

SHIVON

One of the things people tell me they enjoy about singing in our choirs, is the way they get to "multi-task." All at once, you can sing, exercise your mind (learning all those words in strange languages) while you practice breathing deeply, standing (or sitting) with yoga or QiGong-like awareness, and practice mindfulness, by entering the silence after each song, allowing the music penetrate deeply. (For those in GHC, all this effort will culminate in creating a concert that will raise a substantial amount of funds to help a Mozambican village in need.) And of course, you get to meet new people and visit with old friends. All at the same time! Well, almost. May we suggest that you limit the visiting with friends, new and old, to before and after choir, and during the break, so that you can give yourself more fully to the all-important practice of listening, and avoid distracting others.

~ Shivon

DENIS

Elvish Is Alive!

I introduced "May It Be" this week to the Tuesday and Thursday people, and will on this coming Monday. It's a beautiful song from the first "Lord of the Rings" movie, but in my own mind it goes beyond the fantasy world of that adventure and expresses some deep sentiments of our own human journey, about being on the path when there seems no way forward, and about hope, and belief in your calling.

The language that appears in the chorus of the song is in J.R.R. Tolkein's invented language of "Quenya", an ancient language of the Elvish people who lived in Middle-Earth. Tolkein was, in fact, a highly respected Oxford professor of English and Anglo-Saxon Philology, and was fascinated with languages and the way they express culture. The Quenya language that he invented was meant to be an ancient form of their spoken language, one that was not spoken anymore by them, but still used ceremonially, sort of like Latin in our own day. The Elvish spoken language - which he also invented, was called "Sindarin" and he carefully formed the two tongues to be related to each other, Sindarin deriving from Quenya.

You can find out much more - and go to the trouble of translating the phrases using the vocabulary and grammar here: <http://home.netcom.com/~heensle/lang/elvish/elvish.html> (I did the translation and it translates perfectly.)

~ Denis

ADMIN TEAM NOTES

GLORIA

VOCO Workshop up-date. The afternoon session of the workshop is "Sold Out", but there are still spaces left in the evening session - 6:30 - 9:30. See the details in the Opportunities to Sing section - PART 2.

~ Gloria

BILL

Some thoughts triggered by Shivon's notes above

A significant portion of my job with the choir as it has evolved over the last eight years is to build and maintain communication bridges for us all to use. Bridges that support us in enjoying, and benefiting from, our dealings with each other both at choir and outside of it.

This weekly newsletter, for example offers you opportunities beyond simply finding information in it of interest to you personally. An item that you know would be of interest to someone else in our choir community provides an opportunity to contact them and bring it to their attention (after all we don't all read all of the newsletter every week). Many strong personal, business and community relationships have started from such small supportive actions. A choir member's name appearing in conjunction with an event, service or recommendation that is of interest to you offers an opportunity to contact that person for more information (or to pass on information useful information to them). If some's name is connected to such things frequently enough to cause you to be interested in them personally you could invite them to meet for conversation over a beverage of choice to explore the art of the possible. In short, this newsletter (current and archived issues) offers us all opportunities to reach out to each other based on our shared interests and many of the items in it include a contact method to use in doing so.

The Choir Contact List that goes out early in each season is intended to facilitate that reaching out for those of us who are currently registered. Whether you want to contact a current member to offer information that supports her/his interests, to request information that supports your own interests or you simply want to extend an invitation to participate in something you believe is of mutual interest the Contact List can help you do so.

In those cases where neither of the above tools provide the information that you need to make contact you can, as a last ditch effort, try contacting me for help. Given that our extended choir community is comprised of over 1,700 people with 1,200+ of them on email I emphasize, however, please do so only as a last resort. When/if you do please have something solid in the way of information for me to work with such as:

- ~ the title, topic and/or a term from a newsletter item that they were connected with
- ~ the person's first name, last name, night and/or section

(the more such pieces of information you have the easier they will be to find)

Please do not ask me to help you find "the blonde lady who used to live in Toronto" no matter how long she might have been in the choir. Descriptive information such as that is not in my records and unlikely to be in my memory and no matter how much I might want to help I won't be able to.

As always an email to bill@gettinhigherchoir.ca is the best way to contact me but you are also welcome to phone 250-920-4160 (8 to 8, Tuesday to Friday).

Live, sing and do all you do in joy.

~ Bill

Gettin' Higher Choir Info

GHC NEWS & BUSINESS

DOORS AND WINDOWS FOR THE KUWANGISANA BUILDING PROJECT....

A request from Perpetua Alfazema...our friend in Mozambique.

Proceeds from our last two Mozambique benefit concerts built a beautiful community centre in Sena. The walls are up and the roof is on! The home-based care program at Sena is ready to take on new challenges of expanded program services. A large grant has been obtained and will be administered by Medical Teams International as soon as the project buildings are secured with windows and locking doors. The grant does not pay for any building projects so this must be done as soon as possible to allow for programs to expand in order to help more people living with HIV AIDS and for the orphans in rural Caia District.

For more information visit:

<http://www.caiacconnection.com>

For photos of the Kuwangisana building project click on:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090403/kuwangisana.pdf>

How can you help?? You could consider purchasing a DOOR (\$100) or a WINDOW (\$50). (the building urgently needs 40 windows and 20 doors)

Please make your donations payable to The Caia Connection and hand them in to Gloria at choir (or Bill or Shivon if Gloria isn't there). If you are not coming to choir this season you can mail you're your donation c/o 1305 Bond St., Victoria, BC, V8S 1C3. Tax receipts are available on request from The Caia Connection, a Registered Charity. If you request a receipt please be sure to include your email address if you have one or postal address if you don't.

~ and ~

Visit the AFRICAN MARKETPLACE all this week at choir. Items for sale to support this project include:

Beautiful African carvings, large pieces of colorful fabric, cards, and much more.
Prices are very reasonable, ranging from a few dollars to \$25.00.
visit www.caiacconnection.com

Submitted by Shivon and Gloria, board members of The Caia Connection.

THE GIFT OF SILENCE

Last Tuesday at the break one choir member made a very strong plea for less chatter between songs which prompted me to find, and include, the following message that was last in the Nov. 9, 2007 newsletter.

A REMINDER OF THE VALUE OF SILENCE

This week at choir, try giving yourself and those around you the gift of silence between songs. You will find that this can really deepen the effect that this practice of singing in harmony has on your whole being. There is a tendency to want to chatter to those around you once a song has finished - with mindfulness, you can curb that urge, and stay focused on the vibration within that the song has set up. In this way, the whole time can be experienced as a very deep sound healing treatment. Try it!

~ Shivon

By minimizing our chatter (myself included) we will all get more out of our choir experience by giving each other, Shivon, Denis and ourselves the gift of silent mindfulness.

~ Bill

BILLETS NEEDED FOR U of A CHOIR

"The U of A Mixed Chorus is giving a concert on Tuesday April 28th at 8.00 p.m. at Esquimalt High School, 847 Colville Road. They need 90 billets. Hosts would be asked to pick their billet up at a central spot, feed him or her a light supper ,provide transportation to and from the venue and a bed for the night. In the morning breakfast and transport back to the school would be needed. This is a very professional choir and we are delighted to be included on their spring tour"

Ticket are \$ 10 / at door - billet providers will get in free.

Please contact Diane Aitken (gradi@shaw.ca , Tel. 250-383-3572) at your earliest convenience if you can host one or more of the singers from Alberta.

~ Shivon

JOHN O'DONOHUE VICTORIA 2007 PHOTOS

I put back to my website the photo link for John's visit to Victoria in 2007. You can send this to GHC members as a reminder of these precious moments.

http://www.goingdigital.ca/John_O'Donohue_07/

Thanks,

Submitted by Andrew Kielbowicz former GHC Bass & Choir Photographer

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

GHC & HNC LOST AND FOUND

LOST & FOUND

There is a lost & found box at the Church of Truth, on the shelf above the coat hangers in the foyer outside the washroom.

That's where we put all the items left behind at choir - mostly water bottles, both nalgene and stainless steel, and assorted items of clothing, and the odd pair of eye glasses. Most things in the box right now have been there for a long time. If you think any of these things might be yours please claim them next week - otherwise we will empty the box and start all over again.

Thanks

Shivon

TO THE UNINTENTIONALLY BARE-HEADED TUESDAY NIGHT ALTO

The hat you left on the platform near the Alto/Bass border last Tuesday is in the GHC/HNC Lost & Found box.

~ Bill

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 started last week. **BUT WE WILL CONTINUE TO TAKE REGISTRATION FOR THIS SESSION.** 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 and all are welcome.

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

See you there.

REGISTRAR'S NOTE: If you are already coming and were previously registered, just a reminder that your cheque (or cash in an envelope) with your name etc. on it is all I need for you to re-register. See you on Tuesday.

~ Shivon and Gloria

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

To do just the opposite is also a form of imitation.

Georg C. Lichtenberg,
German physicist & satirist

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!

OPPORTUNITIES TO SING!!

THE HIGH NOON CHOIR
A Choir for those who prefer daytime singing

Check it out in the HNC News & Business section of Part 1 of this newsletter or on the GHC web site at: <http://www.gettinhigherchoir.ca> (Go to About and then click on High Noon Choir).

See you there.

~ Shivon and Gloria

FABULOUS VOCAL WORKSHOP
WITH MOIRA SMILEY & VOCO

THERE ARE STILL A FEW SPACES OPEN IN THE EVENING WORKSHOP~ Shivon

Friday April 10, 1-4pm NOTE: This session is 'sold out'

Firday, April 10, 6:30-9:30pm.- - There is still room left in this session.

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-stompn' 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

SONG CIRCLE & NAUTICAL SONG CIRCLE

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

COMMUNITY EVENTS ITEMS THAT INVITE YOU TO SING!

Heartbeat Music Circle

(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

SAVING LUNA ON CBC THIS SUNDAY

Don't miss the broadcast premiere of this award-winning feature documentary.

On THE LENS on CBC Newsworld
Sunday, April 5, 10:00 PM ET/ PT

www.savingluna.com
www.cbc.ca/documentaries/thelens/2009/savingluna/

**** "Breathtaking." Vancouver Sun
**** "Truly fascinating." Toronto Sun
**** "*Saving Luna* has it all!" Edmonton VUE

For more info, or to view/print/post and/or pass on a poster for the show, click on:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090403/luna.pdf>

Submitted by Patricia Houston GHC Alto

VERY CUTE

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090403/very-cute.pdf>

Submitted by Tatiana Evans GHC Tuesday/Thursday Alto/Tenor

PLANT SALE

- A Gardeners Delight

Internationally acclaimed gardener and sculptor Birgit Piskor is having her final plant sale. In appreciation of her customers support, all perennials are 1 Gal. pots for \$5.

When: Sat/Sun April 18th and 19th from 10 until 4, rain or shine.

Come early for best selection.

Birgit's sculpture gallery will be open for viewing and sales (at studio prices).

Please click on this link for the Plant list:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090403/plantlist2009.pdf>

Recommended by Gloria Hansen, GHC and HNC tenor

SAVE THE CBC!

I just signed an urgent petition to save the CBC from massive budget cuts.

For more information and/or to sign the petition click on:

http://www.avaaz.org/en/save_the_cbc/98.php?CLICK_TF_TRACK

Thanks!

Submitted by Ruth McMurchy former GHC Tuesday Alto

STV SINGLE TRANSFERABLE VOTE.

It was mentioned on Tuesday evening re: educating ourselves for this vote. See Focus Magazine April 1 for excellent coverage, pro and con.

Recommended by Joyanna Wilkinson Thursday Alto

MUSIC CAN RESTORE VISION AFTER STROKE

<http://www.naturalnews.com/025951.html>

Submitted by Matti Anttila, passed Bass

THE LEGACY CONCERT SERIES

This is a fundraising effort for the ongoing restoration projects and cultural programs at St Ann's Academy. The concerts will take place in the beautiful historic chapel at the Academy. The first concert will take place on April 17 at 7:00 pm and features acclaimed local guitarist Brad Prevedoros and musical guests Greg Joy and Niel Golden. Tickets are \$20 for adults and \$18 for seniors and students. For ticket information, call 953-8829 or email stanns.academy@gov.bc.ca

Here is a link to the poster for people who could kindly pass it around.

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090403/legacy20090417.pdf>

Submitted by Sophie Moore GHC Soprano

THE DON'T QUIT POEM

Here is a very nice link to cheer up people who feel down for lots of reasons:

<http://www.lifeandlove.tv/video.cfm/cid/2005/vid/1150>

Submitted by Tessa Mueller HNC member

STRESS - SOME INTERESTING THOUGHTS

This reminded me about Shivon and Dennis telling us to leave our stresses at the door while we share our evenings of song together....

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090403/stress.pdf>

Submitted by Susan Lea GHC Tuesday Alto

BATHROOOOOOOOMS!!!...

Would you use one of these amazing bathrooms?

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090403/bathroooooooms.pdf>

Could you use the last one?

Submitted by Bill Hanson GHC Bass etc. (a cyber forward from wife #1)

HIGHLANDS ADOPTS ECO-TOILET...

...cob construction plus composting.

Read all about it in the Goldstream News Gazette:

http://www.bclocalnews.com/vancouver_island_south/goldstreamgazette/community/42199402.html

Recommended by Josephine Munro, GHC Monday Tenor

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

It might be a good idea if the various countries of the world would occasionally swap history books, just to see what other people are doing with the same set of facts.

Bill Vaughan,
American syndicated columnist (1915-1977)

Submitted by: Josephine Munro, GHC Alto

<http://www.quotes.net/authors/Bill+Vaughan>
http://en.wikipedia.org/wiki/William_E._Vaughan

COMMUNITY NETWORKING

PERMANENT HOME WANTED FOR SIAMESE CATS

Looking for loving home for two Siamese, 4 year old cats. I am moving and no longer able to keep these dear ones. The cats have been both outdoor and indoor.....they can go outside but do not stray far.

Prefer a home that has a yard and no dog, as they are not used to that. I also have carry cases, scratch posts and a litter box. Call Barb 250 480-1410.

Submitted by Barb Peterson Former GHC and High Noon Alto

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.

Submitted by: Thomas Wakefield, Soundings Baritone.

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.

SERVING EACH OTHER

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.

Submitted by June Swadron, former 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

THINKING OF SEEING A COUNSELLOR?

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

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

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

Submitted by: Lee McLeod, GHC Tuesday/Thursday Bass

JOY OF MOVEMENT RETREAT DAY (earlybird deadline May 1)

Join Nia Brown Belt, Karen Boissonneault, for this beautiful day of self-renewal.

Sunday, June 14th, 10 am to 4:30 pm

@ Sleeping Dog Farm and Retreat in The Sanctuary

1506 Burnside Road West, Saanich (10-15 min drive from Victoria)

Earlybird Special

\$99 to May 1st (\$114 regular)

Limited to 20 women of all ages.

AM:

Play with breath, toning, movement, music and magic
12:30-1:30 PM: A delicious, healthful lunch, farm prepared, is included.

PM:

Gentle movement meditation and a special Nia class with the restorative, healing resonance of our voices and the music of Heartland

Feel great in the body you're in. No Nia or singing experience necessary.

Contact Karen at 250 478 1076 or karenia@shaw.ca

Submitted by Karen Boissonneault HNC member

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 (Repeat)

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

NIA CLASSES (Repeat)

Special to April 3rd: 2 classes for the price of 1 drop-in: \$15. Yes, you can repeat it! Last chance to purchase 2 for 1 drop-in is Friday, April 3.

(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

FREE STUFF

FREE RV MINI BLINDS

A variety of used 1" vinyl blinds are FREE to a good home (all of them). 4 measure 42.5", 3 x 38.5", 1x35.5", 1x34.5", 2x30.5, 1x24.4", 3x22.5".

Contact by phone 250-588-8138 or
<mailto:chris@phungail.com>

Submitted by Chris Gower-Rees Former GHC / Soundings Tenor

COMMUNITY MARKETPLACE

SPECIAL OFFER FOR MYOFASCIAL RELEASE

Myofascial Release is an effective whole body approach for the treatment of pain and the restoration of motion. The fascia plays an important role in the support of our bodies since it attaches to all structures. The healthy state of fascia is relaxed and has the ability to stretch and move without restriction. Trauma, scarring and inflammation cause fascia to lose it's pliability.

Myofascial Release works to restore the body to a flexible and relaxed state. A three month "recession" special starting April 20 through July 20 offers one hour Myofascial Release treatments for \$60 a session by a therapist certified in Massage, Structural Integration and Myofascial Release. Call Glenn at 250 217-4748. For more info www.myofascialrelease.com

Submitted by Barb Peterson Former GHC and High Noon Alto

PLANT SALE

- A Gardeners Delight

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Recommended by Gloria Hansen, GHC and HNC tenor

SILHOUETTE DEHUMIDIFIER FOR SALE

Like new - used only one summer - Soft Touch Electronic Key Pads - LCD Readout - Auto-Sensing Humidity Control - Adjustable Humidity Settings (35% - 80% Continuous) Call 250 384 5220 or email dianerae8@shaw.ca

Submitted by Diane Rae, resting Tenor

ACCOMMODATION AVAILABLE OR WANTED

PROFESSIONAL LIVE-IN HOUSE AND PET SITTER

My name is Clare, I have stable employment and do minimum 1-month house and pet sitting. * I love animals and they love me. * Criminal Record Check, references, peace of mind. See my website for great testimonials and rates: www.clareallan.com 250.884.1369 or info@clareallan.com

Submitted by Irene Tremblay GHC Tuesday Tenor

SEEKING HOUSE FOR JUNE 1st OCCUPANCY (Repeat)

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: weiwuwei2222@gmail.com

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

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 *****

The heart of a fool is in his mouth, but the mouth of the wise man is in his heart.

Benjamin Franklin

Found in the footer of an email from:
Diane Rae former GHC Tuesday Tenor

<http://www.ushistory.org/franklin/info/index.htm>
<http://sln.fi.edu/franklin/rotten.html>
http://en.wikipedia.org/wiki/Benjamin_Franklin

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.

NAVIGATE MODERN MIDLIFE - STEP INTO JOY (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, 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 (Apr 4)

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

At the McPherson Theatre in Victoria:

April 4 @ 2pm & 8pm

www.gilbertandsullivanvictoria.ca

Submitted by Joy Broomfield former GHC 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

PUBLIC TOURS OF
ECO-SENSE SOLAR-COB
HOUSE IN THE HIGHLANDS: (Apr 5)

April 5 fully booked, May 3 filling fast.

Where: 3295 Compton Road, off Munn Road

When: First Sunday of each month, 10-12:30pm

How much? \$20/discounts for groups 10+

RSVP: 250-478-2680 or ann@eco-sense.ca

Highly recommended, inspirational: see <http://www.eco-sense.ca>

Submitted by Josephine Munro, GHC Monday tenor

OUR LIVING LEGACY:
*"The Threatened Ancient Forests of
Vancouver Island and BC's South Coast", (Apr 8)*

A film screening of a new documentary about Vancouver Island's ancient forests by Jeremy Williams.

Also, a presentation:

"Insights on 20 years of Ancient Forest Activism",
Valerie Langer (Friends of Clayoquot Sound, ForestEthics coast campaigner)

And a slideshow:

"Geography, Ecology and Politics of Vancouver Island's Ancient Forests",
Ken Wu (Wilderness Committee, Victoria campaign director)

Wednesday, April 8, 2009, 7:00-8:30 pm
St. Ann's Academy (off Blanshard St. near Belleville St.)
By donation (minimum \$5 recommended)

Submitted by Josephine Munro, GHC Monday Tenor

QIGONG (Apr 8 deadline)

"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 started April 1st, and run 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. Registrations accepted to Apr. 8th

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

Submitted by: Dennis Murphy GHC Bass

DANIEL LAPP's...JOY OF LIFE CONCERT (Apr 10)

Featuring:

The Haints & The Old Time Vocal Choir
Joyof Life Choir
BC Fiddle Orchestra & Folkestra

Good Friday April 10

St Andrew's Presbyterian Church (corner of Douglas & Broughton)
7:30 pm (doors open at 7 pm)

Tickets:

\$15 adults, \$12 students/seniors
Larsen's Music (1833 Cook) &
Ivy's Bookstore (2188 Oak Bay Ave).

An evening of wonderful Applachian style music & more...

Submitted by Donna Bell, Tuesday/Thurs soprano

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

*“ANOTHER LOOK AT
RELIGION AND SPIRITUALITY.”* (Apr 12)

Many people say they are spiritual but not religious, and yet there seems to be some confusion as to what 'spirituality' is all about. This talk might clarify the confusion, will indicate how everyone has a 'spirituality' and how 'spirituality' changes with life experiences.

Alex Campbell and his wife Marlene are members of the First Unitarian Congregation of Ottawa where Alex serves as a Worship Associate. A former Catholic priest, Alex has Masters degrees in Spirituality and Education.

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

Submitted by: Jackie MacDonald, GHC Tuesday, Soprano

COMMUNITY EVENTS – COMING WEEKS

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

FREE PRESENTATION
AND DEMONSTATION OF BODYTALK! (Apr. 13 & 27)

(served with tea and goodies)

I am hosting these fun, informative evenings every month at my home/office. Come and hear about BodyTalk, why this system of health care is so effective, and what it can do for you. I will do free a demo session 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 meetings will be on April 13th and 27th, so mark your calendar and I hope to see you there.

Submitted by Jill Kirby, Soundings Soprano and Thursday GHC Soprano

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

THE LEGACY CONCERT SERIES (Apr 17)

This is a fundraising effort for the ongoing restoration projects and cultural programs at St Ann's Academy. The concerts will take place in the beautiful historic chapel at the Academy. The first concert will take place on April 17 at 7:00 pm and features acclaimed local guitarist Brad Prevedoros and musical guests Greg Joy and Niel Golden. Tickets are \$20 for adults and \$18 for seniors and students. For ticket information, call 953-8829 or email stanns.academy@gov.bc.ca

Here is a link to the poster for people who could kindly pass it around.

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090403/legacy20090417.pdf>

Sophie Oliveau-Moore

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

ART CLASS:

TOOLS FOR TRAVEL DRAWING (Apr 18)

Learn the Art of Visual Note Taking.

Date: Saturday April 18th. 10 A.M. to 4 P.M. 250-658-8770 registration Fee \$ 70. includes materials.

Artist: Ann-Rosemary Conway BFA has traveled around the world, since 1981, sketching at the sacred sites of Mother Earth. She has developed a swift method for visual note taking that can take only a few minutes. Then in the endless waiting rooms of buses, trains and planes you can colour in your sketches.

She invites you to share her tips and techniques. Get ready for the journey of your life.

Submitted by Ann-Rosemary High Noon Choir Alto

MAJOR FARM AND

FOOD SECURITY RALLY (Apr 18)

Are you concerned about the future of farming in BC, and about our food quality and food security? If so please join us!

Mark your calendars! April 18th, 1:30 pm, at the BC Legislature.

Let's send a message to all politicians during the election campaign: farms & farmers count!

Urgent issues:

--decline of agriculture in BC
--lack of support for local food production
--unaffordable farm land

--vanishing meat processing capacity
--erosion of ALR

Neither the NDP nor the Liberals have shown a clear commitment to BC's farmers.

This is an excellent opportunity to make your voice count!

We need farms, now farms need us!

<http://2009foodsecurityrally.blogspot.com/>

Thanks for your time!

Submitted by Susan Tychie Tuesday alto

PHOTOGRAPHY SHOW (Apr 18)

You are invited to the Opening Reception of:

Photographic Works by Pamela Vine

Saturday April 18th
7:00 -9:30 pm
Vitality Treatment Center
#302 - 1842 Oak Bay Ave

For more information, call 727-7401.

Pamela Vine GHC & former Soundings Soprano

PLANT SALE (Apr 18 & 19)

- A Gardeners Delight

Internationally acclaimed gardener and sculptor Birgit Piskor is having her final plant sale. In appreciation of her customers support, all perennials are 1 Gal. pots for \$5.

When: Sat/Sun April 18th and 19th from 10 until 4, rain or shine.

Come early for best selection.

Birgit's sculpture gallery will be open for viewing and sales (at studio prices).

Please click on this link for the Plant list:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090403/plantlist2009.pdf>

Recommended by Gloria Hansen, GHC and HNC tenor

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

THE NO SHIT SHIRLEYS PERFORMING IN VICTORIA (Apr 25)

A Benefit Concert for two schools in rural Mindanao, Philippines.
Saturday April 25, 8pm, at Fairfield United Church

This 7- women acapella group The No Shit Shirleys from Vancouver gets rave reviews.
See <http://www.noshitshirleys.com>

Please help spread the word about this great concert for a great cause.

~Shivon

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

“WILL THIS BE A
TURNING POINT IN OUR HISTORY?” (Apr 26)

On May 12th, 2009, voters in BC will choose to retain the existing voting system or adopt a new system proposed unanimously by the Citizen's Assembly on Electoral reform. These 161 citizens, chosen at random and fully briefed, selected STV as the best system for British Columbia. In their eyes, the system would provide better representation than the present system and promote a spirit of collaboration in the legislature. Ben Dolf is a member of the Yes committee, and will help you make up your own mind. Ben is a long standing Member of our Congregation and a former GHC Bass.

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

Submitted by: Jackie MacDonald, GHC Tuesday, Soprano

HEARTBEAT MUSIC CIRCLE (Apr 26 & May 31)

Sidney, BC

Director:

Julie "Jewel" Spooner, CCLT 3 - 2006/7

We gather on:

Sunday 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

THE SOUNDS OF UKRAINE

- The World- Renowned -

KYIV CHAMBER CHOIR RETURNS TO NORTH AMERICA (Apr 27)

First Metropolitan United Church

932 Balmoral Road (At Quadra Street)

Monday, April 27, 2009 7:30 p.m.

Tickets: \$35 at www.ticketweb.ca or 1.877.266.2557 or Ukrainian Cultural Centre 3277
Douglas ph: 250-475-2585 for concert info: 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".

Submitted by: Jean Anderson Tuesday Soprano

JUST FOR FUN

A reward of laughter for reading this far

The Irish Castaway

Submitted by: Mercedes Picot GHC Tuesday Soprano

One day an Irishman, who had been stranded on a deserted island for over 10 years, saw a speck on the horizon. He thought to himself, 'It's certainly not a ship.' As the speck got closer and closer, he began to rule out even the possibilities of a small boat or a raft.

Suddenly there strode from the surf a figure clad in a black wet suit. Putting aside the scuba tanks and mask and zipping down the top of the wet suit stood a drop-dead gorgeous blonde!

She walked up to the stunned Irishman and said to him, 'Tell me, how long has it been since you've had a good cigar?'

'Ten years,' replied the amazed Irishman.

With that, she reached over and unzipped a waterproof pocket on the left sleeve of her wetsuit and pulled out a fresh package of cigars and a lighter.

He took a cigar, slowly lit it, and took a long drag. 'Faith and begorrah,' said the castaway, 'that is so good! I'd almost forgotten how great a smoke can be!'

'And how long has it been since you've had a drop of good Powers Irish Whiskey?' asked the blonde.

Trembling, the castaway replied, 'Ten years.'

Hearing that, the blonde reached over to her right sleeve, unzipped a pocket there and removed a flask and handed it to him.

He opened the flask and took a long drink. 'Tis nectar of the gods!' shouted the Irishman. 'Tis truly fantastic!!!'

At this point the gorgeous blonde started to slowly unzip the long front of her wet suit, right down the middle. She looked at the trembling man and asked, 'And how long has it been since you played around?'

With tears in his eyes, the Irishman fell to his knees and sobbed, 'Jesus, Mary and Joseph! Don't tell me that you've got golf clubs in there too?'

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

Making
Universal
Sounds
In
Community

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

