

DIRECTOR'S NOTES

DENIS

By now most of you have probably see Susan Boyle on TV or the internet, or at least heard of her. Ms Boyle is the slightly frumpy Scots lady with the wonderful voice who recently won an English Reality TV show with a song from Les Miz. If you have not seen it, you can view it here: http://www.youtube.com/watch?v=9QiSpA_zQ0A&feature=related

I should declare myself here. I've never been a fan of the "Idol" movement to say the very least. I avoid the shows and I am uncomfortable with the concept and its manifestation. In thinking about this most recent spike in its popularity, I have come to a clearer perspective as to why that is, and why my first, gut reaction seems to be the one that I will go with.

First of all, Susan Boyle walks on-stage looking the part of the cleaning lady, with the working-class attitude that goes with it. The audience snickers and laughs, and we all feel uncomfortable at how she answers the questions from the judge. Then she starts to sing, and her voice is powerful, sure, and full of musicality. Everyone gasps and starts to cry and she becomes an instant phenomenon. Good for her, I say.

But I also start to think about another message that this is sending. She is accepted because she sang well. But what if she had had an ordinary voice, like most of us, or worse, a voice that was off-pitch and a bit harsh? What then? Well, then our expectations are confirmed and she is just another person who "can't sing". And we are tempted to laugh at her, perhaps, as the audience did at the start, or at the very least to forget about her as quickly as we can because it brings up uncomfortable feelings and perhaps difficult memories.

So maybe the real message being sent by that show is this: there really are a very few people who "can" sing out there, and others who "can't", and we expect that most of us fall into the latter category, just like we expected Susan Boyle to do. Worse, if you do dare to stand up and open your mouth and sing, *it better be good*, because the strong message is that singing is only for people who are "good singers" and who look and sound the part. So if you don't sound good, then the tired old mythology kicks in that there are only some who can sing, and the rest of us better not try. Because if you do you will be laughed off the stage, like Susan Boyle would have been.

I think that we in this choir believe that everyone has a voice, and to buy into the ridicule and embarrassment that goes along with having your voice be less than concert quality only perpetuates a false and damaging perception that we as a culture should have abandoned long ago.

That's my 2 cents.

~ Denis

ADMIN TEAM NOTES

GLORIA

Re: Doors and Windows and more.

Thanks to all for your generous donation for the Windows and Doors project. We have achieved our funding goal of 20 doors and 40 windows. Some additional costs i.e. transportation and

installation will also be required so if you would still like to help I'm accepting some additional donations.

For photos of the Kuwangisana building project click on:

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

We also raised just over \$700 for the Caia Connection for the Ray of Hope project - this money will go to feed orphans in the care of this project.

For more information visit:

<http://www.caiacconnection.com>

~ Gloria

Gettin' Higher Choir Info

GHC NEWS & BUSINESS

MAXIMIZING JOY! (Reminder)

Getting ourselves "off book" by memorizing our lyrics well before our end of session concerts will enable us to get into the heart of the songs and maximize our joy in singing them at our performances and the joy of our audiences on hearing them!

GHC SECTIONAL SCHEDULE

If you are so solid in your parts that you don't need to come to a sectional please come anyway, others in your section could use your support.

GHC SECTIONALS STARTING THIS COMING WEEK

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

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.

Other choir community info

CCLT UPDATES

Community Choir Leadership Trainings ~ A three week workshop 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.

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

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.

SISTER CHOIR UPDATES THIS WEEK

Giving Voice Spring Concert ~ Victoria

- Thursday May 14, 2009 7 pm -

This charter Ubuntu member group is a women's chorus singing earth-friendly, women-friendly, spirit-friendly songs from many cultures. Please join us for a relaxed evening of eclectic music, at James Bay New Horizons, 234 Menzies Street.

Admission by donation - to benefit Sandy Merriman House, a women's shelter in Victoria. For more info, call Linda at 250-665-6096.

See also our poster at

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090424/giving-voice-poster.pdf>

Submitted by: Linda Mills, former GHC Alto (Monday), CCLT 3, Director, Giving Voice

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

What a person wills and not what they know
determines their worth or un-worth, power or
impotence, happiness or unhappiness.

Robert Lindner

Editor's Collection

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.

OPPORTUNITIES TO SING!!

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.

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

COMMUNITY EVENTS ITEMS THAT INVITE YOU TO SING!

Sacred Sounds with Yves Vial	(May 6 & 13)
Heartbeat Music Circle	(Apr 26 & May 31)
Choral Workshop On Eastern European Liturgical Music	(May 9)

For details on the above “Opportunities To Sing” see the full items in the Community Events section below

WORD OF MOUTH / RECOMMENDATIONS

AUTOBIOGRAPHY IN FIVE SHORT CHAPTERS

I enjoyed seeing the Autobiography in last weeks GHC newsletter....it's a 'poem' that has been a great support for me in my story over the past few years.

The author is Portia Nelson may you be inspired to explore her books and other works!

Cheers to singing!

Recommended by: Lorna Hannah former GHC Soprano

Editor's Notes

For those who missed the “Autobiography In Five Short Chapters” piece in last week’s issue here is a web page that presents it along with a brief biography:
<http://www.inspirationline.com/EZINE/10OCT2005.htm>

A quick Google search on “Portia Nelson” will generate an extensive results list that will allow you to find out about this interesting woman’ writing, singing, and other artistic activities.

RUN-OF-THE RIVER POWER PROJECTS SELL BC RIVERS

The video you can access below was sent to me a few days ago and I am appalled at the news that the government is planning a great many privately owned power projects for our BC rivers, projects that would impact the environment and interfere with salmon runs. As I had no idea that there are such plans, I wanted to pass the information along.

If you are interested just click on the link below:

<http://ashlu.info/video/bcrivers.html>

Anne Forester, Monday Soprano

THE VOCA PEOPLE ON YOUTUBE

The choir members would enjoy this smallish acapella group - they're fun and skilled on top of it!

The Voca People is a new international vocal theater performance combining vocal sounds and an acapella singing with the art of modern beat-box.

<http://www.youtube.com/watch?v=N6EYrqIn0yI&feature=email>

Submitted separately by
Betsy Sansby CCLT 4 - 2007/8 and
Lynne Crawshaw, Tuesday/Thursday Tenor

"YOUNG@HEART"...

...is a great documentary released in 2007 -- hilarious, moving, full of surprises and awesome performances. Available at Pic a Flic Videos or the public library. The synopsis: "Young at Heart Chorus is based in Northampton, Massachusetts. See the final weeks of rehearsal for the group, whose average age is 81 and many of whom must overcome health adversities to participate. Their music is unexpected, going against the stereotype of their age group, performing songs that range from James Brown to Coldplay. The group has toured Europe and sung for royalty. Now they are focusing on preparing new songs, not an easy endeavor, for a concert in their home town."

Submitted by: Marusha Taylor, GHC Thursday Alto

MORE 'PLAYING FOR CHANGE' SONGS

I am sure you remember the original version of this and the story *[it ran in this section 4 or 5 times - editor]* - I was just sent this second one...

<http://www.youtube.com/watch?v=tAjFnJuk1Aw&feature=channel>

and here is the original link:

<http://www.youtube.com/watch?v=Us-TVg40ExM&feature=related>

Recommended by Susan Smith GHC Tuesday Soprano

ADULT ABUSE AWARENESS FORUM

Please attend this June 17th event.

Click on the following link to view our flyer.

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090424/adult-abuse-awareness.pdf>

Please distribute this message and link to others.

Thanks

Namaste,

Rosa Goldstein

THE SMALLEST, CHEAPEST SECURITY SYSTEM

What to take to bed with you - not a joke

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090424/security.pdf>

Submitted by Betsy Sansby CCLT 4 - 2007/8

WORDS OF WISDOM FROM A 97 YEAR OLD PHYSICIAN

This is so wonderful and inspiring I just had to share it.

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090424/wise-old-physician.pdf>

Submitted by Matti Anttila former GHC Bass

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

The life each of us lives is the life within the limits of our own thinking. To have life more abundant, we must think in limitless terms of abundance.

Thomas Dreier

Editor's Collection

SERVING EACH OTHER

PRACTICAL DIGITAL PHOTOGRAPHY COURSE FOR SERIOUS BEGINNERS

New classes start Tuesday, April 28, 2009, 6:00 p.m. - 8:30 pm at Emily Carr Branch of Greater Victoria Public Library, 3500 Blanshard Street. 20 hours program—Tuesday and Thursday's evenings, plus 2.5 hour guided photo walk. Call 250 884 4012 or check <http://www.goingdigital.ca> and email: info@goingdigital.ca

submitted by Andrew Kielbowicz GHC photographer and former bass

INSIDE 'N OUT CLUTTER CONSULTING

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

Tired of the clutter in your pad? Ready to leap into action?

Call us at 250-382-2741

<http://www.insidenoutconsulting.com>

Free initial consultation

Submitted by: Lynn Conall GHC Thursday Soprano

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.

..

Submitted by Bernadine Sperling, HNC Alto

COMMUNITY NETWORKING

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

GARAGE SALE ITEMS WANTED FOR FUNDRAISER!

Here's a great opportunity to do some Spring-cleaning and do a good deed – all at the same time!!! VIDEA (Victoria International Development Education Association) will be holding a Garage Sale on May 9th and we are hoping that you will be able to give us some of those items that have been collecting dust for much too long.

The Sale is a fundraiser for our sister organization in Zambia, Women For Change. Funds raised will help provide several laptop computers for the staff who travel to the rural areas and also to provide a loan to start an income generating collective. Funds will also be raised to build a borehole, which will allow farmers to water their crops.

The Garage, Sale is the first of several events and we want to make it a huge success! All donations, large or small, will be gratefully accepted!

To arrange for drop off of donations, please call me at 598-0708 before May 7th.

Thank You!!

Submitted by Sabine Laubental, GHC Alto

INVITATION to PLAY

Dear choir;

My very nice & friendly humming EBike is in need of a new happy home as I'm off to see the midnight sun this summer.

My blue E Bike loves to hum along. Won't you love to harmonize with a lovely blue bike. This summer blue bike needs company.

Bike Needs Summer Home as I advertised;

Item For Sale

GVEW E BIKE \$500-a great price!

Alas, no replies; so I hope, perhaps, there might be someone who might enjoy blue bike's humming and have just the right space from May-September. I'll pay storage & you can play while in harmony with Blue.

oakalloak@yahoo . 2508580352

Submitted by Joyce Lee tenor all nights

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.

LEE MCLEOD (GHC Tuesday/Thursday Bass)

<http://www.leemcleodcounselling.com>

I'm a Registered Clinical Counsellor whose practice embodies values of relationship, harmony, and respect. Your initial consultation is free.

DOUG PATTERSON (GHC Bass)

<http://www.harmoniousfamilychoir.ca>

Love to sing? Check out our non-audition, multi-generational choir. We welcome all individuals and family groups! New singers always welcome.

EMPLOYMENT AVAILABLE OR WANTED

EXPERIENCED & RESPONSIBLE
CHILD CARE AND TUTORING AVAILABLE

I have several years of experience working with children as an Education Assistant. I am playful, patient and enjoy kids. I love going on adventures with them, seeing things through their eyes and teaching in a way that is most suited to their needs and interests.

Childcare provided in your home or out in the world exploring. If your child needs support in their studies I am glad to work creatively with them to help make learning fun and effective.

References are available on request

Contact Zoe:
phone: (250) 370 0980
email: zoeekle@yahoo.com

Submitted by Zoe Eakle former and future GHC Thursday Alto

ELDER CARE AVAILABLE

Are you an elder or do you have someone in your family who would benefit from some compassionate personal attention and company?

I am a 40 yr. old non-smoking female, retired (due to an MVA) from the health care profession (former RMT, CMLDT). I have been trained in Foodsafe and First Aid; am very competent in the kitchen, and genuinely enjoy elderly company.

For some suggestions on how I could help click on:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090424/tatiana.pdf>

2-4 hour shifts @ \$20/hr~
live in salary negotiable

For an interview contact me, Tatiana, @ (250) 298-7261,
or email: tatianalivfree@gmail.com

References: Ellie Richter (250) 472-2830

Sharon Laface (250) 479-9281
Cherish Adye (250) 479-4519
Don Martin (250) 474-4764

Submitted by Tatiana Evans GHC Tuesday/Thursday Alto/Tenor

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 or phone (250) 380-1502

Thanks!

Submitted by Tessa Mueller HNC Soprano

ACCOMMODATION AVAILABLE OR WANTED

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

LOOKING FOR HOUSE-SITTING THIS SUMMER: (Repeat)

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, Betty Jo Critchfield, at bjcritch@gmail.com or contact Sabine at 250-598-0708
If you don't have email my phone is: 412-441-0315.

Submitted by Sabine Laubental, Tues/Thurs. Alto

SUNNY ONE-BEDROOM SUITE FOR RENT

We have a lovely, sunny one-bedroom suite for rent on half an acre in Duncan. Located on the way to Maple Bay, we overlook Quamichan Lake. The suite looks out to a rural setting. Bus into town is very close. Private entrance. Single person only. Non smoker. No pets. References required. \$750 including utilities. 250-748-9473.

Submitted by Laesha Berry. Former GHC Alto.

2 FRIENDS LOOKING FOR A PLACE TO LIVE April 21, 2009

2 fem.friends looking for 2 bdrm unfurn. upr flr/bsmt suite, or twnhse/condo in Fairfield,James Bay,Oak Bay, Rockland Avenue,Esquimalt,Gorge West. May 15 or June 1st. Mature, resp. quiet, empl. DW, hrwd fl, ens. Indry, bath/shower. Range 1100-1200 all inclus. FP/ yrd/ garden ideal.

Contact Karen 250-857-2826 or Becky 250-472-073

Submitted by: Karen Smith, Former GHC Thursday Night Soprano

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

That best portion of a good man's life, His little, nameless,
unremembered acts of kindness and of love.

William Wordsworth

Editor's Collection

COMMUNITY EVENTS ~ THIS WEEKEND TO NEXT

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

TAKE TIME TO BREATHE:
GENTLE YOGA CLASSES (Now 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.

PHOTOGRAPHY SHOW UPDATE (now to June 15)

For those who missed the Opening Reception, the Photographic Works by Pamela Vine will be on display at the Vitality Treatment Center
#302 - 1842 Oak Bay Ave

Now until June 15th

Monday – Thurs 10AM – 8 PM, Fri 8AM – 6 PM, Sat/Sun 9AM – 5 PM

For more information, call 727-7401

Submitted by Pamela Vine GHC & former Soundings Soprano

CANCELLED

Please Note:

We will be satisfying our urge to send John off with song in other as yet undetermined ways, but hey in the meantime you can always sing a song or two with him at Monday night choir practice.

~ Andrew Alley

~~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

MINDFULNESS AND HORSES (Apr 24 & 25)

with Oriane Lee Johnson

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

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

Submitted by Hillary Leighton reluctantly absent for this season GHC Alto

PERMACULTURE DESIGN: (Apr 25)

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

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

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

Submitted by Hillary Leighton reluctantly absent for this season GHC Alto

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

Submitted by: Susannah Day GHC & former HNC Tenor

*"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

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 or telephone (250) 857-8185

Submitted by: Linda Chan, GHC Soprano

HEARTBEAT MUSIC CIRCLE (Apr 26 & May 31)

Sidney, BC

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

We gather on:
Sunday April 26th, May 31.

Time:
1:30-3:00

Place:
the Yoga Studio, (above Theo's)
9818 Fifth Street, Sidney, B.C.

Cost:
by donation

Dress:
casual

'Be' with music chant, folk, rounds, African. Drums welcome.

juliespoon@shaw.ca (250) 656-1047

Namaste

Submitted by Julie Spooner CCLT 3 - 2006/7

THE SOUNDS OF UKRAINE
- The World- Renowned -
KYIV CHAMBER CHOIR
RETURNS TO NORTH AMERICA (Apr 27)

First Metropolitan United Church
932 Balmoral Road (At Quadra Street)

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

Tickets: \$35 at <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

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

WRITE YOUR LIFE STORIES &
CELEBRATE YOUR LIFE JOURNEY (Apr 28)

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)

Tuesday Afternoons – 2 – 5 Begins April 28th, 09
\$365.00 - 10 Wks

* Special payment arrangements available

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

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

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 almost 200 scarves at RJH !!

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

MAYPOLE CIRCLE - BELTANE DANCE (May 1)

Come celebrate Spring at the Yurt with a Maypole Circle Dance and potluck followed by a Rainbow Grooves Dance with Dancing Wolf and/or a Fire Circle with socializing and singing.

May 1st

Meadow opens at 5 p.m., potluck at 6 and may pole circle at 7
Dancing and Fire Circle start 9ish

Location:

The Yurt, 5990 Old West Saanich Rd
\$10 per person
(and if possible bringing your favourite coloured ribbon in 20 ft lengths would be helpful)

For more info email 1heart@telus.net or call 250-418-0694

Submitted by Dancing Wolf founding GHC Bass

JOY OF MOVEMENT RETREAT DAY (earlybird deadline May 1)

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

Sunday, June 14th, 10 am to 4:30 pm
@ Sleeping Dog Farm and Retreat in The Sanctuary
1506 Burnside Road West, Saanich (10-15 min drive from Victoria)

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

Limited to 20 women of all ages.

AM:

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

PM:

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

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

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

Submitted by Karen Boissonneault HNC member

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 or www.audreymairi.com

Submitted by: Audrey Mairi, GHC Thursday Alto

"GROWING COMMUNITY" SPRING FAIR (May 2)

Come out to Deep Cove and enjoy the friendly atmosphere.

Saturday May 2nd from 10 am to 2pm at St. John's United Church;
10990 West Saanich Rd. (across from Deep Cove School)

Live music, Maypole dance at noon.
Plant sale, silent auction, thrift shop, baking, tea room, lunch, community information fair,
children's activities, and much more.

For more information call Eve at 250 656-5273

Submitted by Eve Kerr Monday Alto

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

Saturday May 2 & or Sunday May 3: 9:30 am – 3:30 pm
\$60.00 per day or \$110 for both days,

Please bring your lunch. Refreshments will be served.

Location: 5990 Old West Saanich Rd (the Yurt)

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

Submitted by Gertie Jocksch Monday 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.

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

Submitted by Helen Durie, GHC Tues/Thurs soprano

“WRITE” WHERE YOU ARE (earlybird May 5)

A Workshop In Creative Writing:

Start Date Extended To Saturday May 16th
Accepting at Early Bird Rate to May 5th

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 16th, 2009
1 -4 p.m.
8 weeks - \$340.00 Early Bird - \$315.00 by May 2nd, 2009

* Special payment arrangements available

Call: June at 250 – 385-2205
See full details at: www.juneswadron.com
juneswadron@shaw.ca

Submitted by June Swadron former GHC Alto

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
www.livinglanguageinstitute.org

Submitted by Gertie Jocksch Monday Soprano

SACRED SOUNDS WITH YVES VIAL (May 6 & 13)

Yves will lead you, through the use of the voice and sacred sounds, to connect with the divine in each of us. A gong meditation, as well as other instruments will be presented during the evening. This is a very powerful healing and transforming experience in which each participant will hopefully reach a spiritual connection through sacred sounds.

Yves is a Certified Sound Therapist and an Energy Medicine practitioner.

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

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

RELAX AND RENEW WITH DRU YOGA (May 9)

A workshop designed to restore, revitalize and leave you feeling refreshed and ready for anything. Join international Dru Yoga Teacher Trainers Padma McIntyre and Christopher. They will share with you many simple yet effective techniques which you can use anytime to bring you to a state of positive health and well being.

SATURDAY May 9th 1:00 - 4:00pm

Victoria Shambhala Meditation Centre

Cost: \$55 + gst

More information & registration: Tel: 250 896 9547 or 604 936 3255
Email: druevents@shaw.ca www.druworldwide.com

Submitted by Pamela Williams, former GHC tenor

CHORAL WORKSHOP ON
EASTERN EUROPEAN LITURGICAL MUSIC (May 9)

The workshop is open to everyone and will explore the melodic ornamentation of ancient unison chants, as well as the rich harmonies of the choral liturgical tradition of Russia, Bulgaria, Serbia, Ukraine and Greece. Participants will be introduced to the old Slavonic language and its effect on vocal production of the style.

Saturday, May 9, 2:00-4:00 at St. Nicolas Ukrainian Church Victoria. \$20.00.

For more information e-mail: info@victoriachoralacademia.net

ubmitted by Anne Forester, Monday Soprno

MEMEZA AFRICA (May 13) (Web address corrected)

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.org/index.html> or at the McPherson Box Office.

Submitted by Sabine Laubental, GHC Alto

GIVING VOICE SPRING CONCERT (May 14)

This charter Ubuntu member group is a women's chorus singing earth-friendly, women-friendly, spirit-friendly songs from many cultures. Please join us for a relaxed evening of eclectic music, at James Bay New Horizons, 234 Menzies Street.

- Thursday May 14, 2009 7 pm -

Admission by donation - to benefit Sandy Merriman House, a women's shelter in Victoria. For more info, call Linda at 250-665-6096.

See also our poster at

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090424/giving-voice-poster.pdf>

Submitted by: Linda Mills, former GHC Alto (Monday), CCLT 3, Director, Giving Voice

"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 or call 250-744-3354.

Submitted by Ralph Tiller, HNC bass

JUST FOR FUN

A reward of laughter for reading this far

GEORGE CARLIN'S VIEWS ON AGING

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

Do you realize that the only time in our lives when we like to get old is when we're kids? If you're less than 10 years old, you're so excited about aging that you think in fractions.

'How old are you? 'I'm four and a half!' You're never thirty-six and a half. You're four and a half, going on five! That's the key

You get into your teens, now they can't hold you back. You jump to the next number, or even a few ahead.

'How old are you?' 'I'm **gonna be** 16!' You could be 13, but hey, you're gonna be 16! And then the greatest day of your life. You **become** 21. Even the words sound like a ceremony **YOU BECOME 21. YESSSS!!!**

But then you **turn** 30. Oooohh, what happened there? Makes you sound like bad milk! He **TURNED**; we had to throw him out. There's no fun now, you're Just asour-dumpling. What's wrong? What's changed?

You **BECOME** 21, you **TURN** 30, then you're **PUSHING** 40. Whoa! Put on the brakes, it's all slipping away. Before you know it, you **REACH** 50 and your dreams are gone.

But wait!!! You **MAKEit** to 60. You didn't think you would!

So you **BECOME** 21, **TURN** 30, **PUSH40**, **REACH** 50 and **MAKE it** to 60.

You've built up so much speed that you **HIT** 70! After that it's a day-by-day thing; you **HIT** Wednesday!

You **get into** your 80's and every day is a complete cycle; you **HIT** lunch; you **TURN** 4:30 ; you **REACH** bedtime. And it doesn't end there. Into the 90s, you start going backwards; 'I **Was JUST** 92.'

Then a strange thing happens. If you make it over 100, you become a little kid again. 'I'm 100 and a half!'

May you all make it to a healthy 100 and a half!!

~~~~~ A Bonus Bit ~~~~~

**HOW TO STAY YOUNG**

1. **Throw out non-essential numbers.** This includes age, weight and height. Let the doctors worry about them. That is why you pay 'them.'
2. **Keep only cheerful friends.** The grouches pull you down.
3. **Keep learning.** Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. 'An idle mind is the devil's workshop.' **And the devil's name is Alzheimer's.**
4. **Enjoy the simple things.**
5. **Laugh** often, long and loud. Laugh until you gasp for breath.
6. **The tears happen.** Endure, grieve, and move on. The only person, who is with us our entire life, is ourselves. Be ALIVE while you are alive.
7. **Surround yourself with what you love**, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. **Your home is your refuge.**
8. **Cherish your health:** If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. **Don't take guilt trips.** Take a trip to the mall, even to the next county; to a foreign country but NOT to where the guilt is.
10. **Tell the people you love that you love them, at every opportunity.**

**AND ALWAYS REMEMBER:**

Life is not measured by the number of breaths we take, **but** by the moments that take our breath away.

And if you don't send this to at least 8 people - **who cares?** But do share this with someone. We all need to live life to its fullest each day!!

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

Making
Universal
Sounds
In
Community

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

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