

CHOIR COMMUNITY NEWSLETTER

March 27, 2009

For a PDF Version of this and past newsletters go to:

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

SPECIAL NOTES!!

EXTRA SPECIAL VIDEO SHOWING

John O'Donohue...Anam Cara...Tuesday March 31st starting at 6:15.
See Denis' Director's Notes below for details.

DIRECTOR'S NOTES

DENIS

John O'Donohue Video showing

Many of us went to hear John O'Donohue a couple of years or so when he came to Victoria to speak. It was an inspiring talk, and many of us, before and especially since, have been moved with his wisdom and clarity about many issues that we grapple with in this life. As I think most of us know, John died a year ago January, very suddenly and unexpectedly.

I have recently purchased a video which was made of him over the last 5 years of his life. It is beautiful, and beautifully put together. It shows John on his land in Co. Clare, Ireland, with his family and friends, and talking in various situations. It is *well* worth seeing.

We will be showing it before rehearsal on this coming **Tuesday March 31**. You should be at the Church of Truth at just after 6:00 as we will start the video at 6:15. It runs for just under an hour. I will give a brief intro to the video.

Many thanks to Bill for running the tech for this.

Also...

..there and several versions of "Hard Times" on Youtube, but this one is one of the most beautiful. It is performed by the McGarrigles, Rufus Wainwright, Mary Black, Emmylou Harris, and others. Check it out here: <http://www.youtube.com/watch?v=4YrfLnIrguo> You can also watch Bob Dylan sing it here: <http://www.youtube.com/watch?v=sXZxMFzigUQ&feature=related>

~ Denis

ADMIN TEAM NOTES

GLORIA

Don't forget to get your registration in to me for the VOCO workshop...just email me at gloriabhansen@hotmail.com and I'll confirm.

See the information under "Opportunities to Sing" section just below.

~ Gloria

Gettin' Higher Choir Info

GHC NEWS & BUSINESS

A REMINDER...

...that MP3s of many of our songs (with parts) are now up on the website, in the "Current Singers Only" area. If you are registered in the current session, and haven't received your password, email bill@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 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. Don't be shy about repeating your request in subsequent weeks at choir or in the newsletter if you don't 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

Other choir community info

HNC NEWS & BUSINESS

The High Noon Choir

A Choir for those who prefer daytime singing

To All High Noon Choir Singers...Past, present and future.

The Spring Session of the High Noon Choir starts next week. This session runs from March 31 to June 16.

If you sang in previous sessions, we'd love to see you again.

WHEN: Tuesday, March 31 12:00 - 1:30
WHERE: Church of Truth - 111 Superior St

If you know someone who would like to sing during the daytime, please come and bring them along. It's non-auditioned, all are welcome.

NOTE: New Singers Orientation from 11:30 - 12:00

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

See you there.

~ Shivon and Gloria

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

The only place where your dream becomes impossible is in your own thinking.

Robert H. Schuller (1926-?),
Minister, Author, Social Leader)

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.

AN EDITOR'S REMINDER

NEWSLETTER SCHEDULE & INFO

The weekly email newsletter schedule is:

Submission deadline Wednesday midnight
Distribution Friday afternoon

If you haven't already done so this season please review the information on "Using Our Newsletter" at:

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

Please submit your items to:

bill@gettinhigherchoir.ca

OPPORTUNITIES TO SING!!

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~ Shivon and Gloria

FABULOUS VOCAL WORKSHOP
WITH MOIRA SMILEY & VOCO

NOTE ~ THIS WORKSHOP IS FILLING UP FAST, BUT THERE ARE STILL A FEW SPACES OPEN ~ Shivon

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!"

DEBORAH MILLAR'S 2009 VOICE WORKSHOPS

Deborahs 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 or call 250-382-1232.

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.

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

Big Brothers Big Sisters of Victoria
CHOCOLATE FEST ~ MARCH 28TH, 2009

Check out the poster for this sweet event in support of Big Brothers & Sisters at:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090327/bb&bs-choc-fest.pdf>

Recommended by Mike Wyeth GHC Thursday Bas

KIDS IN VICTORIA!

While doing some on-line promotion for The Harmonious Family Choir (recently started by GHC Tuesday Bass and CCLT Grad Doug Paterson) I came across a web site that I think might be of interest to anyone in our community who is caring for kids. Their About Us page description (in part) says that they are a local, online community that fosters relationships between parents in the community, That most of the site's content is generated by the parental members via a busy forum. They also say "If there's something on your mind, chances are someone else is interested in it too."

Registration for individuals (non-commercial) is free and they tell me they have 10,000 people and kid oriented organizations and services registered on the site which you can visit at:

<http://www.kidsinvictoria.com>

(click on their "About Us" link in the top right corner for more details)

Submitted by Bill Hanson, GHC Bass etc.

MOTHER NATURE AT HER BEST

These are phenomenal!!!

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090327/mother-nature.pdf>

Recommended by Tatiana Evans GHC Tuesday/Thursday Alto/Tenor

ALKALINE, IONIZED WATER – FREE DEMONSTRATION

What could be more basic to your health..... than the water you drink?

Did you know that alkaline, ionized water is up to 6 times more hydrating, loaded with powerful antioxidants, rich with oxygen, a potent immune system enhancer, and also helps detox your body?

I warmly invite you to come try out this highly beneficial water and in the process educate yourself. Bring some empty gallon or larger containers and we'll fill it with a FREE sample of Alkaline, Ionized Water.

To reserve your place, call Teya at 250-477-2858. Home demonstrations also available by appointment.

Recommended by June Swadron, former GHC alto

A LIGHTHEARTED LINK

Check out this version of Confitemini Domino:

<http://www.youtube.com/watch?v=w9eEz6KL2L8>

Recommended by Mike Wyeth GHC Thursday Bass

JASMINE

This is just too lovely not to share!

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090327/jasmine.pdf>

Recommended by Patricia Houston GHC Alto

YOGA-DANCE or POSTURE WORK, with Stephanie Leigh

Balance your posture, awaken freedom of movement, pleasure in moving freely. Stephanie integrates principles of Alexander, Feldenkrais, and Mitzvah. "Wherever you are, bring your attention to your balance, in relationship to gravity; allow that energy to rise up through you, and breathe"

Yoga-Dance classes are held at:

- Euro Studio (1821 Cook St), Wednesdays Noon-1:00 pm
 - The Studio (Prospect Lake Rd), Wednesdays 6:00-7:00 pm
- \$40 for 4 weeks. classes are on-going

Contact Stephanie at 250-598 4212, or balance@islandnet.com

If you would like to ask me about my experience of these classes call 250-652-1509 or email marieclaireben@yahoo.com

Recommended by Claire Ebendinger, Monday Soprano

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

You are today where your thoughts have brought you;
you will be tomorrow where your thoughts take you.

James Allen

Editor's Collection

COMMUNITY NETWORKING

I HAVE FOUND A PLACE TO LIVE WITH MY KITTIES! YAY! :)

Thank you Everyone and All for the collective and individual energy put forth into this. I am very grateful to have this accomplished!

Anyone know of some good cheap movers? Call me at 250-298-7261

Submitted by Tatiana Evans GHC Tuesday/Thursday Alto/Tenor

JOIN THE MEDEX FITNESS CENTRE IN JAMES BAY?

This is a nice little fitness centre for those over 50, run by a registered kinesiologist. The rate is better if two join together and I'm looking for someone to join with. Interested? Call Kathie at 386-0945, or email kputt@islandnet.com. Their website is www.medexfitness.com.

Submitted by Kathie Putt, GHC Tuesday/Thursday Alto.

GUITAR TEACHER NEEDED

Looking for a guitar teacher once a week for 1/2 hours in the View Royal area for 13 year old - she's keen!

Please contact: Kathy: khmarks@shaw.ca

Submitted by Joanne marks - Previous GHC Soprano & CCLT 3 - 2006/7 graduate

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.

Submitted by Thomas Wakefield Soundings Baritone

CALLIGRAPHY ASSISTANCE WANTED

Does anyone practise calligraphy or know of someone who might?

Please contact Katrina at (250)598-1846 or by email to: katrinapavlovsky@gmail.com.

Thank you!

Submitted by Katrina Pavlovsky GHC Soprano

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.

WORKSHOP SPACE NEEDED

Looking for a garden setting, indoor workshop space or something similar for up to 10 people. Centrally located.

Contact: Joanne 250-381-6171 or fireweed57@shaw.ca

Submitted by Joanne marks - Previous GHC Soprano & CCLT 3 - 2006/7 graduate

SERVING EACH OTHER

INSIDE 'N OUT CLUTTER CONSULTING

"If you have to swallow a bullfrog, don't look at it too long. If you have to swallow two bullfrogs, swallow the big one first" – Mark Twain

It's Spring – time for bullfrog swallowing, that is, decluttering your space – and transforming your life.

Call today for a free consultation 250-382-2741
www.insidenoutconsulting.com

Submitted by Lynn Conall GHC Thursday soprano

COMPUTERS AND MORE....

Media Integration.

Have your computer talk to your stereo, and your television.

Shopping consultation.

Let me help you find the right stuff(and price) for your needs.
Sound systems,desktop and laptop computers,video systems etc.

Outstanding vintage speakers a specialty.

Computer repairs.

Windows Vista and XP. Mac OSX

Internal and system cleaning, and optimization

Viral Infections, Data Recovery,Upgrades

Set-up and basic tutoring

Hardware and Software problems

Free Estimates

Introduction to streaming audio/podcasts and Online Video

Get the most out of your multimedia experience.

\$30 Hour at your home/office

Discounts for seniors/students/unemployed.

Matt Hutton GHC Lighting guy and Gloria's son

mattinvic@gmail.com 250-418-1322.

Submitted by Gloria Hansen,GHC and HNC Tenor

NIA CLASSES (Repeat)

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

COMPUTER SERVICES (Repeat)

Reasonable rates. Very thorough, with 8 years experience.

Tune up and cleaning of your computer.

Learn how to better protect your computer, against phishing, viruses and hackers;

All Issue diagnosis, Virus removal, 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.

PRACTICAL DIGITAL PHOTOGRAPHY FOR SERIOUS BEGINNERS

Classes start Tuesday, April 14, 2009, 6:00 p.m. at Emily Carr Branch of Public Library, 3500 Blanshard. 22.5 hours program. Cost: \$380

Photoshop Image Enhancement

A hands on workshop starting Sunday, April 05, 2009, 10:00 a.m.
at Simply Computing, 2639 Quadra St.
22.5 hours program. Cost: \$200

Call 250-884-4012 to book your space or get more information

<http://www.goingdigital.ca>

Submitted by Andrew Kielbowicz, former GHC Bass and choir photographer

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

CHOIR MEMBER'S WEB SITES

Check out the sites listed here and add them to your favourites if they are of on-going interest. If you have a web site feel free to submit a 50 word (or less) capsule description plus the URL (in the format shown below). It will be kept on file for inclusion here in the order it is received.

JACK HAAS [HTTP://WWW.JACKHAAS.ORG](http://www.jackhaas.org)

See my website for information about two books of mine:

Jack Haas,
Seeking Bliss: A Study of Addiction and Recovery
\$20.

Jack Haas and Wm.Shaffir,
Becoming Doctors: The Adoption of a Cloak of Competence.
\$30.

Submitted by Jack Haas, Tues, Bass

FREE STUFF

Free - In James Bay

Blue patterned loveseat and navy coloured sofa chair
One metal Double bed frame
One metal Queen size bed frame
250 384-1524

Submitted by Lynn H McIvor GHC Tenor

COMMUNITY MARKETPLACE

FOR SALE: MASSAGE TABLE

Height adjustable - sheets included - in very good condition.
Make me an offer. dianerae8@shaw.ca or phone 250 384 5220

Submitted by Diane Rae, resting tenor.

ACCOMMODATION AVAILABLE OR WANTED

SEEKING HOUSE FOR JUNE 1st OCCUPANCY

Responsible 55+ woman is looking for 3 or 4 bedroom house in the Fairfield, Oak Bay, Fernwood area to housesit or rent. Exemplary references. I have co-owned and worked an organic farm on Lasqueti Island for the past 40 years, and am very environmentally aware. I am a practitioner/teacher of Chinese Medicine. 250-388-6875 or email mailto:weiwuwei2222@gmail.com

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

HOUSE SIT A LUXURY MOUNTAIN HOME

House Sit a three bedroom 2006 home on Mt. Matheson, looks down on Matheson Lake, Victoria, and Sooke Basin. One or two persons may apply, yodeller(s) or not. One fish, one dog (lab) and one cat would be your companions. Owners will pay \$250 for the week (8 days) of April 18 to April 26. Owners can negotiate other incentives for suitable applicants.

Call 250 664-6262, Paul or Patricia, so we can chat, arrange a meeting, and look at references.

Submitted by Frani Beckow resting GHC soprano

FOR RENT MAY 1ST

N. Saanich, 3 bedroom upper level, large living with fire place, separate dining room, large, bright, country kitchen, shared laundry, small pet ok, NS.

\$1200 + ½ hydro

Ph. 250-656-0631 aft 5:30 pm

There is a very limited bus service in North Saanich so a car is essential.

Submitted by Denis Wightman Soundings Tenor

HOUSE & DOG-SITTER WANTED
FOR ALL OF JULY - HILLSIDE AREA.

We are away for the month and need someone to stay here and mind the house and 2 moderate sized and quiet dogs. Oh, and a cat. The house is quiet too, and backs right onto Summit park. This would be ideal for someone who needs a place to stay in Victoria (eg visiting a relative here) or someone who needs a change of scenery (renovations, moving, noise, etc) or personal retreat. We can pay.

Contact Brian at 250-592-4271 or email info@briangrady.com

Submitted by Brian Grady Soundings Tenor

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
reikivictoria@gmail.com

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 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 *****

A mind stretched by a new idea never shrinks back to its original dimensions.

Oliver Wendell Holmes

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.

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

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

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 “**Pritiā**” (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

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.

PIRATES OF PENZANCE (Mar 28, 29 & Apr 4)

The Victoria Gilbert & Sullivan Society presents “The Pirates of Penzance”

In Sidney at the Charlie White Theatre:
March 28 @ 8pm, and March 29 @ 2pm

And at the McPherson Theatre in Victoria:
April 4 @ 2pm & 8pm

www.gilbertandsullivanvictoria.ca

Submitted by Joy Broomfield former GHC Soprano)

“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*

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

RALLY FOR RIVERS! (April 4)

there will be a rally in Nanaimo on Saturday April 4. The purpose is to demand that the government take a more serious look at regulating private power plants which are being built to sell power to BC Hydro. They are being promoted at small scale "green" energy production. Plutonic Power from the US is one of these small private companies and it's plan for Butte inlet alone will seriously impact 17 rivers and connect a web of service roads and major power lines. <http://www.buteinlet.net/node/80> gives more information.

If you would like to help get the word out about the rally we have a colourful poster and informative poster that you could print and post at home, at work or in your neighborhood. You can view it by clicking on:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090327/river-rally.pdf>

The rally should be an informative and fun day even for kids, with singing and poster making as well as informative speakers.

There may also be a bus from Victoria.

Submitted by Joanne McSporran GHC Tuesday/Thursday Tenor

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.

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.OnlyLevels.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

St. Ann's Academy Legacy Concert Series Presents:
PREVEDOROS, GOLDEN & JOY IN CONCERT (Apr 17)

"Prevedoros, Golden & Joy is a recently formed trio of veteran musicians whose groundbreaking sound produces the essence of music without borders. Award-winning guitarist Brad Prevedoros, acclaimed multi-instrumentalist Greg Joy, and percussion master Niel Golden create an exotic, unique synthesis including eastern, Latin Jazz, African, pan-Asian, and Celtic folk influences."

Friday, April 17, 2009 – 7:00 p.m.
In The Historic Chapel of St. Ann's Academy

Tickets:
\$20.00 adults/\$18.00 seniors and students
Available at St. Ann's academy national historic site
835 Humboldt Street

Reserve By Contacting:
250-953-8829
or
stanns.academy@gov.bc.ca

Submitted by Vicki McNulty, former GHC soprano

GREEN SMOOTHIE REVOLUTION (April 17)

Victoria & Valya Boutenko present an inspiring new 3 hour workshop - Learn about the latest studies and revolutionary information on the raw food diet, green smoothies, health and nutrition [Poster]

Friday, April 17th, 7-10 p.m. Garry Oak Room, Fairfield Community Place, 1335 Thurlow Rd. \$20 Advance Tickets (Cash Only) available at Café Bliss, www.cafebliss.ca; \$25 at the door.

Info: <http://viva-raw.seedwiki.com>. or Linda at (250) 380-6383

Submitted by: Linda Chan, GHC Soprano

BACH FLOWER REMEDY COURSE: (Apr 18)

with *Joanne Marks* BFRP,CH,SSW ~ Bach Flower Registered Practitioner

This three part course will teach you how to use plant spirit medicine for yourself, others, children & animals through Dr. Edward Bach 38 Flower Remedies. Taken orally, Flower Essences are safe, simple & profound in nature helping us to shift out of mental & emotional patterns that ultimately lead to illness in the body. They assist in rebalancing us during times of stress, uncertainty, life transitions, self development & illness.

They Work Effectively On:

- Acute Emergency Situations
- Passing Emotional Moods
- Deep Seated Emotions
- Personality Traits

Dates:

Saturday Apr 18, 25th, May 2nd '09 ~ Location: TBA, Time 1:00pm - 5:00pm
Early Bird Registration by April 10th. 09 \$180. Post April 10th. \$210. ~ contact:
Fireweed57@shaw.ca

More Information:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090327/bach-course-outline.pdf>
<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090327/bach-poster.pdf>

Submitted by Joanne marks - Previous GHC Soprano & CCLT 3 - 2006/7 graduate

MINDFULNESS AND HORSES (Apr 24 & 25)

with Oriane Lee Johnson

Being with horses is a kind of meditation practice - slowing down into horse time, present in the here and now. Becoming aware of your body sensations, mind state, deeper emotion and energy brings a sense of well-being and connection, no matter how you are feeling. Horses can bring out the best in us - that which is real and authentic thereby increasing our capacity to be true to ourselves. Time includes quiet reflection with the herd, interactive experiences with the horses, and sharing responses and insights that illuminate new possibilities and integrate wisdom received. No horse experience necessary.

Friday 7pm 9pm, Saturday 9:30 5:30pm \$ 285 + GST Course Code: PEMS1549. Co-sponsored by Hollyhock Retreat Centre.

Submitted by Hillary Leighton reluctantly absent for this season GHC Alto

PERMACULTURE DESIGN: (Apr 25)

“How to Live As If We Plan On Staying”
with Beth Cruise

Permaculture is a way of designing gardens and food production landscapes for humans that work with the principles of nature rather than against them. It is based on thoughtful, lengthy observation, of looking at systems such as forests in all their functions and allowing the systems to follow their natural evolution and takes into account basic human needs such as food, water, and energy while weaving landscape elements together in ways that reduce work, eliminate pollution, and sustainably address local needs.

April 25th, 9am 4pm \$75 + GST Course Code: GLNA1529

Submitted by Hillary Leighton reluctantly absent for this season GHC Alto

JUST FOR FUN

A reward of laughter for reading this far

Laughter is the best medicine in the world

<http://www.youtube.com/watch?v=p32OC97aNqc>

Submitted by Veda Ishaya former GHC Bass

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

Making
Universal
Sounds
In
Community

A Community Choir Crescendo, check it out!

http://www.ubuntuchoirs.net/locator_coastal_BC.php

