



DENIS

A reminder to all that we do have some fine CD's available. We record all our concerts and then put the best of the performances on CD. At the moment we have available:

**Mandala** - from two concerts in 1999

**Concert For the Earth Charter** - featuring guest Raffi, from a concert in 2004

**Shine All Your Light** - our most recent CD, featuring Beth Neilsen Chapman, from two concerts in 2007

We also have a very few left of our very popular 2006 **Ubuntu** CD which is a retrospective recording featuring some of the best of our concerts over 10 years.

You can hear clips from all these CDs on our web site here:

<http://www.gettinhigherchoir.ca/shine.php>

The CD's are set up in a self-serve display that I will bring every choir evening. All CD's \$15. The instructions for payment are on the display boxes - please read carefully!

Also available will be my CD of quiet flute and Irish harp music **By the Hearth**. You can hear clips from it here: <http://denisdonnelly.ca/recordings.html>

~ Denis

## ADMIN TEAM NOTES

BILL

The Choir Contact List

I am working toward sending out this seasons Choir Contact List out to all the currently registered singers by Sunday evening if I can or some time Tuesday if not. I would like it to be as complete and accurate as possible so if you have any changes or additions that you want me to make to the contact, location or other information in your choir record...now is the time!

Some Musical Daffynitions for those who haven't seen them before or who have short memories:

<http://www.gettinhigherchoir.ca/community-info/misc/musical-daffynitions.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!

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#### OUR ANNOUNCEMENT POLICY! (A Reminder)

Please make an announcement only if you have flyers to distribute, tickets to sell, or the like, so as to make yourself known, and even then make it as short as possible (e.g. "I am the one with the tickets for the ....", etc). Tell where details can be acquired but please don't announce them (ie "details in the newsletter," "see me at break," "flyers in the lobby," "go to web site at...", etc.).

We are an extremely diverse and exciting community and there is much of common interest but please share briefly.

Many thanks, everyone, for your cooperation!

Shivon and Denis

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#### IF I AM NOT AT CHOIR AND...

...you have fees to hand in please give them to Gloria or (if Gloria isn't there) to Shivon.

~ or ~

...you have information to pass on to me or questions to ask please contact me at

[bill@gettinhigherchoir.ca](mailto:bill@gettinhigherchoir.ca) or  
920-4160 (8 a.m. to 8 p.m., Tuesday to Friday).

~ Bill

## GHC SWAT SCHEDULE

Sing When Asked To

FASD SWAT

Next Saturday, March 14.

Meet to warm up at 1:30 pm in the **Buckingham Room (in the basement of the Empress Hotel)**,

We sing at 2:30 (but possibly as early as 2:00) in the Victoria Convention Centre.

SONGS:

Somewhere to Begin  
How Could Anyone ever Tell You  
Shine All Your Light  
I Have a Dream

Please email [shivon@gettinhigherchoir.ca](mailto:shivon@gettinhigherchoir.ca) to say you're coming. In subject line, put FASD SWAT, and your section (eg.ALTO)

Stay tuned for any last minute instructions!

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

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

I (Shivon) have a few (3) parking passes for the convention centre / Empress underground parking lot. If you need one for any special reason, please email [shivon@gettinhigherchoir.ca](mailto:shivon@gettinhigherchoir.ca)

## **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, whether you need a ride or are offering one and which choir you are in. I will put a listing under the appropriate Car Pool heading for you in the next newsletter. Dont be shy about repeating your request in subsequent weeks at choir or in the newsletter if you dont connect the first time.

### **YOUR CAR OR MINE?**

I can offer a ride, or share a ride, usually on Mondays and sometimes on Tuesdays. From Nellie McClung library. MacKenzie and Cedar Hill Rd. area.

Call 744-3010 (eves. & wknds) or 472-4722 (most afternoons).

Submitted by Jim Hackler GHC Monday Tenor

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### **THE "GET JANET TO CHOIR TEAM" NEEDS SOME NEW MEMBERS**

As many of you know I have been coordinating a group of choir members who take turns getting Janet Hawksley, our most senior Tuesday/Thursday member, to/from, choir. Unfortunately the team has shrunk a little as some of its former members are not available this season.

Janet lives at 50 Douglas (at Niagara). Swinging by to pick her up only adds a few minutes to the trip for anyone driving to choir from outside James Bay.

If you would be willing to help please contact me at [bill@gettinhigherchoir.ca](mailto:bill@gettinhigherchoir.ca) or 250-920-4160 (8 to 8, Tues. to Fri.)

Thanks

Submitted by Bill Hanson GHC Bass etc.

**[Other choir community info](#)**

## **HNC NEWS & BUSINESS**

A HIGH NOON CHOIR CELEBRATION, TUESDAY MARCH 24.  
Come join us for  
FINGER FOOD AND GINGER TEA ...AND SINGING, OF COURSE

You are all invited to attend the final week of the Winter Session of High Noon Choir. Come at noon and sing for the first hour, then join us for finger food, ginger tea and conversation. If any HNC members would like to bring guests, please be sure to pass this along to them.

When: Tuesday, March 24, 12 noon - 1:30  
Where: Church of Truth, 111 Superior Street

We welcome guests and/or potential new singers to this fun event.

NOTE: The next session of the High Noon Choir starts on March 31, with orientation for new singers at 11:30.

Shivon and Gloria

## **CCLT UPDATES**

**Community Choir Leadership Trainings ~ Facilitated annually by Denis & Shivon**

### **PLEASE PASS THIS ON TO POTENTIAL CHOIR LEADERS**

Information about the 2008-'09 Community Choir Leadership Training is now available on the CCLT website at:

<http://www.communitychoirleadership.com>

Please pass this information on to friends from far and wide who may be interested in learning how to organize, administer and direct a choir modeled on the Getting' Higher Choir.

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### **PLEASE PASS THIS ON TO POTENTIAL SINGERS**

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.. We consider these choirs to be GHC "sister choirs" and you can find information about them by clicking on:

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

If you know someone who might like to sing in a GHC/HNC style environment send them this link so they can check to see if there is a sister choir in their area.

## **POWER OF HOPE UPDATES**

**The annual beneficiary of our concerts at the end of our Fall season.**

POWER OF HOPE - NEEDS YOUR SALVAGEABLE BIKES (Repeat)

Do you have a salvageable bike in need of a home? If so...

The Power of Hope is partnering with the Bike Lab Society to gather underutilized bicycles for a series of youth workshops on sustainable transportation. These bicycles will be redistributed to high-school-aged youth, who will learn how to rebuild and refurbish them then keep them to ride.

BIKE DRIVE  
Saturday, March 14, 2009

Drop-offs:

10am ~ 4pm  
Victoria High School Parking Lot (Gladstone Street)  
A volunteer will be there.

Pick-ups:

Email [jenny@powerofhope.org](mailto:jenny@powerofhope.org) and we'll come to your house and take your bruised bike away!

Many thanks & happy riding,

Jenny George  
The Power of Hope [www.powerofhope.org](http://www.powerofhope.org)  
Youth Voices Program Assistant

Submitted by Gloria Hansen, GHC and HNC tenor and Chair of Canadian Power of Hope Board.

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

A great attitude does much more than turn on the lights in our worlds; it seems to magically connect us to all sorts of serendipitous opportunities that were somehow absent before the change.

Earl Nightingale, 1921 to 1989, American radio announcer, author, motivator & speaker

Editor's Collection

<http://earlnightingale.com/>  
[http://en.wikipedia.org/wiki/Earl\\_Nightingale](http://en.wikipedia.org/wiki/Earl_Nightingale)

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## 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.

## AN EDITOR'S REMINDER

### LINK NOT WORKING?

If you click on a link in this newsletter and it doesn't work try copying it, pasting it into your browser's address bar and then hit enter on your keyboard. It may work that way even when it doesn't the other way. If copying & pasting doesn't work try typing it into your browser's address bar or, if all else fails, try typing the file name at the end of the link (everything after the last "/") into a Google search to see if you can access the file that way.

## APPRECIATIONS

### A TRULY FREE LUNCH AT FLOYD'S DINER

I would like to let everyone know that Margaret and I used our coupons for a free lunch at Floyd's diner and it was a great success. These were the coupons that they offered us after the mishap after the last concert when the choir planned to go there after but they got the time wrong. We were very happy we took up their offer. The coupon said "one free lunch" and it meant it. Not just a limited selection of a sandwich but anything from the menu and a bottomless cup of coffee too. Thanks to Bill for arranging this and thanks to Floyd's for the great lunch and friendly service. I hope that we can arrange an after-concert get together at their place again.

Submitted by Mike Wyeth GHC Bass

#### Editor's Note

I sent a copy of the above item to Siobhan, the manager of Floyd's, on Thursday and received the following response from her:

Thanks for your group's amazingness. I'm looking forward to our next event.  
~ Siobhan

## OPPORTUNITIES TO SING!!!

### FREE TUITION VOUCHER FOR HOLLYHOCK MUSIC PROGRAM

I have a free tuition voucher for a summer music program of your choice at Hollyhock Retreat Centre this summer. Course registration must be in by April 30th, 2009.

Call Roxana at 250-642-6545 or email [round.house@shaw.ca](mailto:round.house@shaw.ca)

Roxana Argast, GHC, Tuesday, Alto

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### FABULOUS VOCAL WORKSHOP WITH MOIRA SMILEY & VOCO

Friday April 10, 1-4pm and 6:30-9:30pm. Take either afternoon, or evening workshop, or both.

AT: Church of Truth

COST: \$30 for either session, \$50 for both.

TO REGISTER: [gloria@gettinhigherchoir.ca](mailto:gloria@gettinhigherchoir.ca)

Check out our flyer

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

Who is VOCO?

VOCO is stompin' gorgeous vocals - lush, fierce vocal harmony and delicious vaudevillian combo of cello, accordion and banjo. Original songs, sweet hard-driving Americana, rompin' body percussion, emotional ballads of Eastern Europe. A visionary blend of four exquisite voices.

Ethereal and gritty four-part vocal harmony and delicious vaudevillian combo of cello, accordion and banjo. Original improvisation-built songs steeped in Appalachia and Eastern Europe. Voted #1 a cappella band in the U.S. in 2007, VOCO is the energy of street singing and the elegance of a string quartet. Sweet, hard-driving Americana mixed with crooked eastern European dance and dissonance, with body-stompin' percussive movement. Joyous, magnificent, hair-raising harmonies - music that mourns and dances at the same time. Called "a truly phenomenal act" by Folkworks Magazine, "fascinating and multi-lingual" by the LA Times. "Their body percussion sets are a sight to behold!".

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COMMUNITY EVENTS ITEMS THAT INVITE YOU TO SING!

Upcoming Workshops with Laurel Murphy (start dates 14 & 17)

Heartbeat Music Circle (Mar 29, Apr 26 & May 31)

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

## WORD OF MOUTH / RECOMMENDATIONS

A BEAUTIFUL SONG...

...by Declan Galbraith

[http://www.gettinhigherchoir.ca/community-info/video/20090313/tell-me-why\\_declan.wmv](http://www.gettinhigherchoir.ca/community-info/video/20090313/tell-me-why_declan.wmv)

Recommended by Anu Patel, Soundings alto and GHC Thursday tenor-soon-to-be-alto

Editor's Note

Amen! Pass the link to this video on!

\*\*\*\*\*

THIS IS VERY FUN.....

<http://www.gettinhigherchoir.ca/community-info/video/deep-tissue-massage.wmv>

Recommended by Tatiana Evans Tuesday/Thursday Alto/Tenor

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OBAMA T-SHIRTS:

Many of you expressed an interest in buying an Obama t-shirt like the one I wore at our last concerts. It came from Soundings member, Lynda Raino. She has more for sale and if you would like to purchase one, you can get them next Thursday, March 19, between 5-6:30 pm (just before the potluck) at Lynda Raino dance studio at 715 Yates. Phone number 388-5085. The price is \$22 cash only.

Recommended by Anu Patel, Soundings alto and GHC Thursday tenor-soon-to-be-alto

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DEAR GHC

I went to a healing workshop with Ger Lyons last week here in Hawaii, where I now live, and I found it to be profoundly transforming. Imagine my shock when I learned that he will be holding a weekend session at the end of the month in none other than the Church of Truth! I must be brief here, but write to me if you would like to hear more: [li\\_lac@shaw.ca](mailto:li_lac@shaw.ca). Aloha,

Recommended by Linda Lake former GHC & HNC Alto

Editor's Note

Check out the March 27th, 28th & 29th "Ger Lyons @ The Church Of Truth" item in the Community Events section below.

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HI ALL,

Please pass this on to people you know who are in the healing profession. There is now a new remedy for a common ailment that plagues people in the singing community. Here's the link to more info:

<http://www.youtube.com/watch?v=jd4tugPM83c>

Recommended by Anu Patel, Soundings alto and GHC Thursday tenor-soon-to-be-alto

\*\*\*\*\*

A MUST SEE

If you have not yet seen this you tube video it is a Must See. Victoria artist Kendel Carson sings "I don't want to live on a street"

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

If you think this is great, and I do, please pass the link on.

Recommended by Tony de Bruyne GHC Tuesday Bass

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GREENING THE DESERT IN THE DEAD SEA VALLEY

I received the following cyber space forward from Joe Funk, one of my multitude of cousins, who said:

This sounds like an interesting and hopeful project. Apparently FDR's reclamation engineers also used swales in the southwest during the depression of the 1930's to reclaim desert areas.

<http://www.youtube.com/watch?v=4S6kTlz6Mk4>

It definitely is an interesting and hopeful project. Check it out.

Submitted by Bill Hanson GHC Bass etc.

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THE SOUNDS OF UKRAINE  
- The World- Renowned -  
KYIV CHAMBER CHOIR RETURNS TO NORTH AMERICA

Victoria Concert - Monday, April 27, 2009 7:30 p.m.

FIRST METROPOLITAN UNITED CHURCH 932 Balmoral Road (At Quadra Street)  
Tickets: \$35 at [www.ticketweb.ca](http://www.ticketweb.ca) or 1.877.266.2557 or Ukrainian Cultural Centre 3277 Douglas  
ph: 250-475-2585 for concert info: [www.platinumconcerts.com](http://www.platinumconcerts.com).

"The Choir are real performers-not just singers, but dancers and instrumentalists too. You will have a chance to hear what the critics and audiences were raving about"

"An ensemble of rare quality; a purveyor of music at its transcendent best".

Recommended by: Jean Anderson Tuesday Soprano

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

Diversity: the art of thinking independently together.

Malcom Forbes, 1919 to 1990,  
American publisher & businessman

Editor's Collection

[http://www.quotationspage.com/quotes/Malcolm\\_Forbes](http://www.quotationspage.com/quotes/Malcolm_Forbes)  
[http://en.wikipedia.org/wiki/Malcolm\\_Forbes](http://en.wikipedia.org/wiki/Malcolm_Forbes)

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## COMMUNITY NETWORKING

### CIDA PLEDGE DRIVE FOR VICTORIA-TAIAMA SCHOOL PROJECT

A small group of dedicated people have been working tirelessly for the past six years to rebuild a school which was destroyed during the civil war in the village of Taiama, Sierra Leone, West Africa. We are very close to receiving a CIDA grant for \$100 000, but we must obtain pledges for \$50 000 by the end of March in order to qualify. To date we have pledges amounting to almost

\$49 000. This is a grass-roots project and all the money goes directly to the project. Any small contribution would be gratefully received. Tax receipts will be issued for donations over \$20.

For more information on our accomplishments and future plans, and a copy of the pledge form, click below.

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090313/taiama.pdf>

Donations may also be submitted to:

Claire Ebendinger on Monday night rehearsals  
~ or ~  
Christine Dennison on Tuesday or sometimes Thursday nights.  
[cbdennison@shaw.ca](mailto:cbdennison@shaw.ca) (250) 595-5582

Submitted by: Christine Dennison Tuesday/Thursday Alto

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## CAN YOU HELP

A friend of mine is looking for work and would be open to opportunities, suggestion or referrals you may have to offer.

Hello. I am looking for work with full-time hours, on weekdays, that involves customer service, communications, and perhaps research. I have four years of university study for a B.A. degree in Spanish and Journalism which has also included many Social Science courses. I have workshop preparation and facilitation experience from teaching Spanish and gardening.

I also do informal Spanish lessons for beginners if you would like to contact me about just that.

Thank You. Jessy 381-1413

If you can help her I know she would appreciate it.

Submitted by Bill Hanson GHC Bass etc.

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## WITH A LITTLE HELP OF MY FRIENDS . . . (Repeat)

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

**SERVING EACH OTHER**

## SINGING YOU WELL!

We love to sing together and would like to offer our healing harmonies to those who are ill or otherwise would like a lift. If anyone has a friend or family member who might like to have a few songs sung to them to lift their spirits, just let us know.

blackcrow@shaw.ca

Jill Kirby - Soprano  
Anu Patel - alto  
Thomas Wakefield - bass.

Thank you.

Submitted by Thomas Wakefield Soundings Baritone

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## 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

Submitted by: Thomas Wakefield, Soundings Baritone.

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## PYSANKY WORKSHOPS

Have fun with friends and learn the art of the Pysanka!

You will learn all skills necessary to make, complete and take home a beautiful Ukrainian Easter egg in an evening or afternoon! You will also learn some basic history and symbolism.

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

*When:* Daytimes and evenings available from now until April. Allow 3 1/2-4 hours.  
Custom, in-home classes for kids and grown-ups! Groups of 3-8 people. Our focus is on fun. All supplies provided. Pls phone or e-mail for dates. 25\$ per person.  
Contact Dionne at (250)686-8158 or [islandflowergirl@hotmail.com](mailto:islandflowergirl@hotmail.com)

Submitted by Dionne Jennings, HNC/GHC Tuesday Soprano

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## 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

## FREE STUFF

### FREE TUITION VOUCHER FOR HOLLYHOCK MUSIC PROGRAM

I have a free tuition voucher for a summer music program of your choice at Hollyhock Retreat Centre this summer. Course registration must be in by April 30th, 2009.

Call Roxana at 250-642-6545 or email [round.house@shaw.ca](mailto:round.house@shaw.ca)

Roxana Argast, GHC, Tuesday, Alto

## THINGS & OPPORTUNITIES WANTED

### GARDENING TOOLS WANTED

Happy forthcoming spring equinox! Am looking for some gardening tools such as a spade, hard rake, etc.

Kindly call Katrina at 250-598-1846 or email to:katrinapavlovsky@gmail.com

Submitted by Katrina Pavlovsky GHC Soprano

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## REBOUNDER WANTED (Repeat)

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.

Please contact me at 250-384-3895 or [kmermaid@telus.net](mailto:kmermaid@telus.net)

Thanks,

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

## ACCOMMODATION AVAILABLE OR WANTED

RENTAL WANTED

47 year young professional woman with small, indoor cat looking to rent an unfurnished room in a house or share a two bedroom space with a person over 40 effective May 1. I am very easy going, like to socialize and need my own space too. I enjoy nature, live a healthy lifestyle and am very quiet, clean and respectful. I work from home less than half the day, using laptop and telephone.

Cheryl at 250-590-0314 or 778-977-0580.

Submitted by Karen Yearsley GHC Monday Tenor

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1 OR 2 BR WANTED

A friend and her daughter are looking for home and would be open to opportunities or referrals you may have to offer.

I am needing a new place of residence for May 1st, a one or two bedroom in the Fernwood area, if you a have anyrental information for me.

Thank You. Jessy 381-1413

If you can help her I know she would appreciate it.

Submitted by Bill Hanson GHC Bass etc.

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

To live remains an art which everyone must learn, and which no one can teach.

*Havelock Ellis, British psychologist and social reformer (1859-1939)*

Submitted by: Josephine Munro, GHC Monday Alto

<http://www.answers.com/topic/havelock-ellis>

[http://www.quotationspage.com/quotes/Havelock\\_Ellis](http://www.quotationspage.com/quotes/Havelock_Ellis)

[http://en.wikipedia.org/wiki/Havelock\\_Ellis](http://en.wikipedia.org/wiki/Havelock_Ellis)

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**COMMUNITY EVENTS ~ THIS WEEKEND TO NEXT**

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

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/GLG11503-Y08.htm>

Submitted by Hillary Leighton GHC Alto

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OPENING TO DIVINE ECSTASY THROUGH  
SACRED SOUND AND AUTHENTIC MOVEMENT (March 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

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WALLS THAT DIVIDE  
AND TIES THAT BIND (Mar 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 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.

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

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

Laurel is a long-time, advanced student of Rhiannon

*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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“MINDFUL SPEAKING:  
HONESTY, KINDNESS, QUESTIONS AND SILENCE.” (Mar 15)

Drawing on lessons from the Medicine Wheel and experience in deep dialogue, Michelle Poirier Brown will explore the role of honesty, kindness, questions and silence in relationship building through words.

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

Submitted by: Jackie MacDonald, GHC Tuesday, Soprano

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VIVA-RAW VEGAN RAW POTLUCK (March 15)

With Heather Cunliffe

Come to potluck and food demo by Heather Cunliffe, Head Chef / Co-owner Café Bliss. Heather will demo a raw vegan soup and treat. Craigflower Room in the Esquimalt Recreation Centre,

527 Fraser St. Doors open at 5:30 p.m. (Potluck sharing at 6:00 p.m.). Bring a raw vegan dish to serve 6-8 and ingredient list, plus your own serving utensil(s), dishes and cutlery. Cost: \$3.00 per adult. Bring your family and friends. Children welcome but must be supervised.

Recipes & Info: <http://viva-raw.seedwiki.com>. or Turiya at (250) (250) 721-0268

Submitted by: Linda Chan, GHC Soprano

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FREE PRESENTATION  
AND DEMONSTATION OF BODYTALK! (Mar 16th)  
(served with tea and goodies)

I am hosting these fun, informative evenings every month at my home/office. Come and hear about BodyTalk and some of the fascinating science that explains why this system of health care is so effective. I will do free demo sessions for anyone who is new to BodyTalk, answer questions and teach one of the most essential BodyTalk techniques to everyone. Tell your friends or bring them along. All are welcome (but space is limited)... 250-388-7905 for info.

This month's meeting will be on Monday, March 16th, so mark your calendar and I hope to see you there.

Submitted by Jill Kirby, Soundings Soprano and former GHC Soprano

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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 Ewert - [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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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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PIRATES OF PENZANCE (Mar 22, 28, 29 & Apr 4)

The Victoria Gilbert & Sullivan Society presents "The Pirates of Penzance"

In Sidney at the Charlie White Theatre:

March 21 & 28 @ 8pm, and March 22 & 29 @ 2pm

And at the McPherson Theatre in Victoria:

April 4 @ 2pm & 8pm

Submitted by Joy Broomfield former GHC 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.

SACRED CONTRACT (Mar 25)

Archetypes as a guide for transformational change with joy emmanuel

How do you engage with challenge and change? Do you face it head on? Develop a plan? Side Step it? Internalize it? Meet your empowered child, the Victor, the Illuminator and the Sacred Prostitute. Explore this at Oneness Wednesdays – Church of Truth, March 25th, 7 pm.

Free or by donation. Information: Linda (250) 380-6383 or <http://cot.seedwiki.com>

Submitted by Linda Chan, Tuesday Soprano

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FABULOUS FACITATION MARCH 26th

Tired of using the same old ice breakers and activities for workshops, courses, or staff meetings? Participants are guaranteed to leave with new resources and ideas for group activities including:

- Icebreakers and get-to-know-you games to welcome and warm groups up.
- Team energizers and group games to spice things up and keep everyone on their toes.
- Awareness activities that can be used in a variety of workshop situations.
- Effective communication activities.

This workshop is for those who:

- Facilitate groups (Recreation Leaders, Youth Workers, Teachers,, HR Professionals, and Group Facilitators)

6:30-9:30, James Bay New Horizons 234 Menzies Street, \$50/person

250-885-8503 or [jocelin@possibilitiestraining.com](mailto:jocelin@possibilitiestraining.com). For more details, visit <http://www.possibilitiestraining.com>.

Submitted By Jocelin GHC Former Tuesday Soprano

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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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GER LYONS  
@ THE CHURCH OF TRUTH (Mar 27,28 & 29)

<http://www.gerlyons.net>

March 27, 28, 29: 3-day workshop, Church of Truth.  
Fri 27 Mar ... 7pm -10pm ... \$65  
Sat 28 Mar ... 10am - 6pm ... \$145  
Sun 29 Mar ... 1pm - 9pm ... \$145  
or Full 3 day workshop ... \$345

(Do not miss the earlybird discount of \$50 for booking the entire workshop in advance = \$295)

Contact: Chandra on: Tel: 250-382-0724  
email: chandrac@shaw.ca for more info.and registration.

Submitted by Linda Lake former GHC & HNC 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.

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“CAN ATHEISTS PRAY?” (Mar 29)

Prayer as both a religious and spiritual practice. Found in many religions, prayer has often been associated with a deity but this need not always be the case.

Rev Karen Fraser-Gitlitz is from the First Unitarian Fellowship of Nanaimo.

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

Submitted by: Jackie MacDonald, GHC Tuesday, Soprano

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HEARTBEAT MUSIC CIRCLE (Mar 29, Apr 26 & May 31)

*Sidney, BC*

Director:  
Julie “Jewel” Spooner, CCLT 3 - 2006/7

We gather on:  
Sunday March 29th, April 26th, May 31.

Time:  
1:30-3:00

Place:

the Yoga Studio, (above Theo's)  
9818 Fifth Street, Sidney, B.C.

Cost:

by donation

Dress:

casual

'Be' with music chant, folk, rounds, African. Drums welcome.

[juliespoon@shaw.ca](mailto:juliespoon@shaw.ca) (250) 656-1047

Namaste

Submitted by Julie Spooner *CCLT 3 - 2006/7*

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*THE WORK THAT RECONNECTS* (Apr 3 to 5)

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

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A COURSE IN MIRACLES (Apr 10 & 13)

Free Talk - Enjoy inspiring international teachers Nouk Sanchez & Tomas Vieira - Wed April 8 - Church of Truth - 7 PM

Easter Weekend 4 Day Workshop - Friday April 10 - Monday April 13 at [www.SleepingDog.Farm.ca](http://www.SleepingDog.Farm.ca)

"Living examples of the power of Quantum Forgiveness," Nouk Sanchez & Tomas Vieira, co-authors of # 1 best-selling book, '*Take Me to Truth: Undoing the Ego*' offer a profound & practical road map to undoing the ego; the only block we have that keeps us from experiencing consistent peace, love & joy, through recognizing the six stages of spiritual awakening.

Info: [www.TakeMeToTruth.com](http://www.TakeMeToTruth.com) & Jewel (Julia Day) at 250-370-1380 [www.OnlyLevels.org](http://www.OnlyLevels.org)

Submitted by Jewel (Julia Day) an ancient alto

## **JUST FOR FUN**

A reward of laughter for reading this far

### **Artists of the 60's are Revising Their Hits**

Submitted by Chris Gower Rees former GHC & Soundings Tenor

Some of the artists of the 60's are revising their hits with new lyrics to accommodate aging baby boomers.

#### **They include:**

Bobby Darin --- Splish, Splash, I Was Havin' a Flash

Herman's Hermits --- Mrs. Brown, You've Got a Lovely Walker

Ringo Starr --- I Get By With a Little Help From Depends

The Bee Gees --- How Can You Mend a Broken Hip

Roberta Flack --- The First Time Ever I Forgot Your Face

Johnny Nash --- I Can't See Clearly Now

Paul Simon --- Fifty Ways to Lose Your Liver

The Commodores --- Once, Twice, Three Times to the Bathroom

Marvin Gaye --- Heard It Through the Grape Nuts

Procol Harem --- A Whiter Shade of Hair

Leo Sayer --- You Make Me Feel Like Napping

James Brown --- Papa's Got a Kidney Stone

Abba --- Denture Queen

Tony Orlando --- Knock 3 Times On The Ceiling If You Hear Me Fall

Helen Reddy --- I Am Woman, Hear Me Snore

Leslie Gore --- It's My Procedure, and I'll Cry If I Want T o

~ **And Last but NOT least** ~

Willie Nelson --- On the Commode Again

===== 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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