)

Submitted by Louise Lilliott, former Mon. sop

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### **WOMEN'S MEMORIAL DAY ART SHOW**

You are invited to an Open House:

Honor the feminine in all, on Woman's Memorial Day by viewing artwork that honors the Divine Feminine at Dream Hill Studio (4515 Emily Carr Drive) on Sunday, December 6th. 1 to 4 P.M.

"Two for One" Art Sale of sketches and paintings, framed and unframed. Also pins, cards, posters.

Surrounded by Goddesses please Join us in Song at Two o'clock. 'Light is Returning.', 'Yemaya', 'I am One with the Heart of the Mother,.' and 'We are the old women  
We are the new women  
We are the same women  
Stronger than before' (bring your drums if you like.)

Submitted by Ann-Rosemary; Alto, High Noon Choir.

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### **A UNIQUE GIFT**

Freedom from clutter! What better gift could you give yourself – or someone you care about? Xmas gift certificates are available.

And - if you purchase a package from Inside 'N Out Clutter Consulting in December you'll receive two free hours

No fee initial consultation

250-382-2741

<http://www.insidenoutconsulting.com>

Submitted by Lynn Conall Thursday Soprano

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### A LOVELY LITTLE GIFT OF ART AND SONG

The Sleeping Animal Song is a story-song about animals and where they sleep. Delightful watercolours in a twelve-fold booklet will bring joy to children (and adults) who love animals and singing. The tune can be "Goodnight Irene" or a melody of your own.

Choose from two sizes: the small one folds to 2 x 1 ½ inches (ideal for little hands) and the other is nearly 4 inches square. Prices are \$7 and \$17.

Available at choir on Monday nights in December or in Victoria from the artist, my sister, Catherine Stone. Call 370-1175 or [rbyrosecat@gmail.com](mailto:rbyrosecat@gmail.com)

Poster: <http://www.gettinhigherchoir.ca/community-info/pdftemp/2009/1204/sleeping-animal-poster.pdf>

Submitted by Lorraine Butler, Monday GHC alto.

## ACCOMMODATION AVAILABLE OR WANTED

### ACCOMMODATION AVAILABLE

Furnished one bedroom 750 sq ft purpose built for guests in Cook/Maplewood area.

Available between December 1 until June 30, 2010. Will entertain shorter term rentals or later rental start of Jan 1. Rent is \$850/month incl. all utilities. No pets.

Close to amenities, bus stops, off street parking. Light and garden oriented

Contact jane at [jdewing@islandnet.com](mailto:jdewing@islandnet.com) or tel 250 385 5873

Submitted by Jane Dewing, GHC Tues/Thurs Soprano

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### RECREATION RENTAL OPPORTUNITY

A condo in Parksville on Rathtrevor beach - Its available over Christmas and New year and in Jan available for weekends at \$150 sleeps 6. or midweek - 3 nights for \$150. between now and end of march.

A nice Christmas get away for some one!

Contact jane at [jdewing@islandnet.com](mailto:jdewing@islandnet.com) or tel 250 385 5873

Submitted by Jane Dewing, GHC Tues/Thurs Soprano

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### DUNCAN

Lovely older home for rent from January through April, 2010. Close to centre of town in a quiet neighbourhood, easy access to Vancouver Island University, library, community centre, shops and more. Suitable for a quiet couple or single person, no pets and no smokers. There will be a bit of indoor plant care, mail to accumulate and in the spring there will be a bit of lawn mowing. Rent approximately \$925 per mo (negotiable).

For more information visit: <http://www.sabbaticalhomes.com> (#3846) and-or phone me at 250-748-4178.

Submitted by Kathy Coster Tues-Thurs Soprano

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

When you realize how perfect everything is you will  
tilt your head back and laugh at the sky.

Buddha

Taken from the footer of an email

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## 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.

### 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

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### 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

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### 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)









**DANCES of UNIVERSAL PEACE** (Dec 11)

We will be dancing again this month on Friday 12/11/09 (always the second Friday of the month) at the Unity office, 838 Pandora, 7-9 pm.

Join hands and voices with others in simple circle dances, honoring all spiritual & wisdom traditions, recognizing the One Source of all. Each dance & sacred chant is fully taught each & every time. This on-going event is for the whole community - joyful, fun, and deep....

For more info please contact Khrystie, 250-598-8243

Submitted by Khrystie Phoenix, Monday Alto



**DEC. 12TH BRIDGES FOR WOMEN FUNDRAISER JEWELLERY BAZAAR**

I'd like to extend an invitation to attend my Fundraiser for Bridges for Women Society on December 12th. There'll be something for everyone at surprisingly affordable prices!

Ambrosia Centre, Powell Hall, 638 Fisgard St. on Saturday, Dec. 12th from 11am to 2:30 pm. Tell all your friends! Men are welcome to attend! Taxes are included in the prices.

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

Please have a look at the webpage: <http://www.mercedespicotwellness.com/jewelerysale.html>

Submitted by Mercedes Picot, GHC Tuesday Soprano.



**GREEN CHRISTMAS:** (Dec 12 or 13)

The Hands-On Making of Wreaths, Garlands and Swags using native B.C. boughs, greens and cones. Join us for a relaxed and productive day of creating fragrant Christmas decorations from the wild. This workshop is informative, fun and interactive . . . and you will leave with fresh, natural decorations for your entire home. Register early, seating is limited! All supplies included.

Saturday, December 12 or Sunday, December 13, 2009

10 am – 2 pm

\$ 65 + GST

To register call 4801 or [www.royalroads.ca/continuing-studies](http://www.royalroads.ca/continuing-studies)

Submitted by Hilary Leighton, Thursday Alto



**ECKHART TOLLE GATHERINGS SERENITY NOW** (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: Dec. 13, Dec. 27 and every other Sunday thereafter

