



# CHOIR COMMUNITY NEWSLETTER

## April 10, 2009



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

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



### DIRECTOR'S NOTES

SHIVON

Happy Easter to you all.

Eostre was the name of Anglo-Saxon goddess of Spring, and her sacred animal was the hare...the first Easter Bunny! This festival of re-birth is a great time to celebrate the return of vibrant life after the dearth of winter, and to contemplate all that wants to be reborn in our lives. (Not quite sure where the chocolate part originates, but it works for me!)

May all that is waiting in you to be reborn, blossom forth in these lengthening days of Spring.

~ Shivon

### ADMIN TEAM NOTES

GLORIA

Thank you all for your support of our Mozambique friends and projects this week - the African Marketplace and our 'Windows and Doors' donations (on-going).

As always the funds raised make such a remarkable difference in so many lives.

We raised over \$500 so far through the marketplace, for the Caia - Ray of Hope Orphans and we have purchase 8 doors (only 12 to go) and 12 windows (only 28 to go) so far for the Kuwangisana Community Center.

~ Gloria

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BILL

Do you have a web site that you would like to promote through this newsletter?

Send me:

Your first & last name

Your choir connection (GHC, HNC, etc)

Which night(s) you sing (if GHC)  
Which section(s) you sing in  
The address of your web site  
A 20 word or less promo line

I will build a current list of choir members web sites and rotate 2 - 5 of them at a time (in the order I receive them) through a new "Community Members Web Sites" section. This will give your site periodic exposure to 1200+ people and offer readers different web sites to check out each week.

~ Bill

## Gettin' Higher Choir Info

### GHC NEWS & BUSINESS

#### A "CURRENT SINGERS ONLY" UPDATE

Over the last couple of days we have added a number of lyric, video and parts files to the "Current Singers Only" section to assist you in practicing our current concert songs. Enjoy!

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#### 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 and your postal address.

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

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## THE POWER OF HOPE NEWSLETTER

To catch up with what is happening with our PoH friends click here:

[http://www.powerofhope.org/Spring\\_2009\\_eneews\\_main\\_page.html](http://www.powerofhope.org/Spring_2009_eneews_main_page.html)

~ Also ~

## POWER OF HOPE....POSITIVITY...IN MAY

Watch for news of our annual Fundraisers in Vancouver and Victoria in May. This will be an opportunity for you to find out more about The Power of Hope and to enjoy the performances of some of our youth.

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## 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](mailto:gradi@shaw.ca) or Tel. 250-383-3572) at your earliest convenience if you can host one or more of the singers from Alberta.

~ Shivon

## Other choir community info

### **HNC NEWS & BUSINESS**

**The High Noon Choir - come join us.**

A Choir for those who prefer daytime singing

The Spring Session of the High Noon Choir started March 31. 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

## **CCLT UPDATES**

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

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

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

<http://www.communitychoirleadership.com>

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

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

Many of the graduates of the Shivon and Denis' Community Choir Leadership Training program (CCLT) are involved in choirs of their own across North America and in Australia.. We consider these choirs to be GHC "sister choirs" and you can find information about them by clicking on:

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

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

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

A strong nation, like a strong person, can afford to be gentle, firm, thoughtful, and restrained. It can afford to extend a helping hand to others. It's a weak nation, like a weak person, that must behave with bluster and boasting and rashness and other signs of insecurity.

Jimmy Carter, 39th US President

Editor's Collection

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## 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!

### APPRECIATIONS

#### THE GUATEMALA "THANK YOU" EVENT

We want to thank all the generous choir members who have supported our stove project in Guatemala either with donations or by buying our gorgeous scarves, and I especially want to thank Gail Anstey, Monday soprano, who sold over 100 scarves!

To thank all our donors and those who have expressed an interest, we are having a *Guatemala Night* on April 29th from 5 to 7 at the CNIB, 2340 Richmond. Our intrepid Kathy Coster, Tues/Thurs Soprano, having just returned from 5 months there, and Linda Stanton, Tues. Alto, who joined her for 2 weeks in February, will show wonderful photos and report back on what we are doing in these impoverished villages.

To view the invitation click on:

<http://www.crucible.ca/temp/guatemala/pdfs/20090409/guatemala-night20090429.pdf>

To get the latest update for, and the background to, this project please visit our web page at:

<http://www.crucible.ca/temp/guatemala.html>

Submitted by Mary Lynch GHC Monday Soprano

### 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

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#### DEEP SINGING (July 18–23)

A 5-day workshop on Orcas Island for meditative and joyful "deep singing" of rounds, chants, and simple harmonies, afternoon sessions of more challenging rounds and multipart songs, and evening singalongs of old favourites. Bring your instruments, your favourite songs, and the desire to lift your voice in song. For more information about this inexpensive, residential

workshop held at Indralaya, a 78-acre environmental sanctuary of shoreline beauty and peace in the San Juan islands, see <http://www.indralaya.com>

Submitted by Helen Durie, GHC Tues/Thurs soprano

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## 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.

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## COMMUNITY EVENTS ITEMS THAT INVITE YOU TO SING!

Taize Service	(Apr 17)
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**

### HARD TIMES

This evening I tripped over this version with James Taylor and Yo-Yo Ma. Thought you all might enjoy it.

<http://www.youtube.com/watch?v=pyV60kTvEFE>

Cheers,

Recommended by Paddy Hernon former GHC & Soundings Bass

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## HIGHWAY OF HEROES

Quite emotional to view.... in Heart and Mind - Proud To Be Canadian !!!

<http://www.gettinhigherchoir.ca/community-info/misc/20090410/a-different-view.pps>

Recommended by Catherine Harvey former GHC Tuesday Alto

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## SHE HAS BEEN A MAYOR FOR MANY YEARS..OH CANADA!

*Sure can't say this gal is "just" a woman.....she is amazing and 88 years old at that! You really have to see this one....*

Just when you are convinced there isn't a single competent politician, up pops one; and it's an older woman....in Mississauga , Canada . What a truly amazing woman....Just click on this link.....<http://www.youtube.com/watch?v=fY79KbCptTo>

Recommended by Donna Bell Tuesday/Thursday Soprano

### Editor's Note:

If you would like to check out a biography and a list of accomplishments for this incredible lady click on:

<http://www.mississauga.ca/portal/cityhall/mayor>

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## BLOSSOMS AND BLISS DANCE

If you love to dance freely this sounds like a sweet variation on Dancing Wolf's usual offerings. I wish I could go but early to bed and very early to rise makes me a taxi driver. DW says:

The Blossoms and Bliss Dance at The Church of Truth at 8:00 on April 12, Easter Sunday, promises to be a delightfully gentle night of slower, softer, quieter dancing while remaining fully alive and stimulating. During my 9 year radio show Planet Folk on CFUV I found lots of World Music with a more mellow tempo. While it will be far from being as loud, fast and thumpy as my One Heart Dances there will be still be adequate energy to engage your dancing bodies while uplifting your gentle hearts. Admission \$10 Info [1heart@telus.net](mailto:1heart@telus.net) or 418-0694

~ Dancing Wolf

Recommended by Bill Hanson GHC Bass etc.

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## TWO SUBMITTERS...TWO LINKS...SAME VIDEO

Wouldn't it be lovely? Check it out!

<http://music.todaysbigthing.com/2009/04/08>

This is just the best...

[http://www.youtube.com/watch?v=Vq6b9bMBXpg&feature=player\\_embedded](http://www.youtube.com/watch?v=Vq6b9bMBXpg&feature=player_embedded)

Recommended separately by Betsy Sansby CCLT 4 - 2007/8 & Patricia Houston GHC Alto

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TRY GREAT BODY FEELING FOR ONLY \$20! (APRIL 2009)

Thanks to our Sandra Johnson (HNC-Tenor) I am now experiencing the joy of moving my body to fun music in water and getting workout at the same time: Sandra is teaching "Aqua Fit For 50 & Better" in the down town YMCA (Mondays & Thursdays 1:30-2:30 p.m). Even for problem figures/bodies this is the way to give the much needed and wanted mobilization: First in shallow water and afterwards stretching joints and relaxing in the warm water pool. In April everybody can get a pass for only \$20 which is also good for all the other rec centers! Come and join us!

Recommended by Tessa Mueller HNC-Soprano

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POLITICIANS ADDRESSING GLOBAL WARMING ISSUES;

If you are interested in hearing about the policies for global warming and environmental issues.... Representatives from Liberal, NDP and Green Party will be speaking at a BCSEA meeting, April 20th (7-9pm), at the Burnside Community Centre, on Cecilia St.

For more information check the site : [www.bcsea.org](http://www.bcsea.org)

Recommended by Lynn Daniel, Monday Soprano

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

The truth is lived, not taught.

Herman Hesse, Swiss Novelist & Poet

Editor's Collection

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## 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 or email at [barbinvictoria@shaw.ca](mailto:barbinvictoria@shaw.ca).

Submitted by Barb Peterson former GHC and High Noon Alto

## SERVING EACH OTHER

### HOLISTIC CAT SERVICES

Going on either a short or long vacation? I offer an excellent alternative to a kennel, as I board cats in my home. My approach is a unique and holistic one, and all my customers (both human and feline) been very pleased. You avoid the stress of cages and large numbers of animals (s/he may be the only one), and your cat will get lots of individualized attention with lots of love, grooming and playtime . (Ask about my unique healing modalities that can be incorporated with no additional charge). I also do one hour in-home visits, and up to two visits per day can be arranged. I am experienced and bondable, with quality references.

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Submitted by Bernadine Sperling, HNC Alto

## COMMUNITY MARKETPLACE

### PLANT SALE (Updated)

- 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 18<sup>th</sup> and 19<sup>th</sup> from 10 until 4, rain or shine.

Where: 520 Niagara Street (in James Bay) corner of South Turner and Niagara

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

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### MAGIC FLUTE TICKET FOR SALE:

One *ticket* for *The Magic Flute* performance of Thursday April 16th at 8:00 pm, (Center/Upper balcony).

Paid \$62, asking \$55. Phone Marlane (250-385 8383).

Submitted by Claire Ebendinger, Monday soprano

## EMPLOYMENT AVAILABLE OR WANTED

WHO KNOWS SOMEBODY WHO COULD NEED ME?

Who is looking for a trustworthy, honest, high work ethics, but also highly flexible employee with a positive problem solving attitude & organizational/communicative/language/artistic/people talents plus common sense & lots of life/work experience (acquired in offices, sales, marketing, hospitality, households)? German lady would love to work directly with or for people (little ones, too) in helping, beautifying, supporting them, their business, environment or good cause.

Also offer hourly housekeeping/childcare/renovations/cakes/decorating/crafting/etc. or paint your portrait or picture: <http://picasaweb.google.com/theresagm/ArtAndMore#>

Â please contact me for more info: [theresagm@canada.com](mailto:theresagm@canada.com) or phone (250) 380-1502

Thanks!

Submitted by Tessa Mueller HNC Soprano

## **ACCOMMODATION AVAILABLE OR WANTED**

SUITE FOR RENT: (May 1)

\$950/month

Immaculate custom designed suite with private entrance. Designer kitchen/dining area with maple cabinets. Cork flooring throughout. One bedroom with den containing Murphy bed for guests. Double doors open to a lovely garden in a quiet neighbourhood. A warm and bright environment perfect for a single professional or retiree. Microwave and washer/dryer. Water and hydro included. No pets, non-smoker only.

please email: [bbultena@shaw.ca](mailto:bbultena@shaw.ca)

Submitted by: Richard Baldwin, Soundings baritone & former GHC bass/baritone/tenor etc.

\*\*\*\*\*

MATURE PROFESSIONAL WOMAN...

...is available in August to care for your home, pets, lawn and garden in exchange for accomodation.

I enjoy a quiet lifestyle and am a non smoker. I can provide excellent references. If interested please contact me at [meerskine@gmail.com](mailto:meerskine@gmail.com).

Submitted by Elizabeth Erskine Alto on leave

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FURNISHED ONE BEDROOM CONDO FOR RENT - MAY THRU AUGUST

Furnished one bedroom south-facing garden suite condo next to Beacon Hill Park for rent. Hardwood Floors.

\$1200/month

Inclusive May 1st to Sept 1st.

Perfect for a summer retreat!

For more informatin please email Corre at [correalice@yahoo.ca](mailto:correalice@yahoo.ca) and/or talk to me (Winnie) at choir.

Submitted by Winnie Cooper, Alto - Tuesdays & Thursdays

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SHARED ACCOMODATIONS:

I am leaving my cozy home on Cordova Bay ridge, near Elk Lake.

3 bedroom house, room available: One room will be available May 1st. \$600/month plus utilities.

One year signed lease starting May 01st 2009.

Wonderful location!

Close to park, buses. 5 min. to Elk Lake or Cordova Bay beaches, Matticks Farm. Very quiet middle upper class neighborhood and calm house. Small garden space available. Eco friendly, no smoking, no pets, health oriented, nature inspired. Mostly vegetarian. Looking for like minded mature adults.

email at [nirodhatiller@yahoo.com](mailto:nirodhatiller@yahoo.com)

Submitted by Joyce Lee, GHC Monday/Tuesday Tenor

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HOUSE SITTING:

I am available to look after your house, for any length of time, from now 'till the end of May.

I am reliable, responsible and clean. I am in transition, moving out of a rental house in the Rockland area and going to Vancouver in June. I have a degree in Criminology, with an interest in Restorative Justice.

Phone Claire Ebendinger (Monday soprano-250 652 1509) for references.

Yuka Kurokawa (250-516 4858)

Submitted by Claire Ebendinger, Monday Soprano

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

Out beyond ideas of wrongdoing and rightdoing there is a field. I'll meet you there.

Rumi

Taken from the footer of an email from:  
Robin Gillmor, GHC Thursday Soprano (last season)

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## COMMUNITY EVENTS ~ THIS WEEKEND TO NEXT

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

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

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A COURSE IN MIRACLES (Apr 10 & 13)

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

Easter Weekend 4 Day Workshop - Friday April 10 - Monday April 13 at  
<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

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BLOSSOMS AND BLISS DANCE (Apr 12)

The Blossoms and Bliss Dance at The Church of Truth at 8:00 on April 12, Easter Sunday, promises to be a delightfully gentle night of slower, softer, quieter dancing while remaining fully alive and stimulating. When I had my radio show Planet Folk on CFUV, starting back in 1995 for 9 years, I found lots of World Music with a more mellow tempo. While it will be far from being as loud, fast and thumpy as my One Heart Dances there will be still be adequate energy in the songs and sound to engage your dancing bodies while uplifting your gentle hearts. Admission \$10 Info [1heart@telus.net](mailto:1heart@telus.net) or 418-0694

Submitted by Dancing Wolf, Former/Founding GHC Bass

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*"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*

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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

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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 28<sup>th</sup>, 09  
\$365.00 – Early Bird - \$340.00 by April 14<sup>th</sup>  
10 Wks

\* Special payment arrangements available

Further information & to register - 250- 385-2205  
[juneswadron@shaw.ca](mailto:juneswadron@shaw.ca)

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

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LOVE AND ONLY LOVE  
FACILITATED BY JUNE SWADRON (Apr 15)

This is an evening devoted to LOVE. Feel it, Sense it, Enjoy it, Spread it, Taste it, Dance it, Entrance it and Write about it. Bring your journal and experience an evening of LOVE through guided meditation, music, creative writing and sharing from our hearts

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

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TAIZE SERVICE (Apr 17)

The next Taize service will be on Friday, April 17 at First Metropolitan United Church at the corner of Quadra and Balmoral from 6 to 7 PM. For extra singing practice come at 5:30 and join the group that leads the congregation.

Submitted by Anne Forester, Monday Soprano

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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

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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](mailto:stanns.academy@gov.bc.ca)

Submitted by Vicki McNulty, former GHC soprano

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#### 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 17<sup>th</sup>, 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](http://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

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#### 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](mailto: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

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#### 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](mailto: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

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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

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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

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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

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"FREE-RANGE ART" SALE (Apr 18)

One of my favourite people and artists is having a show in Victoria.

Gabriola-based, Canadian painter Sheila Norgate is thrilled to announce a Victoria art sale of small, affordable originals.

Saturday April 18th. 210 Vancouver Street. 11-5pm.  
Please join us for libely libations, spring cheer, and free-range art.  
For more info call 250-247-7308 or visit <http://www.sheilanorgate.com>

Submitted by Sheila Moulton, new GHC Thursday Tenor

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## PLANT SALE (Apr 18 & 19, Updated)

- 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 18<sup>th</sup> and 19<sup>th</sup> from 10 until 4, rain or shine.

Where: 520 Niagara Street (in James Bay) corner of South Turner and Niagara

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

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## VIVA-RAW POTLUCK WITH DAVID RAINOSHEK (April 19)

Come to a wonderful potluck and a talk "Integral Transformative Nutrition: An Evolutionary Approach to Juice Feasting and Raw/Live Foods" by David Rainoshek, Juice Feasting Coach. Craigflower Room in the Esquimalt Recreation Centre, 527 Fraser St. Doors open at 5:30 p.m. (Potluck sharing at 6:00 p.m.). Bring a raw vegan dish to serve 6-8 and ingredient list, plus your own serving utensil(s), dishes and cutlery. Cost: \$3.00 per adult. Bring your family and friends. Children welcome but must be supervised.

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

Submitted by: Linda Chan, GHC Soprano

## COMMUNITY EVENTS – COMING WEEKS

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

### SPRING INTO YOGA!

Meah Narayani will be offering a new and unique 6 week yoga course in Cook street village starting Mon. April 20 @ 5:15 This Hatha Yoga class will focus on finding 3 signature yoga postures as keys to your inner core.

It will be interlaced with some Chi Qong stretches and meditation in motion as well as "laughter" yoga. The course is intended for beginner and intermediate level students in relatively good shape. All ages are welcome.

Narayani brings over 25 years of full time teaching experience from Montreal and Victoria, You can pre-register for this course until April 16th by calling 250-360-0704.

For more info call 360-0704. Sliding scale fee will depend on number of registrants.  
Namaste and happy ascension to you all on the yoga mat.

Submitted by Matti Anttila former GHC Bass

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TAKE TIME TO BREATHE:  
GENTLE YOGA CLASSES (Apr 20 to May 18)

Built for beginners. Seasoned practitioners welcome.

Calm the mind, limber the body and cultivate balance as you move through simple postures and tune into the rhythm of your breath.

Settle into your deep self during the resting portion of class, listening to live sacred singing.

Mondays 7:15 - 8:30 pm  
April 20 -May 18, 2009  
Victoria Arts Connection, Studio 3, 110- 2750 Quadra st

5 week series

Adult \$65, Student/senior: \$60

Drop ins:

Adult: \$14, Student/senior: \$12

Bring your yoga mat & a blanket.

Classes are taught by Robin: Certified yoga teacher, Holistic Health practitioner, Reiki Master/Teacher, Singer.

For more info: (250) 384-4642, robin@awakeninnerjoy.com

Submitted by: Robin Gillmor, GHC Soprano from last season's Thursday night.

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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

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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.

For more information and to hear them on their "shhh...listen" page visit their web site at:

<http://www.noshitshirleys.com>

To view (print and post?) their poster click on:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090410/nss-poster.pdf>

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

~Shivon

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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

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"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*

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MASK-MAKING WORKSHOP WITH NATHANIEL POOLE (April 26)

The Workshop will be about self-discovery - the nature of the masks that we wear and what we hid behind them. The workshop will involve using blank plastic masks, craft materials and paint in a safe and supportive atmosphere. Workshop will include relaxing guided meditation, mask-making process and a group discussion once masks are completed

Details: Sunday, April 26th from 1:30 - 4:00 at the Church of Truth; Cost: \$15 to cover the cost of the mask-making materials. Information: <http://cot.seedwiki.com> Contact Nathaniel for registration at: [myth.wright@gmail.com](mailto:myth.wright@gmail.com) or telephone (250) 857-8185

Submitted by: Linda Chan, GHC Soprano

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

Namaste

Submitted by Julie Spooner CCLT 3 - 2006/7

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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](http://www.ticketweb.ca) or 1.877.266.2557 or Ukrainian Cultural Centre 3277 Douglas ph: 250-475-2585 for concert info: [www.platinumconcerts.com](http://www.platinumconcerts.com).

"The Choir are real performers-not just singers, but dancers and instrumentalists too. You will have a chance to hear what the critics and audiences were raving about"  
"An ensemble of rare quality; a purveyor of music at its transcendent best".

Submitted by: Jean Anderson Tuesday Soprano

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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](mailto:karenia@shaw.ca)

Submitted by Karen Boissonneault HNC member

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*CIRCLE DANCING*, (May 2 & 3)

With Bernice Vetter, SC, MPT h

Circle dancing creates community by using the rhythms of the natural world and the steps of ancient peoples, and with the sense of the sacred that was so much a part of their lives.

"Come, let us anoint the earth with dance!" -- Hafiz

\$60.00 per day or \$110 for both days, Please bring your lunch. Refreshments will be served.  
Saturday & or Sunday: 9:30 am – 3:30 pm

\$10.00 suggested donation. Please bring your lunch. Tea and coffee will be served.

Location: 5990 Old West Saanich Rd (the Yurt)

To register: 250-220-4601 or 250-380-9786 or [earthliteracies@gmail.com](mailto:earthliteracies@gmail.com)  
<http://www.livinglanguageinstitute.org>

Submitted by Gertie Jocksch Monday Soprano

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COMING HOME,  
AN ECOFEMINIST WAY, (May 5, 12, 26)

With Gertie Jocksch SC DMin.

Ecofeminism is a broad term that joins environmental, feminist and women's spirituality concerns. Rosemary Radford Ruether speaks of ecofeminism as a union of 'deep ecology' and feminism. No one definition can fully define ecofeminism. Our experience brings new insights to an ever evolving way of knowing. Together we will explore through ecofeminist knowing and experiences "Coming Home" to self, to earth, to spirit.

Dates: May 5, 12, 26  
Time: Tues. 7:00—9:00

\$60.00

Location: Fernwood Community Centre 1240 Gladstone Ave.

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

Submitted by Gertie Jocksch Monday Soprano

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ESSENTIAL SPACES (May 8 to 22)

Tenor Dan Sali invites you to his two person Victoria art show,

*'essential spaces' paintings and poetry*

Show runs May 8th - 22nd 2009.

Location-

The Collective Works Gallery.  
1311 Gladstone Avenue ( Fernwood)

\*Parking on Stanely Street\*

*\*The City Tickets Gladstone Avenue\**

See invitation at <http://www.danielesali.blogspot.com/>

Please forward this information to your friends

Submitted by Dan Sali HNC Tenor

# JUST FOR FUN

A reward of laughter for reading this far

## THE THEORY OF INTELLIGENCE

Submitted by Chris Gower Rees former GHC & Soundings Tenor

### Editor's Note:

If you don't see a photo below you can get the full effect of this piece by clicking on:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090410/cliff-and-norm.pdf>

I don't think I've ever heard the concept explained any better than this...



'Well you see, Norm, it's like this . . . A herd of buffalo can only move as fast as the slowest buffalo. And when the herd is hunted, it is the slowest and weakest ones at the back that are killed first. This natural selection is good for the herd as a whole, because the general speed and health of the whole group keeps improving by the regular killing of the weakest members. In much the same way, the human brain can only operate as fast as the slowest brain cells. Now, as we know, excessive intake of alcohol kills brain cells. But naturally, it attacks the slowest and weakest brain cells first. In this way, regular consumption of beer eliminates the weaker brain cells, making the brain a faster and more efficient machine. And that, Norm, is why you always feel smarter after a few beers.'

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

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

A Community Choir Crescendo, check it out!

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

