

~ Shivon

GHC CONCERT TICKETS...

...for the January 29, 7:30 PM and January 31, 2 PM concerts:

"Every Road Leads Home"

at the Alix Goolden Concert Hall,

Special guest: Shari Ulrich

Cost: \$20 & \$15 students/seniors

All proceeds go The Power of Hope <http://www.powerofhope.org>

Concert tickets are available through choir members or by contacting Gloria at 250-995-8731.

Also - starting the first week in January, tickets will be available at the following locations:

Munro's Books - 1108 Government

Ivy's Books - 2188 Oak Bay Avenue

James Bay Coffee and Books - 143 Menzies

Larson Music - 1833 Cook St

Dig This - Broadmead Village

Submitted by Gloria Hansen, GHC, Directors Assistant, HNC, Registrar and Power of Hope, Canadian Board Chair.

UPCOMING HOME SECTIONALS

Dec. 29 - Basses @ Bill's Tues.

I am hosting a home sectional for all Basses on Tuesday December 29th from 7:00 to 8:30 p.m.

77 Gorge Rd. **West** (at Wascana across from Wings ~ # 8 or #11 bus).

Follow the signs from the gate.

(Map: <http://www.crucible.ca/home77.jpg>)

Beverages of choice and snacks to share are welcome. The practice will be followed by a social hour for those feeling social.

For further information or answers to your questions please contact me at 920-4160 (8 a.m. to 8 p.m. Monday to Friday) or at bill@gettinhigherchoir.ca

Submitted by: Bill Hanson, perambulating Bass, etc

Jan. 2 - Soprano's @ Helen's

Date: Saturday, Jan 2/10

Place: 102 – 1145 Hilda St, Cook St. Village

Time: 2 – 4 p.m.

Phone: 250-383-8613

Piano available

Thanks

Submitted by Helen Durie Tues/Thurs Soprano



WOULD YOU LIKE TO HOST A HOME SECTIONAL?

*** During our holiday break or in January? ***

Home sectionals are a very sociable way to learn our parts and to get to know each other better. To enhance the sociability aspect you can include a social hour or a pot-luck.

All it takes to host a Home Sectional is enough space for a group, however big or small, to gather. As host you can limit your invitation to the section member's on your home night or extend to those from all three nights. Usually hosts extend an open invitation and 1/2 dozen to a couple of dozen singers will participate.

A keyboard is helpful (or other means of giving starting notes supplied by anyone in the group). Your group could also sing along to the appropriate parts files from our web site played on a computer, CD player or MP3 player.

Just pick a date and time that works for you, let me know and I will:

1. add your sectional to the "Home Sectional Invitations" list in the appropriate issues of the newsletter
2. email a special advance announcement to everyone in your section (just your night or all nights)
3. email you a call list of names and phone numbers for members of your section who are not on email

Our last choir night before the holiday break is Thursday Dec. 17th and we start up again Jan. 4th

If you want to host a home sectional either during our break or in January please call me (Bill) at 920-4160 or email me at bill@gettinhigherchoir.ca



NEW YEAR'S DAY FLUTE AND HARP MUSIC WITH DENIS

Every year now since New Year's Day 2000 I have been privileged to play a program of quiet, meditative music on New Year's Day. The event is sponsored by First Metropolitan United Church on the corner of Quadra and Balmoral, from 2:00 to 4:00. Those who have my "By the Hearth" CD will know the kind of music that my musical partner Lanny Pollet and I will be playing: quiet music from many traditions, Irish, Scottish, English, French, Japanese, Chinese, Medieval... I play Irish harp and Lanny, who is Head of the Flute Program at UVic, will be playing flute and recorders.

There is no admission charge, and no applause. We simply play for two hours and people use the time to sit quietly and, in the presence of quiet music, reflect on the years past and to come, or just sit and enjoy the music. Refreshments are served in the church vestibule.

Here is a more thorough description of our music, with some sound clips: <http://denisdonnelly.ca/recordings.html> I hope to see some of you there.

~ Denis



PRACTICE CDs

I still have a number of ordered practice CDs on-hand that weren't picked-up over the last two weeks. I also still have some extra Soprano, Alto and Tenor copies left for anyone who would like one.

While I am willing to bring them to choir in January I would prefer to have you pick yours up from my home during the holiday break if that is possible. I can be reached at 250-920-4160 (8 to 8, Mon to Fri) to arrange a mutually convenient time.

~ Bill



NEW GHC T-SHIRTS AVAILABLE SOON!

I am ordering a new batch of Gettin' Higher t-shirts, and will be taking orders between now and the first week of January.

(The order must be in before January 8 to be ready in time for the concert.)

They are silk screened on 100% cotton in bright vibrant colours that are perfect for wearing in our concerts. The design is appealing and cunningly provides you with a cheat sheet for our original song Siyahamba, provided you can read Zulu upside down!

They come in sizes extra small to 3 extra large, and long sleeves are available in Black, Red and Royal. Short sleeves are available in Red, Royal, Black, Purple and a variation on Turquoise. The prices are: \$27 for short sleeves, \$29 for Long sleeves and \$30 for XX and XXX large. These prices include tax.

I will bring some samples to the first week of choir, and they also can be seen at my home. If you are interested, please e-mail me at heatherfox@telus.net, or call 250 592 5838.

Submitted by Heather Fox, Thursday Soprano and Choir Veteran



BILL HUOT'S GHC WASSAIL

Complete lyrics can be viewed, downloaded and/or printed by clicking on:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/2009/1218/ghc-wassail2009.pdf>

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

Being happy is something you have to learn. I often surprise myself by saying, "Wow, this is it. I guess I'm happy. I've got a home that I love. A career that I love. I'm even feeling more and more at peace with myself." If there's something else to happiness, let me know. I'm ambitious for that, too.

Harrison Ford, Actor

Editor's Collection

COMMUNITY MEMBERS SUBMISSIONS

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

APPRECIATIONS

DEAR CHOIR FOLKS,

~ Denis



THE HARMONIOUS FAMILY CHOIR ~ VICTORIA

[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.



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



SUPERB ANIMATION

Turn on the sound and watch this animation - it is absolooootly superb.....

Just click on the link below, then click on play, then leave the mouse alone, sit back and enjoy a piece of creative brilliance.

http://fc01.deviantart.com/fs13/f/2007/077/2/e/Animator_vs_Animation_by_alanbecker.swf

Chris Gower-Rees



(Me: Check against community events section before sending newsletter out)

COMMUNITY EVENTS ITEMS THAT INVITE YOU TO SING!

??????????

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

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

Ability may get you to the top, but it takes character to keep you there.

Stevie Wonder

Editor's Collection

WORD OF MOUTH / RECOMMENDATIONS

A "PINK GLOVE DANCE" CORRECTION

In the Dec. 4th Choir Community Issue there was a recommendation for "The Pink Glove Dance" video which said that if it got enough views a large donation would be made to the hospital involved. Mary Anne Jarvin, GHC Monday Soprano, subsequently sent in the following correction:

Getting people to view this 1 million times doesn't get Medline to make a bigger contribution to the hospital. They contribute a certain amount to the National Breast Cancer Foundation with the sale of the gloves but the youtube views won't be adding any more to the fund. See the Snopes article:

<http://www.snopes.com/inboxer/charity/pinkglove.asp>

The video is still fun to watch. To do so click on:

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

Submitted by the editor

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A CHRISTMAS WISH TO ALL!

Recognize the music?

http://www.gettinghigherchoir.ca/community-info/pps/20091218/winter_finland.pps

Recommended by Susan Lea Tuesday Alto

* * * * *

HELLO ALL

Please click on the following link for uniquely musical Christmas Greetings!!

<http://www.gettinghigherchoir.ca/community-info/video/2009/1218/merry-christmas.wmv>

Merry Christmas and Happy New Year with lots of Singing!

Recommended by Arlene Antonik GHC Monday Soprano



A MAD HIPSTER'S NIGHT BEFORE CHRISTMAS

The story as you've probably never read it before

<http://www.gettinhigherchoir.ca/community-info/pdftemp/2009/1218/hipster's-christmas.pdf>

A happy and a merry everything to all.

Recommended by Bill Hanson GHC Bass etc.

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

Expecting the world to treat you fairly because
you are good is like expecting the bull not to
charge because you are a vegetarian.

*Dennis Wholey,
television host and producer (1939-)*

Submitted by: Josephine Munro, GHC Monday Alto

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 GHC Bass



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

LADY BUG ECO-CLEANING AND HOME SERVICES IS LOOKING FOR NEW CLIENTS!

Hi, my name is Magdalene Joly and I am a new GHC member singing Alto on Thursdays.

I provide eco-sensitive home cleaning services and fantastic meal creations. My cleaning products are home made in small batches using only non-toxic ingredients and can be custom made and infused with the aromatherapy oils of your choice. My cleaning services are intended to revitalize and bring harmony to your home space. As well, I provide meal creations with a wide variety of menu ideas, special diet needs, and to support optimum and joyful nourishment. Please contact me if you are interested in meeting me and learning more about what i can provide. oakandcamas@gmail.com or (250) 380-9245. Thanks.

Submitted by Magdalene Joly, New Thursday night 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.

LOWELL ANN FUGLSANG (GHC Thursday Tenor):

<http://www.workstyle-lifestyle.com>

Workstyle-Lifestyle Coaching for a fulfilling career.

KAREN BOISSONNEAULT (HNC Soprano)

<http://www.niac.ca>

Nia: Love your Body, Love your Life! A joyful practice using creativity, fun and concepts from martial arts, dance and healing (yoga) to move your body Your Body's Way for fitness of body, mind, emotion and spirit. Awesome music.

MARNIE LAMB (GHC & HNC Alto)

<http://www.songs of passage.com>

Songs of Passage is a community group of volunteers who have been offering Bedside Singing to patients and families at Victoria Hospice since August 2007. Visit our site for more information, and also to pre-register for a free orientation.

COMMUNITY MARKETPLACE

SUPPORT FOODROOTS AND THE POCKET MARKET NETWORK

fabulous big brown box filled with island and regional organic fruit and vegetables (20 plus pounds)..... \$50

Enjoy a sustainable holiday season fresh and ready for pickup Dec 19 and 20 (11am to 2pm both days) at the foodroots warehouse unit 3 – 625 Hillside Ave. (between rock bay and government)

Call Lee to order 250 686-2395 or email leefuge@pacificcoast.net

Submitted by Susan Tychie GHC Tuesday Alto

A GIFT SUGGESTION

If you are wondering what to give someone you love at Christmas, the book, Re-Write Your Life will provide the gifts of joy, healing, and love. If you are not in the area to arrange delivery, it may not arrive in time. No worries, I will be delighted to send you a personalized gift card that you can forward or print and give to your loved one and the book will also be sent the same day.

Re-Write Your Life is a beautiful gift to yourself or a person you care about. Read about it in detail or [listen to a free recorded Introduction of the book](http://juneswadron.com/re-write-your-life) at <http://juneswadron.com/re-write-your-life>

Submitted by June Swadron former GHC alto

CHRISTMAS IS COMING AND WHAT BETTER GIFT THAN MUSIC? (Repeat)

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. We can deliver to GHC.

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

GIFTS AS PHOTOGRAPHIC IMAGES FOR SOLSTICE, HANNUKAH, CHRISTMAS AND THE NEW YEAR! (Repeat)

For Angel Lovers Everywhere

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

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

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

TWO BR. APT. SUBLET WITH VIEW IN JAMES BAY

Bright and spacious apartment, fully furnished
Ideal location: 5 min. walk to downtown or Cook St. Village; across from Beacon Hill Park
Two months: Feb.1- March 31
\$1300/mo. includes all utilities, high speed internet, local phone calls

Please contact Mary Lou Hess 250 590 2993 mlhess99@gmail.com

Submitted by Mary Lou Hess, CCLT 2007

URGENTLY NEEDED BY FEBRUARY 15th:

Low rental housing in the Greater Victoria area for a working middle aged man, his wife and their well- behaved dog, reference available!

Please Contact: philm@islandnet.com or call Marya at 250- 592-6484

Submitted by Marya Nijland HNC Alto

ONE BEDROOM UNIT WANTED

Working professional with indoor environmental sensitivities looking for a healthy, one bedroom unit to rent long term. Ideally, location within biking distance to downtown Victoria, hardwood floors, above ground, dry, sunny, with outdoor access, and a great neighbourhood. Excellent references. Please contact Stephanie at: stephg71@gmail.com. Any assistance and leads are appreciated!

Submitted by Robin Hood returning GHC Soprano

SEEKING A PLACE TO RENT

A friend of mine who is a quiet working professional woman, is relocating to Victoria and looking for place to rent, \$800 per month approx. One bed + den or 2 bedroom would be ideal. Has well behaved elderly collie and older cat (I can vouch for their perfect manners). Willing to tend small garden or help out with some chores if necessary. Needs to find a place by

mid january or earlier. Please if anyone has a lead could you get in touch with Joanna at 1250247 9600(a sadly lapsed member of GHC now living on Gabriola)

Submitted by Joanna Mackenzie former GHC Tuesday Alto



ACCOMMODATION NEEDED

A single middle aged gentleman is in need of accommodation as of Feb 1st. He would like a self contained bachelor or small one bedroom apartment with access to transportation either furnished or unfurnished but is open to consider other offers. He is reliable, no drugs or alcohol and can pay up to \$600.00 per month. For further information please contact Patricia Houston, 250-381-0656

Submitted by Patricia Houston Tuesday Alto.

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

There are some days when I think I am going to die from an overdose of satisfaction.

Salvador Dali

*Taken from the footer of an email from:
Anu Patel GHC & Soundings 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.

ECKHART TOLLE GATHERINGS SERENITY NOW (Dec 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. 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

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 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 (Dec 20, Jan 17)

Submitted by Sharon Schaan – Soundings Soprano and former GHC Soprano



ENSEMBLE LAUDE SOLSTICE CONCERT (Dec 20)

The program will include enchanting songs, chants and lullabies from the sacred and secular worlds of mediaeval Europe, enhanced with a few surprise flavours from other parts of the world. There are medieval musical instruments too, and a harp. There will be a silent auction in the intermission.

We will sing from 3 pm until the sun sets on the eve of the winter solstice, the reversal from darkness to light.

Sunday Dec. 20 at 3 pm.
The Quarterdeck in the Grant building at Royal Roads.
Admission is by donation.

Please forward this to any choral enthusiasts who might like to attend.

More details at <http://www.ensemblelaude.org>

Submitted by Jean Jordan Monday Alto



NIA CLASS BY DONATION (Dec 21)

A one hour class by donation to benefit our homeless, celebrate the returning of the light, and mark the end of Karen's Nia classes calendar year.

Monday, December 21st @ 5:15 PM

St. Nicholas Ukrainian Church,
1110 Caledonia Ave, Victoria
Corner of Cook and Caledonia
Free Parking
Enter double doors under awning: St. Nicholas Hall

Suggested donation \$10 or \$20. Any amount gratefully received from \$2 to infinity.

Move to great music and be joyful in the body you're in. www.niac.ca

Regular Nia classes recommence 5X/week Monday, January 4th, 2010.

Submitted by Karen Boissonneault, HNC Soprano



**NEW YEAR'S DAY
FLUTE AND HARP MUSIC
WITH DENIS DONNELLY & LANNY POLLET** (Jan 1)

With his musical partner, flutist Lanny Pollet our esteemed co-director, Denis has played a program of quiet, meditative music every New Year's Day since 2000.

The event is sponsored, and hosted, by First Metropolitan United Church on the corner of Quadra and Balmoral, from 2:00 to 4:00.

There is no admission charge, and no applause. They simply play for two hours and people use the time to sit quietly and, in the presence of quiet music, reflect on the years past and to come, or just sit and enjoy the music.

