



The experience of singing together in harmony is greatly enhanced by the degree to which we can consciously listen - to our own voices, to the voices immediately surrounding us, the voices on the other side of the room, and the sound we are all making together and all this at the same time! Sounds like it could be overwhelming, all this listening, but in fact it is very calming, for it requires an emptying of all else in the mind, and a gentle turning of our full presence and attention toward the singing. Enjoy it!

A REMINDER to those in GHC singing this Sunday in the SWAT at the Belfry Theatre (Fernwood & Gladstone) - come at **2:15** for a complete run-through before we sing at 3:15.

~ Shivon

\*\*\*\*\*

DENIS

I am looking forward to working with the "new edition" of the GHC. We grow and change as a community-within-a-community, and it's always wonderful to see the veterans and the new folks all together after the first couple of weeks settles until our new configuration (more or less...).

We've got some great music for you!

Welcome to the new folks!

And: I'll have flyers for my "Listening To Music" course at choir this week and next. Info here:

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

~ Denis

## **ADMIN TEAM NOTES**

BILL

New Singers Please Note

To get a clearer idea of what you have committed yourself to please click on the following link  
<http://www.gettinhigherchoir.ca/community-info/misc/conductor.htm>

~ Bill

## **Gettin' Higher Choir Info**

### **GHC NEWS & BUSINESS**

CHOIR POTLUCKS

There will be potluck gatherings from 6:00 to 7:30 p.m. on each of the following choir nights:

Thursday March 19  
Monday March 23  
Tuesday March 24

These potlucks, held every session, are a tradition in the choir that allows us to get to know each other a little better.

Please bring a tasty dish to share and your own plate, cup and cutlery. An ingredients sign would be helpful for those with dietary considerations and perhaps a name label in case someone wants to get your recipe from you.

All choir members are welcome at all potlucks. Come and enjoy!

\*\*\*\*\*

### NAME TAGS

Starting this week there will be name tags available at choir for those that don't already have them.

#### Editor's Note

Sorry for the confusion. Last week's item on this subject should have read "Starting next week"...but this week it is this week for sure.

\*\*\*\*\*

### 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

\*\*\*\*\*

### A SUGGESTION RE: BINDERS

Put a lable with your name and possibly your phone number on it. Inside or out but out is best as makes it less likely for anyone to pick it up by mistake. It also increases its chances of coming back to you if you happen to leave it somewhere other than choir.

\*\*\*\*\*

### A PARKING REMINDER FOR TUESDAY & THURSDAY SINGERS

We want the Church of Truths neighbours to enjoy GHC so PLEASE do not park in front of their houses in the residential parking areas. There is legal parking available on Superior, Kingston, St. Lawrence (beside the park) and Erie streets. There is also plenty of parking for \$1 for two hours in the lot on St. Lawrence by Fisherman's Wharf. Be aware, however, that choir members who have parked for longer than two hours on one ticket have received fines so consider buying two tickets to protect yourself.

Of course, car pooling is always great! (SATB in every car). Make good use of this newsletters  
GHC Car Pooling Available & Wanted section.

\*\*\*\*\*

## NAVIGATING OUR NEWSLETTER

With more than 1100 members of our community able to submit items to this newsletter it can get pretty long. So.....

A) Know what's where so you can go directly to, and only to, what interests you

### Part 1

Always check the "Special Notes" for important reminders

Anything to do with GHC activities can be found in the first few headings following the Director's and Admin Notes

The rest of Part one is made up of HNC, Soundings and CCLT information which may offer opportunities for participation or entertainment of interest to you or people you know.

### Part 2

Skim through, looking at section headings only (large coloured type) and only stop to explore those sections that are of interest to you.

Skim through sections of interest, looking only at item titles only and only stop to read items whose titles catch your eye.

B) Use your email program's search function to search for topics of interest by inserting an appropriate word or phrase (ie. sing, workshop, concert, yoga, dance, etc.) and then press "Find Next". In my email program this function is opened by going to the Edit menu and clicking on "find" then "find text". If you don't know how to open it in your program poke around a bit, it's there somewhere.

Whether you skim, search or read every word keep in mind that some items you come across in the newsletter might be of interest to a family member, friend or associate and generously pass such items on. You will be doing both the recipient and the submitter a favour and will probably generate some goodwill for yourself in the process.

~ Bill

\*\*\*\*\*

## THE POWER OF HOPE (Repeat)

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

<http://powerofhope.org/>

They have just updated the contents of the site.

\*\*\*\*\*

## 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.

Please note: This is the last week this reminder will be in the newsletter but the link will remain accessible from the GHC site's Choir Photos page.

~ Bill

## GHC SWAT SCHEDULE

Sing When Asked To

### UPDATED SWAT SCHEDULE

The information on the upcoming SWATs has been updated on our web sites Choir Schedule page at:

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

Lyric, MP3 and parts files are now available for the repertoire's of both upcoming SWATs at:

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

## GHC REGISTRATION INFORMATION

### RETURNING VETERANS PLEASE NOTE

If you have not registered either with your payment or by email yet please email or phone me over the weekend. I will be starting work on the Choir Contact List soon and would like to have it as accurate as possible when it goes out.

## CHOIR COMMUNITY LYRICS

The following are lyrics that pop up at choir regularly. If you want to be prepared when they do copy this section, print it out and keep it in your binder.

At potlucks Shivon tends to sing the following grace:

Thank you for this food, this food  
This glorious, glorious food  
And the animals  
And the vegetables

And the minerals  
That make it possible (Repeat 1 or 2 times)

Yummmm!

At potlucks Denis tends toward this one:

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

Yummmm!

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

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

Sing in joy

Bill

## **GHC CAR POOLING WANTED & OFFERED**

To arrange car pools you can announce your request/offer at break time at choir (GHC or HNC). You can also email me at [bill@gettinhigherchoir.ca](mailto:bill@gettinhigherchoir.ca) with your name, contact information, where you start from and whether you need a ride or are offering one.

Don't be shy about repeating your request in subsequent weeks if you don't connect the first time.

## **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 (for those who missed this item last week)

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 \*\*\*\*\*

What the critics fail to understand is that the ground has shifted beneath them.

Barack Obama  
from his inaugural speech Jan. 2009

Submitted by Patricia Houston GHC Alto

\*\*\*\*\*

## COMMUNITY MEMBER'S SUBMISSIONS

Any time you want to support a choir community member's offering that includes a link to a poster, flyer or brochure it is easy to pass on the link to your contacts or to print copies to post on home, local or work bulletin boards.

## OPPORTUNITIES TO SING!!!

PLEASE PASS THIS ON TO POTENTIAL SINGERS

Do you know singers, or wannabe singers who might like an opportunity to sing in a GHC/HNC type choir? Many of the graduates of the Shivon and Denis' Community Choir Leadership Training program (CCLT) are involved in choirs of their own across North America and in Australia. Send the following link to the singers you know wherever they may be so they can check to see if there is a sister choir in their area:

[http://www.ubuntuchoirs.net/locator\\_coastal\\_BC.php](http://www.ubuntuchoirs.net/locator_coastal_BC.php)

\*\*\*\*\*

## DEBORAH MILLAR'S 2009 VOICE WORKSHOPS

Deborah's workshops are based on a unit of five 90 minute sessions in a small group. If you want to continue, you can move on to another level, or stop where you are.

"I have realized in the course of my work that not everyone is able to commit to private lessons and I have 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." ~ Deborah Millar

For current course descriptions please visit:

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

Because there is a limited enrollment (maximum ten people), if you are interested, please e-mail Deborah ASAP to reserve your spot. Registration needs to be confirmed ASAP. To reserve, or for more information please contact her at [deborah@theauthenticvoice.ca](mailto:deborah@theauthenticvoice.ca) or call 250-382 1232.

\*\*\*\*\*

## COMMUNITY EVENTS ITEMS THAT INVITE YOU TO SING!

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

### VALIDATION

A Smile Virus Sooo Beautiful I Cried

<http://www.youtube.com/watch?v=Cbk980jV7Ao>

Submitted by Tatiana Evans GHC Tuesday/Thursday Alto/Tenor

\*\*\*\*\*

## GREAT NEWS FOR LEONARD COHEN FANS!

He will be in town on Tuesday, April 21

You can visit his web site with lots of great information on it at:

<http://www.leonardcohenfiles.com>

Please see also some of my images from his 85' Various Position Tour in Poland:

<http://www.leonardcohenfiles.com/kielbowicz.html>  
<http://www.leonardcohenfiles.com/warsaw-ak.html>

Submitted by Andrew Kielbowicz choir photographer and former bass

\*\*\*\*\*

TWO YOUTUBE LINKS...

...of work by a friend of mine, Victoria artist Deryk Houston. Eggs for Peace will be in Beacon Hill Park.

[http://www.youtube.com/watch?v=wMrf\\_sd3gkA&NR=1](http://www.youtube.com/watch?v=wMrf_sd3gkA&NR=1)  
[http://www.youtube.com/watch?v=QktY3\\_Cregg](http://www.youtube.com/watch?v=QktY3_Cregg)

Submitted by Marnie Miiller former GHC Alto and later Tenor

\*\*\*\*\*

BUDDIES!

This is uplifting! A must see.

<http://www.gettinhigherchoir.ca/community-info/video/elephant-dog-buddies.wmv>

Namaste,

Katrina

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

We cannot advance without new experiments  
in living, but no wise man tries every day what  
he has proved wrong the day before.

James Truslow Adams  
1878-1949, American Historian & Editor

Editor's Collection

\*\*\*\*\*

## COMMUNITY NETWORKING

### I NEED SOMEONE TO SEW CURTAINS

I need someone to sew 22 small panels or curtains for my boat which is located near the Laurel Point Inn, in James Bay. The curtain design is simple and straightforward i.e., the curtains are not lined, and require no ruffles or bunching....Please call Chris at 250-588-8138 to discuss. I would really like to have the curtains finished by the end of March.

Submitted by Chris Gower-Rees, former GHC / Soundings Tenor

Chris Gower-Rees

\*\*\*\*\*

### WITH A LITTLE HELP OF MY FRIENDS . . .

Hello All,

Here is the link to PDF file of my recent Digital Photography Course ad. If you can share this with your friends or print and place it at any bulletin board, your help will be deeply appreciated.

<http://www.goingdigital.ca/images/DPSC-ad.pdf>

Submitted by Andrew Kielbowicz choir photographer and former Bass

\*\*\*\*\*

### SEEKING WORKSHOP SPACE

I am looking for a centrally located garden studio or similar space that holds 10-15 people with a few tables and chairs, bathroom and a spot to make tea during brake times. Or a comfortable naturally bright studio or common space. Suggestions or know of anything please contact Joanne 250- 381-6171 or fireweed57@shaw.ca

Submitted by Joanne Marks CCLT 3 - 2006/7 and former GHC Soprano

## SERVING EACH OTHER

### THINKING OF SEEING A COUNSELLOR?

I offer a free initial session to members of the GHC community (or anyone referred by a community member).

I'm a Registered Clinical Counsellor whose practice embodies values of relationship, harmony, and respect.

Before or after visiting <http://www.leemcleodcounselling.com>, you are welcome to call me at 250-888-6825.

Submitted by: Lee McLeod, GHC Tuesday/Thursday Bass

\*\*\*\*\*

### *THE WORK THAT RECONNECTS*

In a time of upheaval, take time to experience your place in the web of life, learn practices to shift your perceptions and draw on deeper resources for taking action in the world.

Fees - S \$250, D - \$225, commute \$135

Facilitators: Jackie Larkin & Maggie Ziegler

April 3 – 5, 2009

Location: Queenswood, 2494 Arbutus Rd. Victoria  
250-220-4601 or 250-380-9786 or

To register: [earthliteracies@gmail.com](mailto:earthliteracies@gmail.com) or 250-220-4601 or 250-380-9786

<http://www.livinglanguageinstitute.org>

Submitted by Gertie Jocksch Monday Soprano

\*\*\*\*\*

### COMPUTER SERVICES

Reasonable rates. Very thorough, with 8 years experience.

Virus removal, cleaning and general maintenance.  
Learn how to better protect your computer, against phishing, viruses and hackers.

All Issue diagnosis, Re-installations, Hardware & Memory upgrades, Consultations, etc. Windows XP, Mac OSX.  
I am also a Linux expert.

Sales of New and rebuilt computers.

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

Submitted by: Thomas Wakefield, Soundings Baritone.

\*\*\*\*\*

### 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

## COMMUNITY MARKETPLACE

VICTORIA YOUTH ORCHESTRA TICKETS Mar. 15

I have 3 tickets for sale plus a voucher for another free ticket (must be requested by Mar.11) to their performance of Tchaikovsky Sleeping Beauty Suite on Mar. 15 at 2:30 p.m. at University Centre Auditorium. The tickets are 1 adult and 2 child, good seats (Row H). Cost \$32.

Contact Lorraine 250-652-0231 [lbutler@shaw.ca](mailto:lbutler@shaw.ca)

Submitted by Lorraine Butler GHC Monday Alto

## THINGS & OPPORTUNITIES WANTED

REBOUNDER WANTED

I gave my small rebounder away last year and would like to have another one. My budget is in the \$10-15 range and would be happy to pick it up.

Thanks,

Submitted by Karasima former GHC Tenor and the choir's first Registrar

## EMPLOYMENT AVAILABLE OR WANTED

I NEED SOMEONE TO SEW CURTAINS

I need someone to sew 22 small panels or curtains for my boat which is located near the Laurel Point Inn, in James Bay. The curtain design is simple and straightforward i.e., the curtains are not lined, and require no ruffles or bunching....Please call Chris at 250-588-8138 to discuss. I would really like to have the curtains finished by the end of March.

Submitted by Chris Gower-Rees, former GHC / Soundings Tenor

Chris Gower-Rees

\*\*\*\*\*

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

### ACCOMMODATION AVAILABLE

Cordova Bay Basement Suite

Close to Commonwealth Pool and great running/biking trails!

Quiet family home on half acre in Cordova Bay has a 650 sq ft basement suite available. Separate entrance, off-road parking, large fenced back yard, kitchen facilities, private bathroom, bedroom, den, shared laundry facilities. New flooring in kitchen, hallway and bedroom. Heat / light/ water included. Non-smoker. \$750 per month.

Contact Arlene 658-4125

[awert@islandnet.com](mailto:awert@islandnet.com)

Submitted by Arlene Ewert, Soundings

\*\*\*\*\*

### HOUSE SIT OR RENTAL WANTED

Family originally from Victoria, moving back mid March so their son can attend Vic High. Sue is a former choir member. Looking for a 2 bedroom house sit or rental in the Fernwood area for April.

This is a responsible family, very reliable. Highly recommended by Judy Smith. Email to Sue or Nijen: [bodhiholland@northwestel.net](mailto:bodhiholland@northwestel.net) or call Judy at 250-386-6243 Thanks.

Submitted by Judy Smith GHC Thursday Soprano

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

Music may achieve the highest of all missions: She may be a bond between nations, races and states, who are strangers to one another in many ways; She may unite what is disunited, and bring peace to what is hostile.

Dr. Max Bendiner

Editor's Collection

\*\*\*\*\*

## COMMUNITY EVENTS ~ THIS WEEKEND TO NEXT

We encourage you to support the activities of other choir community members by emailing copies of any item to any of your contacts that you think would be interested.

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

\*\*\*\*\*

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

<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](http://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 (Mar. 1), 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](http://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](mailto:yoga@radhavictoria.ca) or call Karin at 250-385-8802  
<http://www.radhavictoria.ca>

Submitted by: Patricia Hurdle & Susan Smith, GHC Sopranos

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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](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

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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 <http://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 [crnrosa@hotmail.com](mailto:crnrosa@hotmail.com) or call 250-665-7788

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

\*\*\*\*\*

THE SOMATIC DREAMING BODY (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)

\*\*\*\*\*

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

With Cedona Holly

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 5<sup>th</sup> 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 4<sup>th</sup> ~ 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](mailto:stpauluc@stpauluc.com)

Submitted by: Jeanne Schnell GHC Monday Tenor

\*\*\*\*\*

LIFT UP YOUR VOICE (Feb 28 & Mar 1)

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

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MEDITATION, WHOLENESS  
& THE LIVING PLANET (Mar 7)

Facilitator: Neil McKinlay

Saturday MARCH 7, 2009

Wholeness is the inherent condition of our species. In modern culture, however, we have fallen from this and become increasingly fractured. The human cost has been considerable and the cost to the non-human world has been disastrous. This workshop uses the practice of embodied meditation as a means of rediscovering our innate connection with ourselves and the living planet around us. Body-based awareness exercises help us begin the work of reclaiming our wholeness and healing our relationship with the world.

<http://www.royalroads.ca/continuing-studies/PEMS1545-Y08.htm>

Submitted by Hillary Leighton GHC Alto

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TIBET WALK & VIGIL (Mar 7)

Walk - Saturday, March 7

Vigil - Tuesday, March 10

March 10 will mark 50 years since the Dalai Lama fled into exile in India and Tibetans revolted (unsuccessfully) against Chinese occupation. While Tibetans mourn the many lives lost in that time, they are also celebrating 50 years of survival and resistance. In Victoria, Tibetans and supporters will hold two events. On March 7 we'll meet at Centennial Square at 12:15, to walk to the Legislature at 12:30 for a rally at 1:00. On March 10, we will hold a vigil at the cenotaph on the Legislature grounds at 4:00 pm. Please join us. If you'd like to show your support in other ways, please get in touch .

Submitted by Kathie Putt, GHC Tues/ Thurs alto.

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ORIGAMIC ARCHITECTURE:  
THE ART OF POP-UP CARDS (Mar 7)

Facilitator: Ann Nightengale

Saturday MARCH 7, 2009

Origamic architecture is the art of cutting and folding paper into simple or intricate patterns which can be folded flat, but when opened reveal surprising designs, transformed into unusual works of art, able to be folded into an envelope for mailing or storage.. In this one-day, you will learn the basics of making pop-up art and create cards for your own enjoyment or to give away. Paper and patterns will be supplied. See the supply list for required tools.

<http://www.royalroads.ca/continuing-studies/TAVA1720-Y08.htm>

Submitted by Hillary Leighton GHC Alto

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PRACTICAL DIGITAL PHOTOGRAPHY (Mar 8)  
AT: SIMPLY COMPUTING

Classes start Sunday, March 08, 2009, 10:00 a.m., Simply Computing, 2639 Quadra St.

Early bird: \$360 (till February 28)

8 weeks, 22.5 hours, maximum 8 students

For More Information Visit:

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

Submitted by Andrew Kielbowicz choir photographer and former Bass

## 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.

TIBET WALK & VIGIL (Mar 10)

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Submitted by Kathie Putt, GHC Tues/ Thurs alto.

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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

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A POST CARBON WORLD: (Mar 11)

Practical Solutions to Global Climate Change and Peak Oil

Facilitator: Guy Dauncey

Wednesday MARCH 11, 2009

There is an urgent need for practical solutions for both global warming, and our dependency on oil and gas, now that we have entered the era of peak oil and terminal decline. Will our civilization collapse under these threats, or can we use our technological and organizational skills to achieve a rapid transition to a post-carbon world? Examine the full range of zero-carbon solutions, with examples from communities around the world where they are already in place.

<http://www.royalroads.ca/continuing-studies/GLG1503-Y08.htm>

Submitted by Hillary Leighton GHC Alto

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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](mailto:prose7@shaw.ca) OR  
June – 250 -385-2205 [juneswadron@shaw.ca](mailto:juneswadron@shaw.ca) <http://www.juneswadron.com>

Submitted by June Swadron former GHC Monday Alto

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ROCKIN' REBELS BAND

proudly presents:

"BUDDY HOLLY...IS THAT REALLY YOU?" (Mar 19)

Featuring:

Zachary Stevenson,  
star of Drayton entertainment's "Buddy-The Buddy Holly Story".

Thursday, March 19<sup>th</sup> 2009 at 8:00 p.m. Doors open at 7:30 p.m.  
Saanich Fairgrounds, Main Hall – Cedar Room.  
Tickets \$22.

Group rates available for 8 or more

Contact:

Jack Stevenson - [jackstevenson45@hotmail.com](mailto:jackstevenson45@hotmail.com) (1-250-240-2745)  
Arlene Ewart - [awert@islandnet.com](mailto:awert@islandnet.com) (250-658-4125)

For more details click on:

<http://www.gettinghigherchoir.ca/community-info/pdftemp/rockin-rebels.pdf>

Submitted by Arlene Ewert, Soundings

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BACH FLOWER REMEDY COURSE (starts Mar 21)

Bach Flower Remedy Course Being Offered

The course will give you the knowledge and tools you need to bring the preventative, supportive nature of Bach Flower Remedies into your daily life.

This course will provide you with comprehensive working knowledge & understanding of how the remedies work, how to assess which remedies & combinations to blend for yourself, others, children & animals. You will learn how plant spirit medicine works and in relation to our body /mind & spirit connection to health & disease. This course has been approved by the Bach Foundation in England. Come join us.

See our poster for details.

<http://www.gettinhigherchoir.ca/community-info/pdftemp/bach-flower-remedy.pdf>

Submitted by Joanne Marks CCLT 3 - 2006/7 and former GHC Soprano

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REIKI MASTER/TEACHER WORKSHOP (Mar 21, 22 & 23)

Victoria-March 21, 22, 23, 2009 (Sat.Sun.Mon) - Sleeping Dog Farm

International House of Reiki-Australia - 3day Reiki Master/Teacher Workshop, Reiki as a Spiritual Practice from a Japanese Perspective for Reiki Master/Teachers/Practitioners & Level 2 Reiki, Certification permitting you to teach and initiate into the Reiki Branch called Usui Reiki Ryoho

March 20, 7-9pm, Public Presentation, Everyone welcome "The Japanese Art of Reiki" including Q & A ~ \$15

Info contact Catherine Harvey [reikivictoria@gmail.com](mailto:reikivictoria@gmail.com) 250-298-8191

<http://www.reiki.net.au>

Submitted by: Catherine Harvey former GHC Tuesday Alto

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VICTORIA BROADWAY CHORUS  
7th ANNUAL FUNDRAISING CONCERT (Mar 27)

A 70 voice chorus performing Broadway and Hollywood favourites.

Featuring pianist/arranger, Bob LeBlanc, with soloists Kathleen West, Timothy Kyle, Pam Miller, Sarah Carle, Dwayne Gordon, and Clarinetist Gordon Clements.

Victoria - Friday March 27th at 7p.m.  
Saturday, March 28th at 2p.m.  
Central Baptist Auditorium, 833 Pandora Avenue  
Tickets \$25 available at Long & McQuade, Munro's Books and Ivy's Book Shop  
Also available from Lee Harrison(250-652-8992) or MaryAnne Jarvin(250-652-0536),  
Monday sopranos.

Sidney- Saturday, April 4th at 7p.m.  
Sunday, April 5th at 2p.m.  
Charlie White Theatre, 2243 Beacon Avenue  
Tickets \$25 available at the box office  
Tickets: 250-656-0275

For more information: <http://www.victoriabroadwaychorus.com>

All proceeds will go to the ALS Society of Victoria

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PRITI (starting Mar 27 & Jun 5)

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

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## NAVIGATE MODERN MIDLIFE - STEP INTO JOY (Mar 28 & Apr 4)

Co-Facilitated by Victoria Zajchowski & Deborah Russell

Step into the richness of growth and discovery using two powerful tools – Myers-Briggs Type Indicator® and Conscious Creation. Spark your inner wisdom and create positive change through carefully chosen activities, exercises and techniques.

Where: In beautiful Curteis Point,  
5 minutes from the Swartz Bay Ferry Terminal, North Saanich

When: \*\*Saturday, March 28  
10:00 a.m. – 3:30 p.m. and  
Saturday, April 4  
10:00 a.m. – 4:00 p.m.

Fee: \$195.00

For more information see our brochure:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/navigate.pdf>

Submitted on behalf of Victoria & Deborah by Bill Hanson GHC Bass etc.

## JUST FOR FUN

A reward of laughter for reading this far

### LEATHER & LAUGHTER

This cyberspace viral advertisement tickles my funnybone:

<http://www.gettinhigherchoir.ca/community-info/video/danier-advt.wmv>

Submitted by Bill Hanson GHC Bass

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

**M**aking  
**U**niversal  
**S**ounds  
**I**n  
**C**ommunity

A Community Choir Crescendo, check it out!  
[http://www.ubuntuchoirs.net/locator\\_coastal\\_BC.php](http://www.ubuntuchoirs.net/locator_coastal_BC.php)

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