

The workshop continues on Sunday aft - 2 - 4:30, with a concert at First Met. United CHurch at 5:30.

The organizers would love to see lots of you there from our singing community, (GHC, HNC, & Soundings, past and present)

To accommodate those of you who are singing in the TAPS SWAT on Sunday afternoon, they will allow you to register for just Saturday afternoon - for \$30 (instead of \$50) and also invite you to come to First Met post SWAT at the Belfry, join them for refreshments and take part in the concert at 5:30.

Sounds good to me! A great opportunity to sing some fabulous music with other singers from around Victoria.

To register, or for further info:

<http://www.cadbayuc.org/choralworkshop/index.html>

~ Shivon

DENIS

I am often asked about the poems and blessings that I speak at the end of choir evenings. Most of them are on my personal web site <http://www.denisdonnelly.ca> If you go there, you'll see the "Poetry Resources" pages. You can browse them and find some beautiful poems that have been part of my life for a long time. Some have been very valuable to me as I have moved through various transitions and I am happy to share them.

One caveat I will ask, however, is that, if you like the poems, preferably purchase the books that they come out of rather than just downloading the poem itself. Most are in print and can be ordered through your local bookseller. Not only will you be supporting the writer (a worthy cause in itself) but you will also find other poems by that poet which you might want to bring into your life.

Also, for those interested in my "Listening To Music" course at Royal Roads, I'll have flyers at choir this week. Info here: <http://www.royalroads.ca/continuing-studies/TAPA1707-Y08.htm>

~ Denis

ADMIN TEAM NOTES

GLORIA

Welcome all you new singers. Looking forward to the joy of singing with you in the circle.

~ Gloria

Gettin' Higher Choir Info

GHC NEWS & BUSINESS

THE POWER OF HOPE

Check out what we were supporting with our recent concerts by visiting:

<http://powerofhope.org/>

They have just updated the contents of the site.

NAME TAGS

There will be name tags available at choir for those that don't already have them.

MORE ON NAME TAGS

If you've got them please wear them even if you have been in the choir so long that everybody should know you. It not only makes things easier for our new singers, it also makes things easier for memory challenged people like me.

~ Bill

REHEARSAL & CONCERT PHOTOS (Repeat)

Links to Andrew's photo's of our Heartwoven rehearsal and concerts are now available on our site's Choir Photos page at:

<http://www.gettinhigherchoir.ca/community-info/choir-photos.html>

If you tried to visit that page recently and found that the links to our past concerts weren't working go back and try them again now. Most of them are working again. Andrew has been making changes to his web site and they were temporarily unavailable. We are in the process of getting them all re-linked.

~ Bill

GHC SWAT SCHEDULE

Sing **W**hen **A**sksed **T**o

SWAT SCHEDULE ON-LINE

If you missed, or didn't save, the information about our two upcoming SWATS that was in last week's newsletter click on this link:

<http://www.gettinhigherchoir.ca/community-info/#swat>

UPDATE ON THE...TAPS SWAT
(Together Against Poverty Society)
next Sunday March 1 at the Belfry.

Come at 2:30 for a complete run through back stage. (Come through main entrance of Belfry Theatre (Fernwood & Gladstone), go straight through to back of the bldg to Studio A.)

We're on at 3:15.

Please email (Shivon) know if you plan to be there: **PLEASE NOTE:** In the SUBJECT line of your email, put TAPS SWAT - SECTION (Soprano,Alto, Tenor or Bass) shivon@gettinhigherchoir.ca

GHC REGISTRATION INFORMATION

NEW SINGERS INTAKE (Repeat)

Between now and Feb. 26th we will be taking in new singers for this session. If you know anyone who would enjoy a Gettin' Higher singing experience bring, or send, them to check us out. As always there will be a half hour New Singer Orientation starting at 7:00 pm before the actual choir sessions (7:30 - 9:30) on each of the following evenings:

Mondays - Feb. 16th & 23rd
Unitarian Church, 5575 West Saanich Road (opposite the Red Barn)

Tuesdays - Feb. 17th & 24th and Thursdays - Feb. 19th & 26th
Church of Truth, 111 Superior Street (at St. Lawrence Street)

Feel free to bring, or send, anyone you know who is interested. They can also check us out in advance by visiting <http://www.gettinhigherchoir.ca>

REGISTRATION (Repeat)

The registration deadline is the end of choir on Thursday, Feb. 26th

New Singers

Fill out the form provided at choir.

Returnees paying their fees at choir prior to the registration deadline

Just put your payment cheque(s) or cash envelope (clearly identified as yours) in my collection bag at choir and you will automatically be registered.

Please don't put your payment in an envelope unless it is cash. Cheques and notes (changes, queries, etc.) that are paper clipped together are much faster and easier to deal with than sealed envelopes.

Returnees who will be paying after the registration deadline

Be sure to register by phone (920-4160 - 8 a.m. to 8 p.m.), email (bill@gettinhigherchoir.ca) or a note in my collection bag before the deadline and specify what/how/when you will be making your payment.

The fees for the 18 week season are \$175 regular with a sliding scale down to \$130 for seniors, students and the un-waged. Payment plans can be arranged and scholarships are available as needed.

As always you are welcome to set your own payment plans. While we prefer that you do so with a series of post-dated cheques a list of cash payment dates is also OK. In either case the last payment is due by May 31.

For more information or to request any level of scholarship support please contact me by any of the above methods.

If your contact information, night or section is changed from the last session you attended please include that information with your registration.

~ Bill

VETERANS..."LOCATION" PLEASE! (Repeat)

Last season I started adding member's "Locations" to their choir records. If you are a returning veteran and you haven't previously given me your Location (or you have moved) please do so now. By email to bill@gettinhigherchoir.ca, by phone 250-920-4160 (8 a.m. to 8 p.m.), with your registration payment or in a note dropped into my collection bag.

Having this information available has potential value from an administrative perspective and I would like to have it in your records for that reason alone. Beyond that it can be included in the "Current Members Contact List" (that goes out by email around the 4th week of the season) to enable us to contact each other according to the areas in which we live when that proves desirable. (car pooling, shared practicing, choir neighbor socializing, etc.)

We don't need mailing addresses but we would like to know your:

Municipality: ?????

Neighbourhood / Intersection: ?????

(If you don't know a name for your neighborhood please give me the closest major intersection)

If you wish you can specify "For Admin Use Only" and it won't be included on the "Current Members Contact List."

If, for any reason, you don't want to provide this information at all please let me know so that I don't contact you later with a request for it.

~ Bill

Other choir community info

HNC NEWS & BUSINESS

As always - we are still welcoming new singers join us. With several weeks left in this session - if you or anyone you know would like to come and try us on - you (or they) are encouraged to do it.

This session runs from January 6 to March 24 and an new 12 week session will start the following week (March 31)

Check it out on the <http://www.gettinhigherchoir.ca> website. Go to the About tab and then click on High Noon Choir.

See you there.

Shivon and Gloria

HNC LYRICS ETC.

Here are the promised words...to Babethandaza

Sin nje-nje-nje ngemi thand-a-zo (x2)
Oo mama bag-u-da-la-ba-be, thand-da za (x2)

PRIMARY CHOIR COMMUNITY WEB SITE LINKS

The Getting' Higher Choir	http://www.gettinhigherchoir.ca
Community Choir Leadership	http://www.communitychoirleadership.com
Ubuntu Choirs	http://www.ubuntuchoirs.net
Shivon Robinsong:	http://www.shivon.com
Denis Donnelly:	http://www.denisdonnelly.ca
	http://www.choralsongs.com
	http://www.soundingsmusic.com
Accessing our Newsletters	http://www.gettinhigherchoir.ca/community-info/newsletters.html
Using Our Newsletter:	http://www.gettinhigherchoir.ca/community-info/newsletterinfo.html
Choir Schedule:	http://www.gettinhigherchoir.ca/community-info/index.html

The above list doesn't appear in all issues of the newsletter

Suggestion: Copy it to a Word or other text document for storage on your computer, or to print out, for future reference.

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

The earth's atmosphere seems vast to a person sheltered beneath it, but astronauts and cosmonauts see how tissue-thin it is against the black vastness of Space. Conservationist Jacques Cousteau and David Brower give us this helpful perspective: If the earth were the size on an egg, then all the water on the planet would be just a drop all the air, if condensed to the density of water, would be a droplet only one fortieth as big; and all the arable land would be a not-uite visible speck of dust. That drop, droplet and speck are all that makes the earth different

from the moon. (ed. and habitable for us)

Paul Hawken, Amorr Lovins & L. Hunter Lovins
in their book: Natual Capital

Submitted by Bill Hanson, GHC Bass etc.

<http://www.natcap.org/>

COMMUNITY MEMBER'S 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!

OPPORTUNITIES TO SING!!!

DO YOU LOVE TO SING?

Interested in being part of a
Ukrainian Woman's Folk Group?

For further information contact:

LNWeaver@shaw.ca

or

JeanAnnAnderson@shaw.ca

Submitted by Jean Anderson GHC Tuesday Soprano

THE SACRED WORLD SONG PROJECT

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

Nancy Watters, CCLT 1 Grad (2004/5), facilitates community chant circles at Church of Truth, Sundays, and offers private sound healing sessions, as well as workshops and concerts. Details at <http://www.sacredworldsong.com> 595-2142

DEBORAH MILLAR'S 2009 VOICE WORKSHOPS

Not everyone is able to commit to private lessons and Deborah has created this series of semi-private workshops in the hope that it will meet the needs of this category of people. Working in a small group is a wonderful way to learn.

For more information about these workshops click on:

<http://www.gettinhigherchoir.ca/community-info/singing/voice-training/deborah-millar-voice-workshops.pdf>

Because there is a limited enrollment (maximum ten people), registration needs to be confirmed ASAP.

For answers to your questions, or to register, please email deborah@theauthenticvoice.ca or call 250-382 1232.

THE HARMONIOUS FAMILY CHOIR ~ VICTORIA

A new choir is born. The Harmonious Family Choir is a “no-audition” singing community based on the GHC model that welcomes all individuals and family groups.

The choir is directed by:

Doug Paterson...GHC Bass, CCLT grad, Dance Caller and music educator
Susan Russel...music educator and founding director of Musicalia

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 & Bill Hanson GHC Bass etc.

SONG CIRCLE & NAUTICAL SONG CIRCLE

Alternating on Saturday nights at the Bent Mast (corner of Simcoe and Menzies and Toronto), 7:30 - 9:30+. For dates and other info visit <http://victoria.tc.ca/Culture/Vnsc/> (click on Sailing Orders for dates) or call Stewart at 382-5707

COMMUNITY EVENTS ITEMS THAT INVITE YOU TO SING!

Taize Service	(Feb 20)
Singing For Joy Choral Workshop	(Feb 21)
Lift Up Your Voice	(Feb 28)
Upcoming Workshops With Laurel Murphy	(Mar 6)

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

WORD OF MOUTH / RECOMMENDATIONS

PINK SHIRT DAY

Next Wednesday February 25th is PINK SHIRT DAY TO STOP BULLYING. Wear a pink shirt to work, school or wherever to support the campaign to stop bullying in any environment. Go to www.WearPink.ca for more info. Official T- shirts are sold at pinkshirtday.ca and London Drugs - proceeds to Boys and Girls Clubs.

Trust Your Angels

Submitted by Daphne Maclain GHC Tenor

WHAT A WONDERFUL WORLD

If you never have watched anything that is passed on, this is most definitely a must see. It is absolutely beautiful and so so precious, no words can describe.

<http://www.youtube.com/watch?v=Rooyt3ptNco>

Submitted by Tatiana Evans Tuesday/Thursday Alto/Tenor

Editor's Note

The cyber forward with this link in it has, no doubt, already done the rounds of this wonderful world a number of times. It has been in this section of the newsletter before and I just received it again myself yesterday from my first wife who lives in Paris. A beautiful song set to "warm fuzzy" photos.

THE MAYONNAISE JAR AND TWO BEERS (Corrected Link)

When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar and the 2 Beers.

<http://www.gettinhigherchoir.ca/community-info/pdftemp/mayonnaise-2beers.pdf>

Submitted by Audrey Glynn GHC Soprano

A GOOD START ON THE DAY (Corrected Link)

Some recommended morning exercises.

<http://www.gettinhigherchoir.ca/community-info/video/morning-exercises.wmv>

Hey, if he can do it at his tender years why not us?

Recommended by Bill Hanson GHC Bass etc.

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

It is following the line of least resistance that makes men and rivers crooked.

Unknown

Editor's Collection

SERVING EACH OTHER

CUSTOM PYSANKY CLASSES

Have fun, gather with friends, and learn the art of the Pysanka! "Pysanky", or Ukrainian Easter Eggs, have roots in a pagan tradition that pre-date Christianity. In a hands-on workshop, you will learn some basic history of the eggs as well as their symbolism. You will also learn all skills necessary to make, complete and take home a beautiful pysanka in an evening or afternoon!

Where: In the comfort of your own home! I come to you and bring all supplies necessary. Victoria and the Saanich Peninsula.

When: When: Daytimes and evenings available from February until April. Allow 3 and a half to 4 hours.

Other: Custom, in-home classes for kids and grown-ups! Groups of 3 -6 people. Our focus is on fun. All supplies provided. Please phone or e-mail for dates. 25\$ per person. Contact Dionne at (250)686-8158 or islandflowergirl@hotmail.com

Submitted by Dionne Jennings, GHC Tuesday Soprano

CAT SITTING (Repeat)

Former GHC Alto available to look after your kitty while you are away - my home or yours. I do in-home visits (either one or two 1-hour visits per day) . Although I do not stay at your place, I provide the other popular option of a 'cat vacation' in my home, either short or long-term. Your cat would avoid the stress of a kennel, and receive lots of tender, loving care. My approach is a holistic one, and I have many satisfied customers.

Please call (250) 384-5721

Submitted by Bernadine Sperling

PRITI

A Weekend to Discover the "Satisfaction of your Heart"

Join us on beautiful Mayne Island for a weekend of music, movement and connection with the special places on the Island. Our Island offers you the opportunity to slow down and experience yourself in setting that provides the stillness to find your "Pritiâ" (Sanskrit for satisfaction of the heart).

We will take you on a journey that will include drumming and chanting, Iyengar yoga, kayaking and hiking, walking meditations, creative expressions, mindfulness eating and more.....

When: March 27, 28 and 29 or June 5, 6 and 7th

Cost: \$200 plus accommodation
(offered by the Blue Vista Resort from \$85-\$115 double occupancy per night),
2 vegetarian lunches are included

Call us at 1-877-535-2424
for more information or to register. Ferry pick ups and drop offs complimentary when staying at the Resort.

Submitted by Gail Woodward high noon alto and Nancy Schneider high noon alto

EMPLOYMENT AVAILABLE OR WANTED

LOOKING FOR A TYPIST?

If you have small jobs or larges ones I am happy to work with you. I am a quick typist with flexible hours and reasonable rates. I have worked with people on a number of projects including manuals (both big and small), entering text for a book, letters, etc. If you need something done in a hurry, or a job that has a longer deadline I am happy to accommodate. If this is that you are interested in accessing please call (250-590-5987) or email (cturnbull1@shaw.ca) Carol.

Submitted by Carol Turnbull

EARTH FRIENDLY CLEANING/DECLUTTERING

Experienced, enthusiastic cleaner looking to build clientele. I utilise a combination of natural cleaning products, microfiber cloths, intuition and muscle as well as attention to detail, kindness towards the space I am working in and a communicative relationship with my clients to provide a gentle and effective result. I will approach your unique environment with fresh eyes and a positive attitude, listen to your needs and provide the support necessary to help refresh the space according to your wishes. I am also available to undertake decluttering/organization or simple redecoration projects.

Friday and Saturday through February/March, will be away for April and then full time availability starting in May.

\$25/hr minimum 2 hours

\$20/hr 4+ hours

Gabrielle (250) 813-3245

Submitted by Yves Parizeau (Monday tenor) & Father of Gabrielle

ACCOMMODATION AVAILABLE OR WANTED

SHORT TERM ACCOMMODATION AVAILABLE

I'm looking for someone to share my spacious 2 bedroom apartment for 1 - 3 mos. starting any time after Feb.15. Ideally located on Dallas Rd in the heart of James Bay. Bus routes close by; 15 min. walk to downtown. Includes private 4 pc. bath, wireless high speed internet. There's a sauna, swimming pool and exercise room in the building. \$550/mo.

Contact Mary Lou Hess: marylou.hess@hotmail.com or Phone: 250 590 2993.

Submitted by Mary Lou Hess HNC soprano & CCLT 4 - 2007/8

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

Each day is a secret story woven around the radiant heart of wonder. The sacred duty of being an individual is to gradually learn how to live so as to awaken the eternal within you.

John O'Donohue

Submitted by Patricia Houston GHC Alto

<http://www.jodonohue.com>

<http://www.bbc.co.uk/radio3/belief/pip/6k0ex>

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.

INVITING YOU TO LOOK (now to Feb 28)

A regional visual arts exhibit and sale

At The Bay Centre, Suite #303, 3rd floor, near the elevator

February 7 to 28th, 2009

Daily 12 noon - 5, Friday to 8 p.m.

A photograph on canvas, "Ross Bay Angel" by Katrina Pavlovsky is part of the exhibit.

Hope you will attend.

Kindest regards,

Submitted by Katrina Pavlovsky, Photographic Artist & GHC Soprano

TAIZE SERVICE (Feb 20)

The next Taize service will be on Friday, February 20 at Fairfield United Church at the corner of Fairfield & Moss from 6 to 7 PM. For extra singing practice come at 5:30 and join the group that leads the congregation.

Submitted by Anne Forester, Monday Soprano

10th ANNUAL CAMBODIA BENEFIT CONCERT (Feb 20)

Friday, February 20nd at 7:30pm in the Phillip T. Young Recital Hall at the School of Music (MacLaurin Building) at UVic. Concert will include Jazz, Classical, Ragtime, World Music and more. Among the performers are: singers: Chantavoutt Hy (a young tenor from Cambodia), Emily Braden, Louise Rose, the Viva West Shore Choir directed by Connie Foss More; and pianists Allison Cortens and Arne Sahlén. Tickets (\$15/\$12) are available at the door.

This concert is part of a major Cambodia Support Group campaign to provide support for Khmer (Cambodian) Women's Voice Centre. KWVC gives direct support to women and families, and provides shelter and school fees to young people in need. More information at www.cambodiacsg.org

Submitted by Pat Robertson, HNC Alto, CCLT 5 - 2008/9

SINGING FOR JOY CHORAL WORKSHOP (Feb 21)

This year's workshop is "Singing for Joy" with Kathryn Nicholson and Diane Lines, at the Unitarian Church, 5575 West Saanich Road, on Saturday, Feb. 21, 9:30 a.m. to 4:30 p.m.

Workshop Schedule

<http://www.gettinhigherchoir.ca/community-info/pdftemp/singing-for-joy-program09.pdf>

Registration Form

<http://www.gettinhigherchoir.ca/community-info/pdftemp/singing-for-joy-registration09.pdf>

\$40 includes lunch and snacks.

Space is limited.

Thanks,

Submitted by Mike Graham Tuesday Bass

PRACTICAL
DIGITAL PHOTOGRAPHY
AT SIMPLY COMPUTING (Feb 22)

Classes start Sunday, March 1, 2009, 10:00 a.m., Simply Computing, 2639 Quadra St.

Early bird: \$380 (till February 14)

8 weeks, 22 hours, maximum 8 students

For More Information Visit:

<http://www.goingdigital.ca/schedules.html>

and call: 250 884-4012 to book your space

Submitted by Andrzej Kielbowicz, choir photographer and former GHC Bass

“BECOMING A SPIRITUAL OMNIVERT ” (Feb 22)

Are you an extrovert or an introvert? Research indicates that each inclination uses different parts of the brain. Each inclination responds to spiritual practice differently. As part of her research findings, outlined in her new book, “Spirituality for Extroverts (and tips for those who love them)”, Nancy Reeves discovered that a number of her research participants had become omniverts, able to use more of their brains and have a multi-faceted spirituality.

Dr. Nancy C Reeves is a clinical psychologist, psychotherapist, spiritual director, best-selling author, and published poet. She works extensively in the areas of trauma, grief, loss and transformation and spiritual discernment. Nancy is an adjunct faculty member at the University of Victoria.

Capital Unitarian Universalist Congregation Sunday 10am service, 234 Menzies St (New Horizons)

Submitted by: Jackie MacDonald, GHC Tuesday, Soprano

MARDI GRAS ALL-AGES
MASQUERADE DANCE & FUNDRAISER (Feb 22)

Threshold Housing Society
(providing semi-independent, transitional housing for youth at risk of homelessness)
Invites you to attend our “Mardi Gras All-Ages Masquerade Dance & Fundraiser”

February 22, 2009 from 7pm-10pm at St. Luke’s Church Hall, 3821 Cedar Hill X Rd.

Live band Bijoux du Bayou will spice things up with savoury Cajun tunes.
Masks &/or costumes required! Fun Prizes and a cash snack bar.

Tix : \$25 (\$20 seniors & students) @ Ivy’s Book Shop on Oak Bay Ave, or Larsen’s Music Store on Cook St.

Please join us in celebrating a year of success and raising fun!

Website: <http://www.nwnet.org/~threshold/>

Submitted by Penny Parker, former GHC soprano

SURRENDERING TO INNER PEACE (Feb 25)

With Cedona Holly, Ordained Minister / Spiritual Counsellor.

This session will be an invitation to let go of our day to day reality and to surrender to the peace which lies just beneath all activity of mind. We will soften, relax, and soften some more. Cedona Holly will take us on a journey of inner surrender and will share a variety of meditation techniques to help us let go.

Oneness Wednesdays – Church of Truth, 7 pm. Free or by donation. Information: Linda (250) 380-6383 or <http://cot.seedwiki.com>

Submitted by Linda Chan, Tuesday Soprano

THE SOMATIC DREAMING BODY (Feb 25, Mar 4 & Mar 11)

ongoing class series

ProcessWork Dreambody: Our somatic wisdom through our sensations, symptoms, and body movements foster inspiration; creativity; challenge; conviviality; and commitment for our life journeys.

We'll work with body dreams, earth dreams, community dreams.

Feb 25, March 4 and March 11
\$35/each or 3 for \$90

queries/registration/flyers ~ contact us at
250.383.5677

experienced counsellors, educators, consultants

<http://www.comacommunication.com> (to get a sense of some of what we love)

Submitted by Ann Jacob and Stan Tomandl (choir members in our hearts - Alto/Bass)

STV IS NOT A DISEASE; WHAT IS IT? (Feb 26)

B.C.-STV Public Information Meeting

Thursday, Feb. 26 ~ 7:30 p.m.

St. John's United Church 10990 West Saanich Road (across from Deep Cove School)

Come, learn about STV (Single Transferable Vote) in time for the *B.C. Electoral Reform Referendum May 12*

Speakers: Wendy Bergerud, President, Victoria Chapter of *Fair Vote Canada*
Diana Byford, Member of [Citizens Assembly](#)

For information call: Jack Thornburgh, 250-665-6314, jvthorn@shaw.ca

Submitted by Eva Kerr GHC Monday Alto

*CONVERSATIONS ON UNDERSTANDING
OUR PLACE IN THE NEW COSMOLOGY* (Feb 26)

With Bill Wilson, SJ, PhD

Thomas Berry states, "We are the first generation to know the Great Story of the Universe." Our conversations focus on what it means for humans to know this story as our own story.

Thursday, 12:00 pm – 1:30 pm

\$10.00 suggested donation. Please bring your lunch. Tea and coffee will be served.

Location: Friend's Meeting House 1831 Fern Street, Victoria

To register: 250-220-4601 or 250-380-9786 or earthliteracies@gmail.com

<http://www.livinglanguageinstitute.org>

Submitted by Gertie Jocksch Monday Soprano

CLIENT ATTRACTION MARKETING WORKSHOP (Feb 27 - Mar 1)

For Healing Arts Therapists, Practitioners and Personal Coaches

Learn simple and effective marketing tools, uncover the biggest mistakes practitioners make, and identify and remove limiting beliefs, resistance, and fears that hold you back from success.

Client Attraction Marketing Workshop - February 27 - March 1.

Brentwood Bay Lodge & Spa

\$375 - Early Registration - (before Feb 15) \$399 thereafter

Come to the free Introductory Workshop to meet us and learn the 3 most important things you need to know to attract more clients!

February 9th, 7 -9 pm
Howard Johnson Hotel
310 Gorge Rd. E (RSVP please)

<http://successorientations.com/moreclients> . Or phone us at 250-857-7619

Submitted by: Sheila Sakiyama. Hibernating Monday Alto

VICTORIA CONTRA DANCE (Feb 28)

All dances are held the last Saturday of the month at St. Martin-in-the-Fields
Church hall, 550 Obed
7 pm newcomers taught
7:30 pm dance starts
\$8/5 at the door

Next dance: Saturday February 28
Caller: Anne Glover
Band: Odd Hack

Check out the contra dance videos at www.victoriacontradance.com

Submitted by Susannah Day GHC and former HNC Tenor

LIFT UP YOUR VOICE (Feb 28 & Mar 1)

A weekend choral workshop with Brian Tate in Gospel and World music

\$50

Saturday, February 28th (afternoon) at Cadboro Bay United, and Sunday, March 1st (afternoon),
ending with a concert at First Met United Church.

NOTE: IF YOU ARE SINGING IN THE TAPS SWAT ON SUNDAY AFTERNOON, YOU CAN SIGN
UP FOR JUST SATURDAY'S WORKSHOP FOR \$30.

THEN, WE CAN GO OVER TO THE SUNDAY SESSION AT FIRST METROPOLITAN UNITED
CHURCH AFTER THE BELFRY, JOIN THEM FOR REFRESHMENTS, AND THE 5:30
PERFORMANCE.

~ RECOMMENDED BY SHIVON AND DENIS, WHO ARE BOTH ATTENDING.

You will find details on the website

<http://www.cadbayuc.org/choralworkshop/index.html>

Submitted by Shivon

Last chance to see
CORKY EVANS SPEAK (Mar 1)
on Vancouver Island

Come hear one of BC's most knowledgeable and entertaining farm advocates in a farewell
address on Food Security. Experience Corky's passion and commitment to the people and
places that sustain us in our province.

When: Sunday, March 1 from 7 - 9:30 pm

Where: Cedar Hill Municipal Golf Course
1400 Derby Road, Victoria

Corky will be speaking about food, farms, lands and BC's farmers.

Tickets \$75 (includes \$55 tax receipt)

For ticket information visit www.obghnewdemocrats.ca

For information call Amber at 250-893-7376

Find us on facebook at <http://www.facebook.com/event.php?eid=65393981712>

Pass it on!

Submitted by Chris McLaren former GHC Thursday Alto

CELEBRATE THE RETURNING LIGHT (Mar 1)

The Radha Yoga Centre invites you to Celebrate the Returning Light, Sunday March 1st, 10 am to 1 pm, 2530 Fernwood between Bay and Haultain, second floor. Suggested Donation: \$15.

As the light of late winter brightens and grows, how can we strengthen and reflect a growing inner light in ourselves?

Take time to immerse yourself in the light, with the Divine Light Invocation practice and visualizations. For beginning and experienced students.

To register or for more information please email yoga@radhavictoria.ca or call Karin at 250-385-8802

www.radhavictoria.ca

Submitted by: Patricia Hurdle & Susan Smith, GHC Sopranos

VICTORIA VIPASSANA COMMUNITY SIT (March 1)

Join us for a 45 minute sit followed by a talk on Loving Kindness by Peter Kedge, CEO and Director of the Maitreya Project.

The Maitreya Project is based on the belief that inner peace and outer peace share a cause and effect relationship and that loving-kindness leads to peace at every level of society — peace for individuals, families, communities and the world.

Everyone welcome. By donation.

Information: Linda (250) 380-6383 or http://www.victoriavipassana.org/weekly_groups.htm

March 1st 7:00 - 9:00 pm

Helga Beer Yoga Studio, 202 - 1600 Bay Street (*Shakespeare St. entrance*)

Submitted by Linda Chan, Tuesday Soprano

COMMUNITY EVENTS – COMING WEEKS

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.

TALK ON BOLIVIA AND VENEZUELA: (Mar 4)

If you are interested in finding more about my trip to Bolivia and Venezuela, I will be giving a talk about it on Wednesday, March 4, 7 to 9 pm, at UVic and the following week, on Wednesday the 11th, at Dunsmuir Lodge in Saanichton. For more info, check the UVic Continuing Studies catalogue (January-August 2009) on page 32. You can also go on line at www.continuingstudies.uvic.ca and register as well. Thanks.

Submitted by Yves Parizeau, Monday tenor

MENTAL HEALTH FIRST AID (Mar 4)

How to understand, deal with and protect vulnerable adults with mental illness

Our dynamic speaker, Seia Roots, is a public educator with the Community Education and Training department at the Vancouver-Burnaby branch of the Canadian Mental Health Association. Seia spent over ten years struggling with mental illness and psychiatric hospitalization. She has experienced the difference education, awareness and action can make in decreasing stigma around mental illness.

Wednesday, March 4, 2009, 1:00 – 3:00

At the Greater Victoria Public Library Nellie McClung Branch
3950 Cedar Hill Road (corner McKenzie)

Refreshments served

Free Admission ~ Registration Required
E-mail cmrosa@hotmail.com or call 250-665-7788

Submitted, his wife Rosa Goldstein, by: cHumi Goldstein former GHC & Soundings Bass

OPENING TO DIVINE ECSTASY THROUGH SACRED SOUND AND AUTHENTIC MOVEMENT
WITH CEDONA HOLLY (March 4, 11, 18).

Snatam Kaur's music will be the impetus for these uplifting evenings of authentic movement. These evenings are wheelchair friendly as we simply ask our cells to vibrate to this uncompromising joy and inner sanctity. Outer movement is optional! Bring a blanket or mat as you may choose to lie on the floor for the more inward selections. All are welcome.

Oneness Wednesdays – Church of Truth, 7 pm. Free or by donation. Information: Linda (250) 380-6383 or <http://cot.seedwiki.com>

Submitted by Linda Chan, Tuesday Soprano

WALLS THAT DIVIDE
AND TIES THAT BIND (Mar 4, 11, 18, 25)

Four sessions on discovering the power of a civil society and how to access it.

St. Paul's United Church
Sidney, BC
(corner of 5th St and Malaview Ave)

Wednesdays, March 4, 11, 18, 25 7 to 8:30 pm

We will focus on working together to build a peaceful and caring society in our families, our communities and in the world, through input, discussion, music and laughter.

Key note speaker March 4th ~ Mary-Wynne Ashford MD,
Past President of International Physicians for the Prevention of Nuclear War and author
of "*Enough Blood Shed*". She will present some of the powerful examples of civil society,
especially faith communities, taking action for human rights around the world.

Suggested donation of \$5/session.

Please register:

Office: 250-656-3213 or

Jeanne: 250-656-7664 or

E-mail: stpauluc@stpauluc.com

Submitted by: Jeanne Schnell GHC Monday Tenor

DIGITAL PHOTOGRAPHY TRAINING AT THE LIBRARY (Mar 6)

Classes start Friday, March 6, 2009, 6:00 p.m., Public Library, Nellie McClung Branch, 3950
Cedar Hill Rd.

Early bird: \$380 (till February 14)

8 weeks, 22 hours, maximum 8 students

For More Information Visit:

<http://www.goingdigital.ca/schedules.html>

and call: 250 884-4012 to book your space

Submitted by Andrzej Kielbowicz, choir photographer and former GHC Bass

UPCOMING WORKSHOPS
WITH LAUREL MURPHY (start dates Mar 6, 14 & 17)

Laurel is a long-time, advanced student of Rhiannon

Soul Songs

Mar 6, 7 & 8 on Mayne Island:

An intimate weekend retreat (max 6 participants) exploring presence, writing and
authentic song

Singing On The Edge

Mar 14 & 15 on Mayne Island:

A wild romp in the river of voice and self-expression

Sound Journeys

Mar 17 to April 7 & April 14 to May 5 in Vancouver:

An experiential series investigating the mysterious worlds of sound and the body

for details: <http://www.laurelmurphy.com/projects.html>

Submitted by Shivon

ENTERING MUSIC:

FIVE GATES TO THE GARDEN (Mar 11)

All music, from all cultures and epochs, can be said to be made up of five elements. In this course, we will look at those elements and walk through those five entrances into the musical garden where we will hear music more deeply, and more joyfully. We will cultivate a musical intelligence that will allow us to be more aware of the structures that make the music we love come alive for each of us. 6 – 2 hr evening bi-weekly evening sessions beginning Wednesday, March 11/09.

More info here: <http://www.royalroads.ca/continuing-studies/TAPA1707-Y08.htm>

Submitted by: Denis Donnelly

FROM HEART TO HANDS:

COMING HOME THROUGH THE ARTS (Earlybird Mar 18)

A One-Day Retreat

Using the ancient wisdom of word, image and imagination we rediscover our heart's natural creativity and healing gifts.

The arts help us to make meaning of our lives. They convey our innermost feelings, give voice to our spirits and assist us to transcend limiting beliefs.

Join us for a full day of creative expression - a day of Nurturing Yourself Home through Writing, Music, Meditation, Dance, Collage and Mandela Making.

Saturday, April 18 - 9:30 – 5 p.m.

\$115.00, Early Bird by March 17th, \$85.00

Includes welcoming snacks and full vegetarian lunch

Sleeping Dog Farm

Facilitators Patricia Rose – GHC Soprano &
June Swadron – former GHC Alto

Call to Register:

Patricia – 250- 727-2554 prose7@shaw.ca OR

June – 250 -385-2205 juneswadron@shaw.ca <http://www.juneswadron.com>

Submitted by June Swadron former GHC Monday Alto

JUST FOR FUN

A reward of laughter for reading this far

BANNED FROM WAL-MART

Submitted by Tatiana Evans Tuesday/Thursday Alto/Tenor

This is why women should not take men shopping against their will.

After I retired, my wife insisted that I accompany her on her trips to Wal-Mart. Unfortunately, like most men, I found shopping boring and preferred to get in and get out. Equally unfortunately, my wife is like most women - she loved to browse.

Yesterday my dear wife received the following letter from the local Wal-Mart:

Dear Mrs. Samsel,

Over the past six months, your husband has been causing quite a commotion in our store. We cannot tolerate this behavior and have been forced to ban both of you from the store. Our complaints against Mr. Samsel are listed below and are documented by our video surveillance cameras.

- 1.. June 15: Took 24 boxes of condoms and randomly put them in people's carts when they weren't looking.
- 2.. July 2: Set all the alarm clocks in Housewares to go off at 5-minute intervals.
3. July 7: Made a trail of tomato juice on the floor leading to the women's restroom.
- 4 July 19: Walked up to an employee and told her in an official voice, 'Code 3 in Housewares. Get on it right away.'
5. August 4: Went to the Service Desk and tried to put a bag of M&M's on layaway.
6. August 14: Moved a 'CAUTION - WET FLOOR' sign to a carpeted area.
7. August 15: Set up a tent in the camping department and told other shoppers he'd invite them in if they would bring pillows and blankets from the bedding department.
8. August 23: When a clerk asked if they could help him he began crying and screamed, 'Why can't you people just leave me alone?'
9. September 4: Looked right into the security camera and used it as a mirror while he picked his nose.

10. September 10: While handling guns in the hunting department, he asked the clerk where the antidepressants were.

11. October 3: Darted around the store suspiciously while loudly humming the 'Mission Impossible' theme.

12. October 6: In the auto department, he practiced his 'Madonna look' by using different sizes of funnels.

13. October 18: Hid in a clothing rack and when people browsed through yelled, 'PICK ME! PICK ME!'

14. October 21: When an announcement came over the loud speaker, he assumed a fetal position and screamed, 'OH NO! IT'S THOSE VOICES AGAIN!'
And last, but not least...

15. October 23: Went into a fitting room, shut the door, waited awhile, then yelled very loudly, 'Hey! There's no toilet paper in here!'

Sincerely,

Wal-Mart

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

Making
Universal
Sounds
In
Community

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

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