
DENIS

Since I was not at choir this past week (and so did not have the CD's available) I will repeat my item about them here. We have these CDs 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>

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>

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, I have formatted several of this season's songs as individual parts files and they are now up in the GHC web site in the Current Singers Only section. (Bill will have more info for you current singers about how to access them.) Available now are Hard Times, Henay Mah Tov, Mozambique, and With My Own Two Hands. I hope they are helpful.

~ Denis

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 next week:

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!

ALL CURRENT SINGERS PLEASE NOTE

A short while before sending out this newsletter I sent out this season's access codes for our site's Current Singers Only section.

Two days ago I sent out this season's Choir Contact List.

If you didn't get either of these special email's please let me know by emailing bill@gettinhigherchoir.ca or phoning 250-920-4160 (8 to 8)

~ Bill

REMINDERS RE: BINDERS

Put a label 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 the chances of your binder coming back to you if you happen to leave it somewhere other than choir.

It is also a good idea to keep your name tag in your binders inside pocket, or with its cord locked in the rings, so it is available to wear everytime you come to choir.

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 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? (Repeat)

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

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

(Repeat)

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 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

HNC LOST & FOUND

BINDER & HOMEWORK LOST

Would the person who picked up my blue (yes, blue) music binder from a chair near the door at HNC on Tuesday please complete my Spanish homework for me and hand it in on Monday night, then return my binder to me on Tuesday at noon. Thank you.

Submitted by Susan, HNC Tenor

Editor's Note

Alternatively you could contact her at 250-474-1246. Perhaps she can arrange to pick it up and do her homework herself.

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.gettinghigherchoir.ca/community-info/newsletters.html>
Using Our Newsletter: <http://www.gettinghigherchoir.ca/community-info/newsletterinfo.html>
Choir Schedule: <http://www.gettinghigherchoir.ca/community-info/index.html>

The above list doesn't appear in all issues of the newsletter
Suggestion: If you haven't previously done so copy it to a Word or other text document for storage on your computer, or to print out, for future reference.

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

You are only as strong as your purpose, therefore
let us choose reasons to act that are big, bold,
righteous and eternal.

Barry Munro, Writer & Speaker

Editor's Collection

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!

AN EDITOR'S REMINDER

RE-SUBMITTING ITEMS

If you wish to re-submit an item that has appeared in the newsletter please copy it from the newsletter it previously appeared in and paste it into an email rather than pulling your original version from your files. This will retain any formatting changes I have made to it so that I don't have to re-do them.

If I have made any changes please notice what they are and then try to incorporate them in your future submissions.

Sometimes the changes are simply for visual consistency or clarity but most often the reasons for the changes rest in the word limits, format standards and policies described on the "Using Our Newsletter" page of our web site at:

<http://www.gettinghigherchoir.ca/community-info/newsletterinfo.html>

Submissions that don't require me to make any changes save time in preparing the newsletter for distribution and are a gift that is always greatly appreciated.

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

THE HARMONIOUS FAMILY CHOIR ~ VICTORIA

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...CCLT member, Dance Caller and music educator

Our songs are multi-generational...multi-cultural...some old...some new sung in unison, rounds and multi-part harmonies. We also include some...body percussion... musical games...and anything else that creates fun for our family of singing families.

We invite singers at any level of age, skill and experience to come and nourish their spirits with songs of hope and harmony.

For details please visit:

<http://www.harmoniousfamilychoir.com>

To assist us in "Sharing The Harmony" by passing the word to potential singers please visit:

<http://www.harmoniousfamilychoir.com/share-the-harmony.html>

Submitted by Doug Paterson CCLT 5 & Bill Hanson GHC Bass etc.

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

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!".

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

COMMUNITY EVENTS ITEMS THAT INVITE YOU TO SING!

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

FRAUD ALERT!!

If you receive an email claiming to be from Revenue Canada that says you are eligible for a tax refund and requests your personal credit card information so that they can process the refund...ignore it and immediately delete it...is a fraud intended to get your information in order to steal and use your identity!

I received this yesterday and realized how much heartache it could create for people. It is a false claim yet well done.

My hope is that someone will be in a position to help others from not making the mistake of believing this is a true form if they receive it via email.

Recommended by Renee Lindstrom former GHC Tenor

***** on the same subject *****

WARNING FROM REVENUE CANADA

Pass this on to everyone you know....its real and it is happening....make sure to verbally tell people you know who don't have email. This is Canada wide....so tell everyone. This is not a joke. Please click the link below to make yourself aware of the issue and you may want to pass this on to family or friends.

<http://www.cra-arc.gc.ca/nwsrm/lrts/2008/l080818-eng.html>

Recommended by Audrey Glynn GHC Monday Soprano

Editor's Note

I have also received this and there has been talk about it on CBC. As a general rule you should *never* give anyone your credit card or other financial information in response to a request for it by email or phone no matter how legitimate it seems. Governments, banks, credit card companies or for that matter any legitimate enterprise would not operate this way. Anyone who does can safely be presumed to be a scammer. *Don't fall for it!*

KIDS TRANSFORMED BY MUSIC

Check out this video of Jose Abreu giving a "TED" talk on kids transformed by music.

http://www.ted.com/index.php/talks/jose_abreu_on_kids_transformed_by_music.html

Recommended by Anu Patel Soundings & GHC Alto (former GHC Tenor)

CARING QUILTS

If someone you know and care about is recently diagnosed or undergoing treatment for cancer there is a very special way to tell them you care.

If you request one, Victoria's Quilts Canada will send a hand made quilt to anyone with cancer. Simply go to their website: <http://www.victoriasquiltscanada.com> and follow the instructions.

There is no cost for this wonderful gift but donations are much appreciated. A quilt usually takes a few weeks to arrive from the time you order it. I love mine and will treasure it always.

Submitted by Patricia Houston GHC Tuesday Alto.

GETTING NOWHERE FAST!

Watch it, it is good fun.

<http://www.gettinhigherchoir.ca/community-info/video/20090320/treadmillkitten.wmv>

Recommended by Tatian Evans GHC Tuesday/Thursday Alto/Tenor

THE HYDROGEN AGE – CURING OUR PLANET

I have been doing a fair amount of reading lately about the advent of hydrogen power and the incredible benefits it can bring to our planet. I think one of the books I have come across should be required reading for anyone in a position of political or financial power.

The Hydrogen Age,

B. Holland and James J. Provenzano, Pub. Layton, Utah : Gibbs Smith, c2007

It has stimulated my imagination and increased my hope for the world.

Some sample chapters be read at:

<http://www.crucible.ca/hydrogen.pdf>

Check them out and if you get excited read the book and tell the world about it.

I have a couple of loaner copies available. If you would like to borrow one please contact me at bill@gettinhigherchoir.ca or 250-920-4160 (8 to 8, Tuesday to Friday)

Recommended highly by: Bill Hanson, GHC Bass etc.

SAVE OUR RIVERS SOCIETY DECLARES...

Critical...May 12, 2009 BC's watershed election! For more information visit:

<http://saveourrivers.ca/latest-news-mainmenu-38/sors-blog-mainmenu-43>

Recommended by Irene Tremblay GHC Tuesday Tenor

BEN HARPER SINGING "WITH MY OWN TWO HANDS"

<http://www.youtube.com/watch?v=c9WB3KTX0rQ>

Recommended by Sally Gose GHC Monday Alto

STAND BY ME

Here is a short, uplifting music video that I believe our fellow choir members would enjoy.

http://vimeo.com/moogaloop.swf?clip_id=2539741

Recommended by Sharon Henwood High Noon Choir

Editor's Note

This is the 4th or 5th time that someone has submitted a recommendation on this video and it is still worth repeating. For more information about the video and the project behind it visit:

<http://www.playingforchange.com/>

EARTH HOUR

8:30PM local time, wherever you live on planet earth. Saturday 28 March 2009

Please spread the word about earth hour. Please click on this link and send it on to others.

<http://www.earthhour.org/action/>

Thank you

Recommended by Karen Smith former GHC Tuesday/Thursday Soprano

“SHARED WORLD” BANKING

Your RRSP contributions can provide affordable and life-changing micro-credit loans to the world's poorest people, and still earn a competitive rate of return ...

Check out the Citizen's Bank "Shared World" term deposit:

<https://www.citizensbank.ca/sharedworld>

The Citizen's Bank of Canada is a "branchless" national on-line bank, and is a subsidiary of Vancity Credit Union.

Recommended by Grace Golightly, lapsed alto

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

A thousand words will not leave so deep an impression
as one deed.

Henrik Ibsen, 1828-1906, Norwegian Dramatist

Editor's Collection

COMMUNITY NETWORKING

LOOKING FOR SOME SHORT-TERM ACCOMMODATION...

...for a few nights or the week during practice and the concerts in June.

My husband and I are without a home, during this time. We are in between homes from the end of May until end of June. I would like to stay in Victoria, preferably James Bay, Cook St. Village or Oak Bay during the few days prior to the concerts, and the days of the main concert. If anyone knows of some accommodation, or housesitting, please email me. Thanks.

jbuk@uniserve.com

Submitted by Julie Burk GHC Tuesdat Alto

WORK SPACE WANTED

I'm looking for a larger single garage or a double-garage size to set up my wood-working equipment that will support the custom work that my Handyman business are asked to do. No commercial work will be done in that space though. If you know of someone that would consider having my around I would be happy to hear from them to suggest some rent or lease agreement. Contact me anytime...Erik 250-727-1864

Submitted by Sherri Hohert GHC Monday Tenor

CAN YOU HELP? -

Needed A Flat Bed Truck...

...for an hour or less to move a non collapsable chain link dog run, 7 1/2 ' by 13 1/2' and 6' tall. It can be lifted onto the truck by 2 to 3 people, which i should be able to find.

I have just adopted a wonderful rescue dog and a neighbour is selling me the dog run so it only needs to go 2 blocks. I live on the south end of Old West Saanich, 20 mins. from town. Hoping to pay about \$50 but if I need to will pay more.

Please call 250-479-5585

Submitted by, mary Lynch, monday soprano.

CIDA PLEDGE DRIVE FOR VICTORIA-TAIAMA SCHOOL PROJECT (Repeat)

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 (250) 595-5582

Submitted by: Christine Dennison Tuesday/Thursday Alto

CAN YOU HELP? (Repeat)

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.

HI ALL,

If there will be anybody motivated in helping me to find a car to buy that would be awesome!

I just move to Canada four months ago and I don't understand anything about cars. I want a small economic car around \$4.500.

Contact by valeriaa@shaw.ca or 1-778-977-1909 cell

Submitted by Valeria Almeida GHC Monday Alto

SERVING EACH OTHER

NEW DIGITAL PHOTOGRAPHY CLASSES

Going Digital Photography Training Workshop

at Vancouver Island School of Art

Saturday, March 28, 9:00 am to 5:00 p.m. and Sunday, March 29, 9:00 am to 5:00 p.m.

14 hours of intensive photography training. Cost: \$225

Registration:

Phone: 250.380.3500

Email: info@vancouverislandschoolart.com

Practical Digital Photography

start Tuesday, April 14, 2009, 10:00 a.m. at Emily Carr Branch of Public Library, 3500 Blanshard. 22.5 hours program. Cost: \$380

Photoshop Image Enhancement

start Sunday, April 19, 2009, 10:00 a.m. at Simply Computing, 2639 Quadra St. 22.5 hours program. Cost: \$200.

For the latter two call 250-884-4012 to book your space or get more information

<http://www.goingdigital.ca>

Submitted by Andrew Kielbowicz former bass and choir photographer

NIA CLASSES

Special to April 3rd: 2 classes for the price of 1 drop-in: \$15

(ongoing; start anytime; beginners welcome; classes one hour)

Nia is an expressive movement form and lifestyle practice that uses the body's way to achieve physical, mental, emotional and spiritual well-being. Let Nia help you to tap into your inner warrior, dancer and healer.

Monday/Wednesday/Friday @ 5:15 PM

Tuesday/Thursday @ 9:30 AM

Ukrainian Catholic Church of St. Nicholas
1110 Caledonia @ Cook Street
Free Parking; double doors off parking lot to Hall.

<http://www.niac.ca>

karenia@shaw.ca
250 478 1076

Submitted by Karen Boissonneault, Soprano, High Noon Choir

SINGING YOU WELL! (Repeat)

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

COMPUTER SERVICES (Repeat)

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.

PYSANKY WORKSHOPS (Repeat)

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

Submitted by Dionne Jennings, HNC/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

COMMUNITY MARKETPLACE

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

ACCOMMODATION AVAILABLE OR WANTED

LOOKING FOR SOME SHORT-TERM ACCOMMODATION...

...for a few nights or the week during practice and the concerts in June.

My husband and I are without a home, during this time. We are in between homes from the end of May until end of June. I would like to stay in Victoria, preferably James Bay, Cook St. Village or Oak Bay during the few days prior to the concerts, and the days of the main concert.

If anyone knows of some accommodation, or housesitting, please email me. Thanks.

jbark@uniserve.com

Submitted by Julie Burk GHC Tuesdat Alto

SHORT TERM CONDO RENTAL

Dallas Road and Douglas - facing Ocean

Beautifully furnished 1 bdrm Condo from April 7th to May 19th

Includes all utilities, parking and internet. - Contact Catherine 250-298-8191

Submitted by Catherine Harvey former Tuesday Alto

1 OR 2 BR WANTED (Repeat)

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 preferably in the Fernwood area (but open to suggestions), if you a have any rental 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** *****

The hardest-learned lesson: that people have only their kind of love to give, not our kind.

*Mignon McLaughlin,
American journalist and author (1913-1983)*

Submitted by: Josephine Munro, GHC Alto

COMMUNITY EVENTS ~ THIS WEEKEND TO NEXT

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

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 250-298-8191

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

Submitted by: Catherine Harvey former GHC Tuesday Alto

PIRATES OF PENZANCE (Mar 21, 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

www.gilbertandsullivanvictoria.ca

Submitted by Joy Broomfield former GHC Soprano)

SING INTO SPRING:
AN AFTERNOON OF JEWISH MUSIC (Mar 22)

With Rabbi Hanna Tiferet Siegel <http://www.hannatiferet.com/> and Student Cantor Shulamit Wise Fairman.

When: Sunday, March 22, 2009 at 2:00 p.m.

Where: Congregation Emanu-El Synagogue, 1461 Blanshard Street at Pandora

Tickets: \$20.00 Adults, \$10 Students and Children

Available from the Synagogue Office (telephone 250.382-0615), Munro's Books, Ivy's Book Store

and Long & McQuade.

Rabbi Hanna Tiferet Siegel weaves together prayerful melodies and thoughtful teachings in a web of spirit and celebration. Shulamit Wise Fairman is the beloved Music Director and Spiritual Leader at Kehilla Community Synagogue in Piedmont, CA. Hanna invited High Noon Choir participant, Shoshana Litman <http://www.maggidah.com>, to provide a song that invites audience participation. Fellow High Nooner, Amber Woods, plans to accompany Shoshana with percussion. Amber's partner, Gary Cohen, will accompany Hanna on guitar.

Submitted by Shoshana Litman HNC Member

FILM: THE GREATEST SILENCE (Mar 23)

On Monday, March 23rd, Camosun College's African Awareness Committee is showing an award-winning film called "The Greatest Silence: Rape in the Congo" in the Fisher Building, Room 100 at 7 p.m. Info website: <http://africa.disted.camosun.bc.ca/>

Brutal rape of women and girls is being used as a strategic weapon in the Congo. "Emmy-winning filmmaker Lisa F. Jackson, herself a survivor of gang rape, travels deep inside the DRC to understand what is happening and why. This heart-wrenching film provides inspiring examples of resiliency, courage and grace, while serving as a call to action for anyone with a conscience." Read the synopsis at: <http://www.hbo.com/docs/programs/thegreatestsilence/synopsis.html>

Submitted by Grace Golightly former GHC Alto

NO TANKERS DAY (Mar 24)

You are invited to a No Tanker Loonie Party
Speaker: Robin Woodworth ~ with PowerPoint presentation

March 24th, 7:30 p.m.
St. John's United Church (downstairs)
10990 West Saanich Road (across from Deep Cove Elementary School)
Sponsored by "The Eco-Cell at St. John's"

Submitted by Eva Kerr Mon. Alto

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

FABULOUS FACITATION (Mar 26)

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)

March 26th, 6:30-9:30, James Bay New Horizons 234 Menzies Street, \$50/person

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

Submitted By Jocelin GHC Former Tuesday Soprano

*CONVERSATIONS ON
UNDERSTANDING OUR PLACE
IN THE NEW COSMOLOGY* (March 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

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

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

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 & recommended by Linda Lake former GHC & HNC Alto

INTRODUCTION TO
TRAGER® PSYCHOPHYSICAL INTEGRATION (Mar 28 & 29)

Date: March 28 – 29, 2009

Trager® is a mind/body approach that increases relaxation and mobility through touch, movement and an open meditative state. This approach communicates with the unconscious mind by working within a person's pain free range providing a quality of feeling to the nervous system of how it feels to move freely and painlessly.

- Experience greater feelings of lightness, freedom and relaxation.
- Open your awareness and access your inner self.
- Touch others in a deeper, more meaningful way.
- Learn gentle, self-care movements that work for people of all ages and abilities.

Contact Audrey Mairi at:
1720 Fairfield Road
Victoria BC V8S 1G3
(250) 595-6418 e-mail: contactme@audreymairi.com

Submitted by: Audrey Mairi, Thursday Alto

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.

“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

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 (250) 656-1047

Namaste

Submitted by Julie Spooner CCLT 3 - 2006/7

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.

MUSIC, MEDITATION, READING & SHARING WITH BOB WINKENHOWER (April 1)

Poetry and selected readings will be given to the people that come. They will be asked to participate by reading them. This evening will be divided into three parts: the readings, silent meditation and reflection on what has been read. Come to 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

QIGONG (Apr 1)

“Expanding the Heart and Balancing the Blood Practice” was developed in China by the medical profession in cooperation with Qigong masters for use as treatment for hypertension, coronary disease, anxiety, stress or low vitality, with remarkable results.

The eight slow movements are performed with breath and mindfulness four times each and take about 20 –25 minutes to complete

Classes start April 1st, to May 20th/09 on Weds, 7:30-8:30 pm, in the Gary Oak Room, at Fairfield Community Association, 1335 Thurlow St. To enroll call 382-4604.

For more information and future classes contact instructor Dennis Murphy (35 years experience) at 995-1770.

Submitted by: Dennis Murphy GHC Bass

ELEMENTS OF A SOULFUL LIFE (Apr 2 & 3)

with Atum OKane

Carl Jung described the spiritual malady of our time as the loss of soul. There are four qualities that evoke a deep meeting of our own soul with the soul of the world. Together they form a foundation for an integrated spiritual life and they are: passion purpose, play and presence. Each of these elements are evoked through teachings from mystical traditions and Jungian psychology; and in creative exercises and essential spiritual practices to support you in a soulful life.

Thursday evening 7pm 9pm, and Friday 9am 5pm . \$ 165 + GST Course Code: PEMS1540. Co-sponsored by Hollyhock Retreat Centre.

Submitted by Hillary Leighton reluctantly absent for this season GHC Alto

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. Scholarships available!

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

Facilitators: Jackie Larkin & Maggie Ziegler

Dates: April 3 to 5

Location: Queenswood, 2494 Arbutus Rd. Victoria

To register:

earthliteracies@gmail.com

or 250-220-4601 or 250-380-9786

<http://www.livinglanguageinstitute.org>

Submitted by Gertie Jocksch Monday Soprano

“WRITE” WHERE YOU ARE (earlybird Apr 4)

A Workshop In Creative Writing

Do you like to write and play with words or do you stand on the sidelines wanting to write but avoid it by telling yourself: “I’m not good enough, it’s too much effort, I have nothing valuable to say and besides I can’t spell!” This 8-week writing series dispels these myths and teaches you the joy of writing. You will learn to use stream of conscious writing to break through writer’s block, access your inner muse, have fun, hone your writing skills, and deepen your self-awareness.

Saturdays, Beginning April 18th, 2009

1 -4 p.m.

8 weeks - \$340.00 Early Bird - \$315.00 by April 4th, 2009

* Special payment arrangements available

Call: June Swadron – 250 – 385-2205

See full details at: <http://www.juneswadron.com>
juneswadron@shaw.ca

Submitted by June Swadron, former GHC member Alto

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
<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: <http://www.TakeMeToTruth.com> & Jewel (Julia Day) at 250-370-1380
<http://www.OnlyLovelis.org>

Submitted by Jewel (Julia Day) an ancient alto

WRITE YOUR LIFE STORIES &
CELEBRATE YOUR LIFE JOURNEY (earlybird Apr 14)

with June Swadron

A deep and powerful process that acknowledges and honours your life's journey in a sacred circle of trust, humour, compassion and support. Prior writing experience not necessary. See full details: <http://www.juneswadron.com>

"June Swadron's classes are outstanding!"
Christie Eng, Alison Miller, Amy Robertson, Marya Nijland -
(GHC members or former members)

Thursday Evenings – 6:30 – 9:30 – begins April 23, 09
\$365.00 - Early Bird - \$340.00 by April 9th
10 Wks

Tuesday Afternoons – 2 – 5 Begins April 28th, 09
\$365.00 – Early Bird - \$340.00 by April 14th
10 Wks

* Special payment arrangements available

Further information & to register - 250- 385-2205
juneswadron@shaw.ca

Submitted by: Juneswadron@shaw.ca, former GHC Alto

STORIES AND SONGS
TO CELEBRATE NATURE AND THE SABBATH (Apr 17)

Who: Shoshana Litman <http://www.maggidah.com>
Where: Bruce Hutchison Library, 4636 Elk Lake Drive
When: Friday April 17, 2 - 3 p.m. (School Professional Development Day)
Audience: Children, families and the young at heart
Admission: Free

Submitted by Shoshana Litman HNC Member

JUST FOR FUN

A reward of laughter for reading this far

ADOPTION

What to do [if you haven't already done so!!]

Submitted by Tatiana Evans GHC Tuesday/Thursday Alto/Tenor

If you want someone who will eat whatever you put in front of him and never say its not quite as good as his mother's...then adopt a dog.

If you want someone always willing to go out, at any hour, for as long and wherever you want...then adopt a dog.

If you want someone who will never touch the remote, doesn't care about football, and can sit next to you as you watch romantic movies...then adopt a dog.

If you want someone who is content to get on your bed just to warm your feet and whom you can push off if he snores...then adopt a dog!

If you want someone who never criticizes what you do, doesn't care if you are pretty or ugly, fat or thin, young or old, who acts as if every word you say is especially worthy of listening to, and loves you unconditionally, perpetually...then adopt a dog

.....BUT, on the other hand,

If you want someone who will never come when you call, ignores you totally when you come home, leaves hair all over the place, walks all over you, runs around all night and only comes home to eat and sleep, and acts as if your entire existence is solely to ensure his happiness.....

.....then adopt a cat!

(Now be honest, you thought I was gonna say...marry a man, didn't you?)

===== 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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