

# CHOIR COMMUNITY NEWSLETTER

April 17, 2009

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

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

## SPECIAL NOTES!!

### 1. GHC SECTIONALS BEGINNING SOON

See the GHC News & Business section below for details

### 2. TONIGHT AT THE CHURCH OF TRUTH

A Celebration with Chanting, Prayerformance and Circle Dance. For details see the April 17, "***Evolving Love! Chant Dance***" item in the Community Events section below or go to:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090417/evolving-love.pdf>

## DIRECTOR'S NOTES

DENIS

I have formatted a new mp3 file for Henay Mah Tov which has all the parts plus piano, and Bill has added it to the GHC web site. It should help you get a better feel for the song.

Also some internet links that may be of interest:

Stephen Foster (Hard Times) bio: [http://en.wikipedia.org/wiki/Stephen\\_Foster](http://en.wikipedia.org/wiki/Stephen_Foster)  
And more than you ever needed to know about Stephen Foster is here:  
<http://bobjanuary.com/foster/sfhome.htm>

A wonderful version of Hard Times by James Taylor, Yo Yo Ma, and others:  
<http://www.youtube.com/watch?v=pyV60kTvEFE>

TR Ritchie (Somewhere To Begin) web site: <http://www.tritchie.com/>

Jack Johnson (With My Own Two Hands) web site: <http://www.jackjohnsonmusic.com/>

Enya (May It Be) web site: <http://www.enya.com/>

The poem that I have been speaking recently and that I love:  
<http://www.poets.org/viewmedia.php/prmMID/20604>

Happy surfing!

~ Denis

## ADMIN TEAM NOTES

GLORIA

Thanks to everyone who has donated so far to the Doors and Windows project and the African Marketplace. We are almost there with an additional \$800 we will have purchased 20 doors and 40 windows. If you can help - see me at choir this week. Also pick up your receipts, if you have already donated.

I encourage you to check out the item about this project in the "GHC News & Business" section below and to visit the project's website using the link you will find there.

~ Gloria

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BILL

GHC WEB SITE UPDATES!

The "Current Singers Only" Section

As Denis mentioned in his notes a new Henay Mah Tov with all the parts plus piano has been posted for use in conjunction with the individual parts files that are already there.

Our "Video" Page

A link to an on-line version of "Journey To Kapasseni" is now available in the "Documentaries" section of our "Videos" page.

<http://www.gettinhigherchoir.ca/community-info/videos.html#documentaries>

This heartwarming and beautifully filmed and produced video shows the beginnings of the GHC's involvement with the Kapasseni Project. It will give you some wonderful insights to the reasons for, and initial results of, that involvement.

~ Bill

## Gettin' Higher Choir Info

### GHC NEWS & BUSINESS

GHC SECTIONALS STARTING SOON

Altos and Basses - week of April 27, Mon, Tues & Thursday, 6:45-7:30  
Sopranos and Tenors - week of May 4, Mon, Tues & Thursday, 6:45-7:30

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## WHAT ARE SECTIONALS?

### New Members please note:

A Sectional offers an individual section (Sop/Alt/Ten/Bass) an opportunity to practice its parts without the distraction of waiting while other sections are learning theirs. There are two types. Choir Sectionals that happen for ½ to ¾ of an hour before the regular choir sessions and Home Sectionals that happen at times and places set by those who choose to host them. This first round will be choir sectionals only. Announcements about home sectionals and the next round of choir sectionals will be made as we get closer to concert time.

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## WHAT LANGUAGE WAS THAT AGAIN?

Since we received one query from a choir member who couldn't hear Shivon properly when she mentioned the name of the language we are singing in "Ila Gi Ya, Mozambique" we are pretty sure there are others who may be wondering as well. In case you are one of them...we are singing in "Machangane" which is spoken in southern Mozambique.

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## DOORS AND WINDOWS FOR THE KUWANGISANA BUILDING PROJECT.... (Repeat)

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.

## **GHC LOST & FOUND**

**Monday: on the closet shelf opposite the entrance.**

**Tues/Thurs: on the closet shelf to the left of the entrance.**

### MONDAY NIGHT LOST & FOUND

A silver Ford car key was found in the parking lot a few weeks ago at the Unitarian Church. If it's yours, contact Karen:

[churchoffice@victoriaunitarian.ca](mailto:churchoffice@victoriaunitarian.ca)

Submitted by 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.

## **PRIMARY CHOIR COMMUNITY WEB SITE LINKS**

The Getting' Higher Choir	<a href="http://www.gettinhigherchoir.ca">http://www.gettinhigherchoir.ca</a>
Community Choir Leadership	<a href="http://www.communitychoirleadership.com">http://www.communitychoirleadership.com</a>
Ubuntu Choirs	<a href="http://www.ubuntuchoirs.net">http://www.ubuntuchoirs.net</a>
Shivon Robinsong:	<a href="http://www.shivon.com">http://www.shivon.com</a>
Denis Donnelly:	<a href="http://www.denisdonnelly.ca">http://www.denisdonnelly.ca</a>
	<a href="http://www.choralsongs.com">http://www.choralsongs.com</a>
	<a href="http://www.soundingsmusic.com">http://www.soundingsmusic.com</a>
Accessing our Newsletters	<a href="http://www.gettinhigherchoir.ca/community-info/newsletters.html">http://www.gettinhigherchoir.ca/community-info/newsletters.html</a>
Using Our Newsletter:	<a href="http://www.gettinhigherchoir.ca/community-info/newsletterinfo.html">http://www.gettinhigherchoir.ca/community-info/newsletterinfo.html</a>
Choir Schedule:	<a href="http://www.gettinhigherchoir.ca/community-info/index.html">http://www.gettinhigherchoir.ca/community-info/index.html</a>

The above list doesn't appear in all issues of the newsletter

Suggestion: Suggestion: If you haven't previously done so copy it to a Word or other text document for storage on your computer, or to print out, for future reference.

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

### **An Autobiography in Five Chapters**

#### Chapter 1

I walk down the street.  
There is a deep hole in the sidewalk.  
I fall in.  
I am lost.....I am helpless.  
It isn't my fault.  
It takes forever to find a way out.

Chapter 2

I walk down the same street.  
There is a deep hole in the sidewalk.  
I pretend I don't see it.  
I fall in, again.  
I can't believe I am in this same place.  
But it isn't my fault.  
It still takes a long time to get out.

Chapter 3

I walk down the same street.  
There is a deep hole in the sidewalk.  
I see it is there.  
I fall in.....it's a habit.....but, my eyes are open.  
I know where I am.  
It is my fault.  
I get out immediately.

Chapter 4

I walk down the same street.  
There is a deep hole in the sidewalk.  
I walk around it.

Chapter 5

I walk down a different street.

Anonymous

Submitted by Anne Ravdin former GHC Tenor

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**COMMUNITY MEMBER'S SUBMISSIONS**

Any time you want to support a choir community member's offering that includes a link to a poster, flyer or brochure it is easy to pass on the link to your contacts or to print copies to post on home, local or work bulletin boards.

**COMMUNITY MEMBER LIFE ANNOUNCEMENTS**

If something of note is happening in your life, or in the life of another community member, that you would like the choir community to know about please send in a brief announcement for this section. Life arrivals or passings, celebrations or sadnesses, travels or returns, etc. Be sure to include your, and their, community affiliation (ie GHC, HNC, etc.) and, if GHC, the night and section.

DEAR GHC FRIENDS,

I know how much you have all been concerned about me, and for those I have not seen for awhile, please forgive me if you did not know I was sick. But time is marching on and there is no easy way to say this, so here I go.

I was diagnosed with breast cancer about a month ago, and I was supposed to go into surgery today, but it was canceled because a CAT scan done last week showed that the cancer has spread to my liver and my bones. I am facing some critical choices as to medical treatment. My first question was how long do I have? I needed to know. Without any chemo, six months to a

year, with a round of chemo the cancer might be slowed down a bit and give me perhaps a couple of more years.

This is a hard concept to get your head around, even if it's happening to me. I feel very privileged to have met you all, and to be touch by the spirit that inspires your work.

May all your love, prayers and great energy make their way to me.

I love you all,

Deborah

Editor's Note For New Choir Members:

Deborah Millar is a very fine vocal coach and voice workshop facilitator who worked with the choir prior to our last concert and made noticeable and very satisfying contribution to our ability to deliver our songs.

Update From Shivon:

Deborah began Chemotherapy on Thursday. She is very much hoping to be able to work with GHC again in June, helping us prepare for our concerts.

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#### KIDNEY TRANSPLANT NEEDED

My name is Theresa Slik. I'm a Monday alto and sometime I get the joy of singing also on Tuesday. I really don't know how to put this out there so here goes. My husband Jac is in kidney failure and needs a kidney transplant. I know it is a huge gift of life to even contemplate so I am asking that if it is meant to be... someone will come forward.

If there is anyone out there wanting more information please call me at 250-479-9317 Thanks for reading this. I send you love and sunshine!

Submitted by Theresa Slik Monday Alto

## **OPPORTUNITIES TO SING!!**

#### 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

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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

### GUATEMALA NIGHT

This is a highly worthy project that some locals have undertaken. I lived for a short time on Lake Atitlan in Guatemala in 76-77 and can attest to the physical poverty. The Mayan natives have a rich life in other ways, but need support at this moment to basics such as preventing eye and lung infections by using an inexpensive stove instead of an open flame.

Please have a view of the video and see if you are moved to learn more. If so, Kathy Coster, a woman whose heart and actions are aligned in her work with the local Mayans, will present an update on Wednesday April 29th. I hope to see you there. Matti.

<http://www.innovativecommunities.org/>

Recommended highly by Matti Anttila former GHC Bass

Editor's Note:

See also their April 29th event listing in the Community Events section below.

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### LAW DAY

Law Day is on April 18th from 10-3 at the Victoria Courthouse. This free event is an opportunity for the public to tour the Victoria Courthouse and participate in fun activities to learn about the law. Highlights include police k-9 dog unit demonstrations and a fairy tale trial.

Please see the attached poster and schedule. We would greatly appreciate if you would be willing to help us spread word out about Law Day by put these up at your office if you have available space.

We hope to see you there on April 18th!

Thank you for your support,

Recommended by Rosa Goldstein former Summer Drop-In Singer

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### IN THE BEGINNING THERE'S A PUPPY NAMED "FAITH"...

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090417/faith.pdf>

Recommended by Patricia Houston GHC Alto

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### WATERFRONT GETAWAY

If you're ever looking for some time away in a private, beautiful and affordable waterfront location (with no ferry lineups), I recommend The Lake House, halfway between Courtenay and Campbell River. It's a single apartment-style lakeside unit, has a full kitchen, a sheltered hot tub outside, a private beach, beautiful gardens, and is very affordable for what they offer. The couple who run it are super friendly if you like company (they live in the adjoining house), or they'll leave you to yourselves if that's your preference. Can accommodate up to 4 people. Check their Availability Calendar, and tell them Bruce sent you.

<http://www.lakehousebc.com>

Recommended by Bruce McCormack Soundings baritone, lapsed GHC tenor and registrar emeritus

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#### AN AMAZING VIDEO

About the Significance of Water, Life, and Love and Gratitude

A great deal of information regarding water from the native, cultural traditions, to modern science to the spiritual/metaphysical! :)

<http://video.google.com/videoplay?docid=-2933349021550318008>

Recommended by Matti Anttila, former GHC bass.

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#### DEAREST CHOIR,

Please follow this link to see what the Raging Grannies in Germany created in Antwerp Central Station.

[http://www.youtube.com/watch?v=0UE3CNU\\_rtYHi](http://www.youtube.com/watch?v=0UE3CNU_rtYHi)

Recommended by Chumi Goldstein former GHC/Soundings Bass

#### Editor's Note:

Raging Grannies? My understanding was that the event was organized as promotion for the search for someone to play Maria in a European re-staging of the Sound Of Music. However it happened, and whatever its purpose, it is a fun video to watch and it has obviously struck a chord since it also appeared in last week's issue at the recommendation of two other choir community members.

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#### SACRED POETRY FROM AROUND THE WORLD

If anyone is interested in inspiring sacred poetry from around the world, take a look at:

<http://www.poetrychaikhana.com>

You can also subscribe to receive a poem and some commentary in your e-mail box. The subscription is donation based.

Recommended by Gareth Griffiths, Tuesday bass, GHC

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## LET'S TALK

Paul Beckow, former GHC Tenor, writes a column for the Goldstream Gazette called "Let's Talk." I would like to recommend his April 15th "Communication - To Search for Understanding" column to anyone wanting to gain some insight about why communications between people can breakdown and what we can do about it when they do. To access a pdf version of the column please click on:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090417/communication.pdf>

Recommended by Bill Hanson GHC Bass etc.

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## TELL ME WHY

A powerful song for our times by a great young singer"TELL ME WHY".

A must to be heard by the members of our choir.

[http://www.gettinhigherchoir.ca/community-info/video/20090417/tell-me-why\\_declan.wmv](http://www.gettinhigherchoir.ca/community-info/video/20090417/tell-me-why_declan.wmv)

Recommended by Sharon Alder GHC Soprano

### Editor's Note:

This is another video that has been recommended in earlier issues by other members of our community and all you have to do to find out why it keeps coming back all you have to do is watch it!

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## STAND BY ME

This is so global I thought it would be a lovely brake in the news letter. Check it out.

[http://vimeo.com/moogaloop.swf?clip\\_id=2539741](http://vimeo.com/moogaloop.swf?clip_id=2539741)

Recommended by Joanne Marks former GHC Soprano and CCLT 3 - 2006/7 grad

### Editor's Note:

This is yet another video that has been recommended in earlier issues by other members of our community. So far this year it appeared in this newsletter once a month.

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## LEONARD COHEN ON Q-TV

Leonard Cohen was intervied on CBCs "Q" for an hour this past week. If missed it and you are sorry you did don't despare just click on:

[http://blip.tv/file/2000187?utm\\_source=episodepg\\_featured&utm\\_medium=episodepg\\_featured](http://blip.tv/file/2000187?utm_source=episodepg_featured&utm_medium=episodepg_featured)

Recommended by Bill Hanson GHC Bass etc.

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## THE ART OF SHEEP

Take a flock of sheep, a smattering of sheepdogs and a group of scraggly farmers armed with film equipment and outlandish ideas, then step back. These Welsh shepherds and the flock of glowing sheep have become the latest internet sensation.

The shepherds call themselves the 'Baa-Studs' but acknowledge that the sheep were the real stars in this well managed production. The dogs answered orders, drove the sheep where needed and, from afar, you can see amazing moving art, the recreation of the masterpiece Mona Lisa with a fireworks show providing the finale.

You really have to watch it to believe it. To enjoy the video, go to

<http://www.slipperybrick.com/2009/03/pong-playing-led-sheep/>

Recommended by Patricia Houston GHC Alto

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

This is the miracle that happens every time to those who really love; the more they give, the more they possess.

Rainer Maria Rilke  
(1875-1926, German Poet)

Submitted by Patricia Houston GHC Alto

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## **SERVING EACH OTHER**

### COMPUTERS AND MORE....

Media Integration.

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

Shopping consultation.

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

Outstanding vintage speakers a specialty.

Computer repairs.

Windows Vista and XP. Mac OSX

Internal and system cleaning, and optimization  
Viral Infections, Data Recovery,Upgrades  
Set-up and basic tutoring  
Hardware and Software problems  
Free Estimates

Introduction to streaming audio/podcasts and Online Video  
Get the most out of your multimedia experience.

\$30 Hour at your home/office  
Discounts for seniors/students/unemployed.

Matt Hutton GHC Lighting guy and Gloria's son  
mattinvic@gmail.com 250-418-1322.

Submitted by Gloria Hansen,GHC and HNC Tenor

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### HOLISTIC CAT SERVICES (Repeat)

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 MEMBER'S WEB SITES

Check out the sites listed here and add them to your favourites if they are of on-going interest. If you have a web site feel free to submit a 50 word (or less) capsule description plus the URL (in the format shown below). It will be kept on file for and 2 - 5 of them will be rotated through here each week (in the order received). This will give your site periodic exposure to 1200+ people and offer readers different web sites to check out each week.

BRUCE BATCHELOR (GHC & HNC Tuesday Bass)

Agio Publishing House.

<http://www.agiopublishing.com>

We offer expert book editing, design and marketing services, working in collaboration with positively-oriented authors.

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DENIS DONNELLY (GHC & Soundings Director)

<http://www.choralsongs.com>

This is a resource site offering my choral arrangements primarily for non-auditioned community choirs, although there is lots of material here that is suitable for auditioned choral groups:

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AUDREY MAIRI (GHC Thursday Alto)

<http://www.audreymairi.com>

Through my book, CD, workshops, seminars, and sessions I help people foster the connection to our energetic source using principles of the Trager Approach.

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SOPHIE OLIVEAU-MOORE (GHC Thursday Soprano)

<http://www.ladybirdcommunications.com>

*Ladybird Communications specializes in developing small business and NGO websites that are affordable and easy to manage and grow.*

## **THINGS & OPPORTUNITIES WANTED**

WANTED:

Do you have a recumbant exercise bike in your basement? Maybe one with old clothes hanging off it? I am looking for one.

Please call Kathie @479-0728, or email me at [ladykathie@shaw.ca](mailto:ladykathie@shaw.ca).

Submitted by Kathie Doerksen- HNC alto :)

## **COMMUNITY MARKETPLACE**

FOR SALE:

Brand new, size men's X-Large, bright yellow, MEC splash cycling jacket. Still has tags on. Asking \$30.

Call me @ 479-0728

Submitted by: Kathie Doerksen- Alto HNC.

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MUST MOVE OUT BY APRIL 23<sup>RD</sup>.

Looking for a home for a high quality textured cream color four-seater sofa. Pillow-style back cushions. As new ..... \$200.00

Oval Mahogany coffee table in excellent condition. Asking \$100.00

Delivery possible.

Phone: Wayne or Monique at 250-382-1486

Submitted by Monique Oleschuk, Tues. Alto on leave

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## GVEW E BIKE FOR SALE

\$500

Email oakalloak@yahoo.com  
Phone 250-858-0352

Joyce Lee GHC tenor, Monday

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## 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

## EMPLOYMENT AVAILABLE OR WANTED

WHO KNOWS SOMEBODY WHO COULD NEED ME? (Repeat)

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 / child care / 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

LOOKING FOR HOUSE-SITTING THIS SUMMER:

I am a former Choir member who has ended up living in Pennsylvania to be near an ill family member. I am hoping to spend the summer in Victoria to be near my children and grand-children. I house-sat for Jim and Alyson Prentice back in 2003 when I first moved to Victoria, so you can ask them about me if you like. I can start any time after the end of May if the stay is at least until the end of July or as long as Sept. 6 or 7. I will need one week some time before or after to go up-island, so if the timing is right or if I can get others to do chores, pets would be fine, as I am a dog and cat lover. Please email me at [bjcritch@gmail.com](mailto:bjcritch@gmail.com) or contact Sabine at 250-598-0708 if you don't have email. My phone is: 412-441-0315. Betty Jo Critchfield

Submitted by Sabine Laubental, Tues/Thurs. Alto

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

It is important to note that nature bats last and owns the stadium.

Paul Hawken, Amory Lovins &  
L. Hunter Lovins (or one of them)  
From their book Natural Capitalism

Editor's Collection

<http://www.natcap.org/>  
<http://www.motherjones.com/politics/1997/03/natural-capitalism>

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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.

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

\*\*\*\*\*

*EVOLVING LOVE! CHANT DANCE* (Apr 17)

7:30 - 9:30 pm. Church of Truth

- \* Experience Moods of Love through singing and dancing, poetry
- \* Co-Create a Celebration with Chanting, Prayerformance and Circle Dance
- \* Journey through your love for self, lover, family, friends, nature and the Divine
- \* Allow your self to evolve, revolve, and dissolve into Love!
- \* Works by; David Embry Solest, Chloe Goodchild, Leonard Cohen, Yogananda and Buddhist Chants

Musicians: David Embry Solest, David Gyurkovics, Kaan Muncaster, Katherine Muncaster  
Chant Dancers: Minke de Vos, Leah Muncaster, Darshan Takui, Stephanie Pintar,

Advance Tickets \$20 at Munro's Books, 1108 Government St. cash only or call to reserve your advance ticket

Tickets at Door \$25

Pay by credit card to our paypal account: [siground@island.net](mailto:siground@island.net)

Doors open at 7:15 pm

Church of Truth, 111 Superior St, Victoria  
Inquiries 250-360-2529

For more details go to:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090417/evolving-love.pdf>

To view the event's poster go to:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090417/evolving-love-poster.pdf>

*Submitted by Leah Muncaster, GHC Monday Tenor (2008 Fall season),*

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ONE HEART DANCE (Apr 18)

Enjoy the Scrumptious Beats of Rainbow Grooves with Dancing Wolf

Sat. April 18, 8-12

Norway House, 1110 Hillside Ave

\$10, Family Friendly, Children Dance Free

[1heart@telus.net](mailto:1heart@telus.net), 418-0694

Submitted by Dancing Wolf Founding GHC Bass

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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

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SPRING INTO YOGA! (Apr 20)

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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WRITE YOUR LIFE STORIES &  
CELEBRATE YOUR LIFE JOURNEY (Apr 23)

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 - 10 Wks

Tuesday Afternoons – 2 – 5 Begins April 28<sup>th</sup>, 09  
\$365.00 - 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

\*\*\*\*\*

HI ALL YOU FRIENDS (April 24, 2009)

John Brown is leaving town to build a house for the next generation of his extended family in Winnipeg. Come hear him sing the world premiere of "Leaving in a Work Van" at the Acoustic Café open stage on Friday, April 24, and join us in wishing him and Jane well. They assure us they will be returning in a year or two.

We would love to see you all there!! Hope you can make it.

Please note, for those of you who remember the Acoustic Café at its first venue, it has moved.

The Acoustic Café  
Knox Presbyterian Church  
2964 Richmond Road.  
Victoria, BC

<http://www.theacousticcafe.ca>

Submitted by Andrew Alley, GHC Tuesday Tenor

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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

\*\*\*\*\*

\*\*\*\* **CANCELLED** \*\*\*\*

(If you told someone about this concert please tell them about the cancellation!)

~~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.

~Shiven

\*\*\*\*\*

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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VICTORIA CONTRA DANCE (Apr 25)

All dances are held the last Saturday of the month at St. Martin-in-the-Fields  
Church hall, 550 Obed  
7 pm newcomers taught  
7:30 pm dance starts  
\$8/5 at the door

Next dance: Saturday April 25  
Caller: Rosemary Lach  
Band: MT Pockets

Check out the contra dance videos at [www.victoriacontradance.com](http://www.victoriacontradance.com)

Submitted by: Susannah Day GHC & former HNC Tenor

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“WRITE” WHERE YOU ARE (earlybird Apr 25)

A Workshop In Creative Writing:

Start Date Extended To Saturday May 2nd  
Accepting at Early Bird Rate to April 25th

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 May 2nd, 2009  
1 -4 p.m.  
8 weeks - \$340.00 Early Bird - \$315.00 by April 22nd, 2009

\* Special payment arrangements available

Call: June at 250-385-2205  
See full details at: [www.juneswadron.com](http://www.juneswadron.com)  
[juneswadron@shaw.ca](mailto:juneswadron@shaw.ca)

Submitted by June Swadron former 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 (April 26)

With Nathaniel Poole

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

## 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.

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 <http://www.ticketweb.ca> or 1.877.266.2557 or Ukrainian Cultural Centre 3277  
Douglas ph: 250-475-2585 for concert info: <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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FREE PRESENTATION  
AND DEMONSTATION OF BODYTALK! (Apr. 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 last meeting will be on April 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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THE GUATEMALA "THANK YOU" EVENT (Apr 29)

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

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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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THE POWER OF PRESENCE: May 1 - 3

Come join me for the Certified Trager Elective workshop: The Power of Presence, the companion workshop to my book "Trager for Self-Healing".

How could it be if you could tap into an infinite well of energy and creativity that would give you stability, clarity, and peace wherever you happen to be?

We will take 2 1/2 days to learn what presence feels like in our body through movement, meditation, discussion and playful exercises. We will anchor the connection to our source for increased health, well being and personal power.

Pre-registration discount until April 17th.

15 credits with CMTBC

595-6418 or [contactme@audreymairi.com](mailto:contactme@audreymairi.com) or [www.audreymairi.com](http://www.audreymairi.com)

Submitted by: Audrey Mairi, GHC Thursday Alto

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"WRITE" WHERE YOU ARE (May 2)

A Workshop In Creative Writing:

Start Date Extended To Saturday May 2nd  
Accepting at Early Bird Rate to April 25th

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 May 2nd , 2009

1 -4 p.m.

8 weeks - \$340.00 Early Bird - \$315.00 by April 25th, 2009

\* Special payment arrangements available

Call: June at 250-385-2205

See full details at: [www.juneswadron.com](http://www.juneswadron.com)  
[juneswadron@shaw.ca](mailto:juneswadron@shaw.ca)

Submitted by June Swadron former GHC Alto

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*CIRCLE DANCING*, (May 2 & 3)

With Bernice Vetter, SC, MPTh

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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MINDFULNESS BASED  
STRESS REDUCTION PROGRAM (May 5)

An 8-week program on Tuesday evenings from 7-9:15pm, starting May 5  
with a full-day retreat on Sunday June 21.

Mindfulness meditation is a practice which involves cultivating a gentle, caring, nonjudgemental awareness toward all of our experiences moment-to-moment. It can help us reconnect with our inner resources of acceptance, calm, and insight even in the face of difficulty. Taught by Beth Trotter, M.A., Registered Clinical Counsellor.

For more info please call Beth at 250-386-7805, or visit [www.bethtrotter.com](http://www.bethtrotter.com)

Submitted by Helen Durie, GHC Tues/Thurs 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 Reuther 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

\*\*\*\*\*

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

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MEMEZA AFRICA (May 13)

A masterful fusion of African and Canadian music, dance and spirit are returning to Canada after their hugely successful 2008 tour - sold out audiences throughout Western Canada. Memeza Africa will be performing in Victoria on May 13, 2009 at The Alix Goolden Hall at 7:30 p.m.

Tickets are available on their website <http://www.memezaafrica.com/index.html> or at the McPherson Box Office.

Submitted by Sabine Laubental, GHC Alto

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## "POWER OF NOW" RETREAT (May 15-17)

A weekend retreat with author Eckhart Tolle on DVD, where we are invited to explore the deeper meaning of the "Power of Now" and the shift in consciousness needed for the emergence of "A New Earth". Other activities are included to help focus and integrate this exploration. This retreat will be held at the Swanwick Centre, located on 32 acres with oceanfront in Metchosin.

For more information, contact: [swanwick@shaw.ca](mailto:swanwick@shaw.ca) or call 250-744-3354.

Submitted by Ralph Tiller, HNC bass

## JUST FOR FUN

A reward of laughter for reading this far

### THE IRISH BAGPIPER

Submitted by Audrey Glynn GHC Monday Soprano

As a bagpiper, I was asked by a funeral director to play at a graveside service for a homeless man who had no family or friends. The funeral was to be held at a cemetery in the remote countryside and this man would be the first to be laid to rest there.

As I was not familiar with the backwoods area, I became lost and being a typical man, did not stop for directions. I finally arrived an hour late. I saw the backhoe and the crew who were eating lunch but the hearse was nowhere in sight.

I apologized to the workers for my tardiness and stepped to the side of the open grave where I saw the vault lid already in place.

I assured the workers I would not hold them up for long but this was the proper thing to do. The workers gathered around, still eating their lunch. I played out my heart and soul.

As I played the workers began to weep. I played and I played like I'd never played before, from Going Home and The Lord is My Shepherd to Flowers of the Forest. I closed the lengthy session with Amazing Grace and walked to my car.

As I was opening the door and taking off my coat, I overheard one of the workers saying to another, "Sweet Jeezuz, Mary'n Joseph, I never seen nothin' like that before and I've been putting in septic tanks for twenty years."

===== 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)

