



CHOIR COMMUNITY NEWSLETTER

May 1, 2009



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

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



SPECIAL NOTES!!

GHC SECTIONALS CONTINUING FOR ONE MORE WEEK

See the "GHC Sectional Schedule" section below for details

DIRECTOR'S NOTES

SHIVON

I want to ask you all to be extra mindful about staying home from choir if you have any flu-like symptoms. As news of a possible swine flu pandemic grows each day, we must be so careful about the health of our singing community. Also remember frequent soapy hand-washing!

And, of course, for staying healthy, there's nothing quite like singing! Singing together with others has been proven to boost the immune system. So even if you're feeling a bit tired at the end of a long day's work, if you make the effort to get yourself to choir, chances are you'll leave feeling much more energized, and ready to fight off any illness.

Keep breathing....

~ Shivon



DENIS

SOUNDINGS concerts coming up!

I'm excited to give you advance notice of our Soundings spring concerts. We're titling them "Songs of Earth and Spirit" as the themes of the songs revolve around the landscapes that we inhabit with our souls as well as with our bodies.

For those that are new to the GHC, Soundings is a 30-member auditioned vocal ensemble, directed by myself, that formed originally in 2001 as a "daughter" of the GHC. Our goal is to explore an eclectic repertoire that includes world music, folk music from all over, music from the Renaissance, arrangements of contemporary songs, and much more, the majority of it not ever sung by other choirs.

The concerts are on Friday evening May 29 at St Mary's Anglican Church, Saanichton, and

Saturday evening May 30 at Gordon Head United Church. I really hope many of you can make it. I'll have tickets at choir evening in a week or so. Mark your calendars!

~ Denis

ADMIN TEAM NOTES

GLORIA

Concert tickets will be available starting this week. If you're new to the choir - I'll make an announcement about how ticket sales work. For more details see the notice following Admin Notes.

~ Gloria

BILL

“Current Singers Only” Web Updates

There have been a number of updates to this section of the web site over the last week. Please re-visit it and be sure to read all the notes about the files to make sure that you know what is available to support your practicing.

Just added today...GHC MP3s from past concerts of the songs in the African medley we started working on this past week. Though they are each individual MP3s and not, therefore, in our current medley format they can be very helpful for practicing but be sure to pay close attention to Shivon at choir for how they are actually put together in the medley.

A Practice CD Reminder

If you ordered a practice CD be sure to either pick-up at choir next week or to arrange for a choir friend to do it for you as I won't necessarily be at choir every night in subsequent weeks. If it is not possible for you to do either you can contact me to make other arrangements at bill@gettinhigherchoir.ca or 290-4160 (8 to 8, Tues to Fri)

~ Bill

Gettin' Higher Choir Info

GHC NEWS & BUSINESS

CONCERT TICKETS AVAILABLE THIS COMING WEEK!

We will start selling concert tickets at choir this coming week and will continue selling them right up to concert time. They will be going into the stores soon. Now is the time to start checking with

your family, friends and co-workers to see who would like to come to hear you sing with a couple of hundred back-up singers.

Tickets are \$20 regular and \$15 for seniors, students and the unwaged. Please make it easy on the ticket sellers at choir by working out in advance which concerts you want tickets for, how many of each type you need and their total cost. Please make cheques payable to Ubuntu Choirs Society.

~ Bill

A CONCERT PROMO HEADS-UP

While we definitely use all the traditional methods to promote our concerts our choir's most powerful promotional method is the word of mouth generated by 1100 + current singers and extended choir community members.

You are the backbone of our promotional efforts and the high audience turn-out at all our concerts is the result of your activities. Over the next few weeks we will be supporting you in bringing our up-coming concerts to the attention of your family, friends, associates and others by providing you with:

- ◆ Promotional hand-outs (available at choir now)
- ◆ Posters
 - Large ~ available soon at choir for you to post in high-profile locations
 - Small ~ available soon on-line for you to print and post at home, work and other places you frequent.
- ◆ A promo email that will go out to all of you in the next week or so to be passed on to your contacts and which will encourage them to pass it on to their contacts.

Please make enthusiastic use of these promotional tools. All we need for a sell-out is for our collective activities to result in an average of 3 ticket sold for each of our 300+ current singers.

The enjoyment our audiences get from our performances and the benefits those performances generate for our projects in Mozambique always add immeasurably to the joy we get out of singing in them.

KAPASSENI VIDEOS!

As most of you already know all the Gettin Higher Choir's June concerts since 1999 have supported the village of Kapasseni in Mozambique in conjunction with The Kapasseni Project. and we recently began expanding our support to other projects in the area.

To see why we got involved, and what the results of our first concert were and to see the difference we helped to make in the first three years of concerts be sure to go to our site and watch the on-line videos "Journey To Kapasseni" & "Return To Kapasseni."

Links to these heartwarming films can be found in the "Documentaries" section of our site's "Choir Videos" page. A link to this page can be found in the left hand panel of every page of our site's "Choir Community Info" section.

Seeing them, or seeing them again, will add substantially the joy of singing in the upcoming concerts.

For updates over the years since those two films were made you can the newsletter archive on the Kapasseni Project's website at:

<http://www.kapasseni.org/news.htm>

For insight into the other projects our upcoming concerts will be helping to support check out:

The Kuwangisana Project at:

<http://www.givemeaning.com/project/sena>

The Caia Connection & Ray Of Hope at:

<http://www.caiacconnection.com>

<http://www.gettinhigherchoir.ca/community-info/pdf/ray-of-hope-description.pdf>

A POWER OF HOPE OFFERING FOR THE KIDS IN OUR LIVES

Hello Friends...Please check out this flyer about a Power of Hope adult facilitation training:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090501/poh-cf2-flyer-.pdf>

Please pass this on to anyone who may be interested. Call or e mail if you need any more information.

In Peace!

Gita John, Canada Director, Power of Hope

SPECIAL VIDEO SHOWING SOON!

John O'Donohue...Anam Cara... Monday, **May 11th**, at the Unitarian Church on West Saanich. Doors open at 6:00, video starting at 6:15. See Denis' Director's Notes below for details.

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

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

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.

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

Happiness is the highest level of success.

D. Elder

Editor's Collection

COMMUNITY MEMBER'S SUBMISSIONS

When reading (skimming) the contents of this newsletter keep in mind that what your choir companions are requesting or offering may be of interest to one or more of your non-choir contacts. Support each other...pass the word!

APPRECIATIONS

In Appreciation of GHC"s Healing Vibes

Many of you are aware of Patricia Houston's request for a kidney transplant for her friend Gloria Cardinal.

Being the same blood type, and knowing how well Shivon has been since she donated her kidney, I was inspired to get tested. (which incidentally is an amazingly thorough process to find out how healthy you are!!). Magically, we were a perfect match!! We had the surgery and it was a great success for both of us with no complications!!

I am feeling back to normal again, 2 months later. Gloria is doing well, though is still getting used to the anti-rejection drugs which can take time, up to a year she is told. I had a spare part and she has a new lease on life ! definitely a win -win situation !

Gloria and I wish to express our gratitude to you all for the prayers and love and support you sent our way. And to Patricia for initiating the process. We both felt so blessed by your good wishes and prayers and for the healing vibes you sent us .

To Anyone considering donating a kidney I can tell you it feels good to have been able to do this . In appreciation,

Gloria Cardinal and Brenda Grenier

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.

A GIFT OF LIFE!

Thank you to all the people who have offered so much support for Jac, my husband and for myself in our search for a kidney donor for him. I feel hugged and sung to deep inside. Jac is still functioning at 16% and is already on anti-rejection drugs because of graft verses host from his bone marrow transplant. He is a good candidate for a transplant but going on dialysis may be difficult because he catches everything going around and he would have to go into the hospital three times a week for dialysis. If you want more information about his medical condition please phone me at 250-479-9317 and I would be more than willing to explain. I also have information about time involved and financial aid for the donor, (off work, travel expenses etc) as well as the steps to take. The first thing for anyone considering this gift of life is for you to consider all the things to think about as we would be most grateful for a kidney but would really want the donor to be 100% informed and in good health.

A few people asked for more information and I now realize that I should have given more information. Jacques Slik's medical information is with the B.C. Transplant Society (blood type etc.) as he has already been seen by them. The Good News is: they have a new program called Paired Kidney Exchange Program where "Living kidney donors who are blood type or crossmatch incompatible with their intended recipient may "swap" kidneys with a second donor/recipient pair who face a similar situation."

If someone is at all interested in what exactly is involved in being a donor please get more information from <http://www.transplant.bc.ca> or phone 604 877 2240 or tollfree 1 800 663 6189

The coordinator is Sharon Duncan.

Sending each of you love and sunshine

Submitted by Theresa Slik GHC Monday Alto

AFRICA

Hello everybody!

Can hardly believe that I've been here for two months. Between running out of electricity and the cyber centre not working, it has not been easy to communicate. This has been a moving experience but not an easy one. It is very warm and the food is quite an adjustment. Thank you for your prayers and support. See you in June. Hope to be able to make it for your performance.

Sarah Comeau

RETURNING TO GERMANY...FOR NOW

Thank you so much for running my job search advertisement. Unfortunately nothing has turned up and I am leaving for Germany this coming weekend. Maybe it means something else is waiting for me. But I intend to come back and I will always keep you all in my heart. If times should come rough, it will help me a lot to think about my enriching time here, thinking about you all and knowing that there is a place where people care about the real matters, share it and treat each other accordingly. The High Noon Choir is a living example for that. I have learnt and experienced here so much positive life that I intend to spread your spirit and community life style wherever I go. I would like to thank you all so much - especially Shivon, Gloria, Bill and all of the HNC! You truly have enriched my life and heart forever! Keep singing!

Tessa Mueller Soprano HNC

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

COMMUNITY EVENTS ITEMS THAT INVITE YOU TO *SING!*

Sacred Sounds with Yves Vial (May 6 & 13)

Choral Workshop On
Eastern European Liturgical Music (May 9)

Community Chant Circle
With Nancy Watters (May 20 & 27)

Heartbeat Music Circle (May 31)

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

WORD OF MOUTH / RECOMMENDATIONS

HELP FIND A MISSING CHILD

Victoria Stafford went missing in Ontario on April 8th. Please click on this link for details and photos:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090501/missing.pdf>

If we all pass this link and information on to as many people as possible sooner or later someone will know something.

Submitted by Andrew Kielbowicz GHC Photographer and former Bass

Editor's Note

Be sure to Google "Victoria Stafford" before sending it on to find out if she is still missing. If she isn't don't forward it any more. If she is...go for it!

KARMATUBE.ORG

This is an awesome site..

<http://www.karmatube.org/videos.php?id=1494>

Recommended by Patricia Houston GHC Alto

BC SINGLE TRANSFERABLE VOTE

If you are confused about the referendum on BC-STV, here is an animated video about it.

<http://www.cbc.ca/canada/bcvotes2009/stv.html>

Recommended by Susan Lea Tuesday Alto

OLD TRACTORS

Hi All - thought you might get a chuckle out of this.

<http://fschnell.net/WordPress/?p=1094>

Recommended by Denis Donnelly GHC & Soundings Director

MORE ON: PLAYING FOR CHANGE

The playing for change CD/DVD set is now available online at:

http://www.playingforchange.com/shop/merchant.mvc?Screen=PROD&Store_Code=PFC&Product_Code=HRM-31130-00&Category_Code=featured

or visit your favorite Starbucks location to pick up a copy in person!

If you go to the "Buy the CD/DVD" page be sure and scroll down and to read how this inspirational movement with music began.

Learn more about Playing ForChange at:

<http://www.playingforchange.org/page/m2/48670c5e/7ba4c3b0/7860c35e/29db0187/577832331/VEsF>

A great movement and cause.

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

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

Wisdom doesn't automatically come with old age.
Nothing does - except wrinkles. It's true some
wines improve with age, but only if the grapes
were good in the first place.

Abigail Van Buren (Dear Abby)

Editor's Collection

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

FREE DEMONSTRATION ALKALINE, IONIZED WATER BY IONWAYS

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

Did you know that alkaline, ionized water is up to 6 times more hydrating, loaded with power antioxidants, full of oxygen, a powerful immune system enhancer, and helps detoxify your body?

I cordially invite you schedule a personal appointment with me to experience alkaline water for yourself and see how the water unit functions. Come try out this highly beneficial water and in the process educate yourself.

Bring an empty gallon or large container to take some water home with you. For further information, or to book a time, please call Teya Danel in Esquimalt at 477-2858. Demos available your place or mine!

Submitted by June Swadron former GHC alto

COMPUTER SERVICES

Reasonable rates. Very thorough, with 8 years experience.

Tune up and cleaning of your computer.
Learn how to better protect your computer, against phishing, viruses and hackers;

All Issue diagnosis, Virus removal, Re-installations, Hardware & Memory upgrades, Consultations, etc. Windows XP, Mac OSX. I am also a Linux expert.

Sales of New and rebuilt computers.

Pickup and drop-off service: 1711 Coronation Ave.
call: 250-472-0530 or email: wakefieldcomputers@shaw.ca

Submitted by: Thomas Wakefield, Soundings Baritone.

NIA CLASSES

First class FREE; next two for the price of one: \$15. Then regular prices for 1X, 2X or 3X per week.

(ongoing; start anytime; beginners welcome; classes one hour)

Nia is an expressive movement form and lifestyle practice that uses the body's way to achieve physical, mental, emotional and spiritual well-being. Let Nia help you to tap into your inner warrior, dancer and healer.

What the GHC is to singing, Nia is to movement! Nia is movement, music and magic--a fitness practice you will be passionate about!

Monday/Wednesday/Friday @ 5:15 PM

Tuesday/Thursday @ 9:30 AM

Ukrainian Catholic Church of St. Nicholas
1110 Caledonia @ Cook Street
Free Parking; double doors off parking lot to Hall.

<http://www.niac.ca>

karenia@shaw.ca
250 478 1076

Submitted by Karen Boissonneault, Soprano, High Noon Choir

COMMUNITY NETWORKING

Singing You Well!

We love to sing together and would like to offer our healing harmonies to those who are ill or otherwise would like a lift. If anyone has a friend or family member who might like to have a few songs sung to them to lift their spirits, just let us know.

blackcrow@shaw.ca

Jill Kirby - Soprano
Anu Patel - alto
Thomas Wakefield - bass.

Submitted by: Thomas Wakefield, Soundings Baritone.

GARAGE SALE ITEMS WANTED FOR FUNDRAISER! (Repeat)

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

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.

SHIVON ROBINSO (GHC & HNC Director)

<http://www.shivon.com>

Anyone Can Sing! And singing together in harmony is a vital source of energy and connection, accessible to everyone. Workshops! Theatre! Choirs! Training!

LYNN CONALL (GHC Thursday Soprano)

<http://www.insidenoutconsulting.com>

Inside 'N Out will help you clear your clutter in your home, your workspace, your money and when you move.

EMPLOYMENT AVAILABLE OR WANTED

EXPERIENCED & RESPONSIBLE
CHILD CARE AND TUTORING AVAILABLE (Repeat)

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

ACCOMMODATION AVAILABLE OR WANTED

TEMPORARY ACCOMMODATION WANTED

Couple (visiting aging parents) seeking accomodation (eg one bedroom apartment) in Victoria - June 27th - July 9th - in Fairfield, Oak Bay area - willing to pay \$850.00

Contact Susan 250 384 1800 or susanpaula@shaw.ca

Submitted by Susan Smith GHC Tuesday Soprano

A CABIN IN THE WOODS AVAILABLE

Freshly renovated private 400 sq. ft cabin nestled in the woods.(one room) Suitable for one person. Well behaved pets allowed. No smoking. Granite countertops in kitchen. Close to Elk Lake, Matticks Farm and the Lochside Trail. Hydro included. Pictures available upon request. Available May 15th. 250-658-0200 or arielgraham@shaw.ca

Submitted by Sherri Hohert former GHC Monday Tenor

FAIRFIELD 2 BR AVAILABLE

Is anyone out there looking for a small 2 bedroom suite in Fairfield.

It has a lovely edible garden and southern facing windows. Preference given to environmentally aware, considerate persons.

June 1...1K per month everything included 250-384-5702

Submitted by Marya Nijland former Tuesday Soprano

BACHELOR SUITE AVAILABLE JUNE 1

I'm looking for a considerate, quiet person to live in my bsmt. suite at the end of a Fernwood cul-de-sac (near the Belfry). High ceilings, two windows, carpets, full kitchen and bathroom, separate entrance. Street parking, and it's three blocks to Bus #22. Suite has some character and nice lighting, and suits someone into a quiet lifestyle. For one person only; no pets or smokers. \$575, plus hydro (heat is electric; suite is well-insulated.) Tel. (250) 592-6870
camilla_morrow@yahoo.com

Submitted by Camilla Morrow, former GHC Soprano (Th.)

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

Overcome fear and behold wonder.

Richard Bach (Running From Safety)

Editor's Collection

http://www.inner-growth.info/private/richard_bach_biography.htm

http://www.brainyquote.com/quotes/authors/r/richard_bach.html

http://en.wikipedia.org/wiki/Richard_Bach

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

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

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

ON WINGS OF SONG (May 2)

Anne-Marie Brimacombe, whose children's choir performed with the GHC a few years ago, is returning to Trinidad and is having a farewell concert at the Mary Winspear Center. It takes place on Saturday, May 2nd at 7:30 p.m. This concert features award-winning young women performing a variety of musical styles under Anne-Marie's direction. It also features:

Sidney Shower Singers
West Coast Girls Vocal Ensemble
Mothers and Daughters

Call Mary Winspear Box office for further info: 250-656-0275

Submitted by Anu Patel GHC Alto/Tenor & Soundings Alto

BELLY DANCE SHOW (May 2)

Amber Woods, a bassette in High Noon Choir and her partner, World Folk Music Artist, Gary Cohen and 2 of our drumming students will be participating in an upcoming Belly Dance Show. It's a fundraiser for adolescents at risk and will contain a mixed program. We will be performing 2 drumming pieces with our students.

The show starts at 8 PM on May 2nd at the CNIB building 2340 Richmond. Tickets are \$20 and available at the door.

For more information contact Amber at (250) 386-1054 or at kouskousmusic@yahoo.com Thanks!
And Hope to see you

Submitted by Amber Woods HNC Bassette

"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

KOUSKOUS MUSICAL DUO (May 2)

Amber Woods, a bassette in High Noon Choir and her partner, World Folk Music Artist, Gary Cohen form the musical duo called Kouskous. Mediterranean influenced guitar stylings and vocal inflections coupled with spicy and exotic Middle-Eastern Rhythms are the hallmarks of Kouskous' sound. Traditional folk songs from a number of traditions have been dusted off and given a unique signature. Songs are soulfully sung in their original languages including: English, Ladino or French.

Come and enjoy Kouskous at the following locations:

First James Bay Market of the Season! Menzies and Superior
May 2 from 9-11 AM

For more information contact Amber at (250) 386-1054 or at kouskousmusic@yahoo.com

Thanks! And Hope to see you

Submitted by Amber Woods HNC Bassette

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 Ruether speaks of ecofeminism as a union of 'deep ecology' and feminism. No one definition can fully define ecofeminism. Our experience brings new insights to an ever evolving way of knowing. Together we will explore through ecofeminist knowing and experiences "Coming Home" to self, to earth, to spirit.

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

\$60.00

Location: Fernwood Community Centre 1240 Gladstone Ave.

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

Submitted by Gertie Jocksch Monday Soprano

EFFECTIVAFFECTIVA COMMUNICATION (May 06)

Based on Nonviolent Communication

"Let's investigate what to do when facing a "hard to hear message", in order to build or maintain the connection with the other person "

with Valéria Almeida

- Improve safety, trust and co-operation in your relationships
- Hear the values behind whatever anyone does or says
- Transform judgments/criticism into connection
- Clearly express your wants in a way to be heard
- Transform enemy images into mutually understanding

May 06th, 6:30pm ~ 8:30pm FREE

Need registration: Gaylene Turner - Tel: 250.388.4728 x 122 - gturner@icavictoria.org

More information: <http://www.bcnc.ca/Valeria>

Submitted by Valéria Almeida, Monday, Alto.

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

KOUSKOUS MUSICAL DUO (May 8)

Amber Woods, a bassette in High Noon Choir and her partner, World Folk Music Artist, Gary Cohen form the musical duo called Kouskous. Mediterranean influenced guitar stylings and vocal inflections coupled with spicy and exotic Middle-Eastern Rhythms are the hallmarks of Kouskous' sound. Traditional folk songs from a number of traditions have been dusted off and given a unique signature. Songs are soulfully sung in their original languages including: English, Ladino or French.

Come and enjoy Kouskous at the following locations:

Featuring at James Bay Coffee and Books: 143 Menzies
May 8 Open Stage 8-9 Kouskous: 9-10 Donation to the Band

For more information contact Amber at (250) 386-1054 or at kouskousmusic@yahoo.com

Thanks! And Hope to see you

Submitted by Amber Woods HNC Bassette

OPEN MIND, WISE HEART RETREAT (May 8 to 10)

Contemplative Practice and Professional Life with Steven Smith and John Hart, PhD

Co-sponsored with Hollyhock Retreat Centre

May 8-9-10, 2009

Scientific research shows that meditators' brains have reduced anxiety and distress and increased capacity for creative thinking. Learn and deepen the practices of loving kindness and insight meditation, which help us pay attention in each moment, non-reactive and without judgment. In time, with sustained commitment, these practices cultivate a wise and compassionate approach to life. This is a retreat for people dedicated to making a difference. The personal transformations that can happen with regular contemplative practice ~ more patience, compassion, insight, discernment and right action, for example ~ can effect positive social change, in organizations, businesses, institutions and governments and in your personal and family life.

Course Description: <http://www.royalroads.ca/continuing-studies/PEMS1539-Y08.htm>

Course Code: PEMS1539

Royal Roads Continung Studies <http://www.royalroads.ca/continuing-studies>

Submitted by Hilary Leighton GHC 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

Submitted by Anne Forester, Monday Soprano

KOUSKOUS MUSICAL DUO (May 9)

Amber Woods, a bassette in High Noon Choir and her partner, World Folk Music Artist, Gary Cohen form the musical duo called Kouskous. Mediterranean influenced guitar stylings and vocal inflections coupled with spicy and exotic Middle-Eastern Rhythms are the hallmarks of Kouskous' sound. Traditional folk songs from a number of traditions have been dusted off and given a unique signature. Songs are soulfully sung in their original languages including: English, Ladino or French.

Come and enjoy Kouskous at the following locations:

Moss Street Market: Moss/May
May 9 from 10-12 Am

For more information contact Amber at (250) 386-1054 or at kouskousmusic@yahoo.com

Thanks! And Hope to see you

Submitted by Amber Woods HNC Bassette

"HEART & SOUL" (May 9)

Inspirata Women's Choir and Super Soul Sister Women's Choir in concert

7:30 pm, Saturday, May 9th,
First Metropolitan United Church, 932 Balmoral Ave.
Tickets \$15 at Munro's Books, Ivy's Books, Long & MQuade.

Poster: <http://www.gettinhigherchoir.ca/community-info/pdftemp/20090501/heart-soul.pdf>

Please pass this item on to anyone you think would be interested

Submitted by Marilyn Henigman, Former Alto, GHC

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.

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

EARTH'S IMAGINATION RETREAT (May 19 to 22)

This four day retreat will consist of viewing Brian Swimme's *Earth's Imagination*, circle sharing and reflection time with Earth in a beautiful setting. Participants are invited to create the space they need to nurture your connectedness with Earth. Those who like to connect with Earth through gardening are welcome to do so.

Facilitator: Gertie Jocksch SC, DMin

Dates: May 19—22 (Tues-Fri)

Time: 10:00 am—3:00 pm,

Cost: \$60.00.

Location: 5990 Old West Saanich Rd (the Yurt).

Please bring lunch, refreshments served.

Submitted by Gertie Jocksch Monday Soprano

COMMUNITY CHANT CIRCLE WITH NANCY WATTERS (May 20 & 27)

Chanteur Nancy Watters will teach cross-cultural prayer-songs from many faiths, as well as mantras and sound weavings in a relaxed, accepting atmosphere where all voices are welcome. Everyone who seeks greater mystical depth in their lives is invited to experience the healing sound currents through devotional chant accompanied by world instruments.

Chant master Nancy Watters, M.A., is founding director of the [Sacred World Song Project](#).

Come to Oneness Wednesdays – Church of Truth, 7 pm. to 8:30 p.m. Free or by donation.
Information: Linda (250) 380-6383 or <http://cot.seedwiki.com>

Submitted by Linda Chan, Tuesday Soprano

STAYING CLOSE TO WHAT IS SACRED: STORIES WITHIN STORIES, THE WISDOM OF OUR LIVES (May 20 to 31)

with Mark Nepo and Margo McLoughlin

May 29-30-31

In this workshop, we will work with stories and parables as way to evoke the wisdom of our own stories. For long before disciplines of knowledge were formed, long before degree programs were certified, the quandaries of living were addressed and carried forward through living wisdoms we call stories. They are seeds of our humanness. We all have a need for stories that, when heard

and retold, reveal stories within stories which bring us, if awake enough, to the one song at the heart of all stories.

Course Description: <http://www.royalroads.ca/continuing-studies/PEMS1541-Y08.htm>

Course Code: PEMS1541

Royal Roads Continuing Studies <http://www.royalroads.ca/continuing-studies>

Submitted by Hilary Leighton GHC Soprano

KOUSKOUS MUSICAL DUO (May 29)

Amber Woods, a bassette in High Noon Choir and her partner, World Folk Music Artist, Gary Cohen form the musical duo called Kouskous. Mediterranean influenced guitar stylings and vocal inflections coupled with spicy and exotic Middle-Eastern Rhythms are the hallmarks of Kouskous' sound. Traditional folk songs from a number of traditions have been dusted off and given a unique signature. Songs are soulfully sung in their original languages including: English, Ladino or French.

Come and enjoy Kouskous at the following locations:

Featuring at Gabriola Island Folk Music Coffee House
May 29 Open Stage at 7:30 Kouskous at 9 \$5.00

For more information contact Amber at (250) 386-1054 or at kouskousmusic@yahoo.com

Thanks! And Hope to see you

Submitted by Amber Woods HNC Bassette

HEARTBEAT MUSIC CIRCLE (May 31)

Sidney, BC

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

We gather on:
Sunday 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 HEART OF THE COSMOS:
HUMANITY AND THE NEW STORY (earlybird by May 31)

with Dr. Brian Swimme

Date: August 8th

Time: 9:30 am – 5:00 pm

Cost: \$95.00 before June 1, 2009,
\$105.00 after June 1, 2009

Location: David Lam Auditorium – MacLaurin Building, University of Victoria,

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

Submitted by Gertie Jocksch Monday Soprano

JUST FOR FUN

A reward of laughter for reading this far

STRESS

A cyber forward to the editor from his friend Roger

I am not sure exactly how it works, but this is amazingly accurate. Read the full description before looking at the picture.

The picture below has 2 identical dolphins in it. It was used in a case study on stress at St. Mary's Hospital.

Look at both dolphins jumping out of the water. The dolphins are identical. A closely monitored, scientific study revealed that in spite of the fact that the dolphins are identical, a person under stress would find differences in the two dolphins.

The more differences a person finds between the dolphins, the more stress that person is experiencing.

Scroll down and look at the photograph. If you find more than one or two differences you may want to take a vacation.



No Need to Reply, I'll be on Vacation!

===== 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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