

If you want to see more of what Hollyhock is all about, go to <http://www.hollyhock.ca> There are some great short videos to watch on the "about Hollyhock" page. They will convey some of the beauty and magic of this extraordinary place.

Please note

One of my phone #'s, 386-3184 - is no longer in service. My new # is 386-3181.

~ Shivon

DENIS

John O'Donohue Video showing Monday, May 11th - We will be showing it before rehearsal at the Unitarian Church. You should be there just after 6:00 as we will start the video at 6:15. It runs for just under an hour. I will give a brief intro to the video, and read poem afterwards that I wrote in John's memory.

Soundings concerts coming up May 29 and 30! We have titled these concerts "Songs of Earth and Spirit" and they run the gamut from Renaissance to contemporary, from serious to jazzy and to downright funny. But all have a theme centered on the landscapes we inhabit with our bodies and with our spirits. I'll have info, flyers, and tickets at GHC evenings. The May 29 concert in at St. Mary's Anglican Church in Saanichton and the May 30 at Gordon Head United. \$15/\$12. Hope you can attend!

~ Denis

ADMIN TEAM NOTES

GLORIA

I am looking for some support re: promoting our up-coming concerts. Our good friends at Artemis PR and Design are unable to help us this time.

If you have contacts in the media, or have expertise in public relations, advertising etc. and could provide some help in getting the word out - please get in touch with me. gloria@gettinhigherchoir.ca or 250-995-8731.

Much thanks

~ Gloria

BILL

Practice CD Update

If you picked up your Practice CD on Monday May 4th your "Song List" has errors on it and needs to be replaced. The link below will take you to where you can print a corrected version for yourself.

http://www.gettinhigherchoir.ca/community-info/current_singers_only#replace

~ Bill

Gettin' Higher Choir Info

GHC NEWS & BUSINESS

CONCERT TICKETS FROM NOW ON!

We will continue selling them at choir right up to concert time and they will be going into the stores soon. Tickets will be available at Munros Books, Ivy's Books in Oak Bay, James Bay Coffee and Books and Dig This (Broadmead Village) 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

OUR DONATED TICKET PROGRAM

As we have for past concerts we will be accepting donations toward a "Donated Ticket" fund. For recent sets of "end of season" concerts this fund has provided 25 - 35 tickets for people who would love to hear us in concert but can't afford to buy a ticket themselves.

If you like the idea and wish donate the price of a ticket or two or a few (or even part of one) please see whoever is selling tickets during the break.

If you know of someone needing a "donated ticket" you can request it from the ticket sellers. They will be given out in the order requested as donations make them available.

CAIA CONNECTION NEWSLETTER ON LINE

The May newsletter for the Caia Connection is posted at <http://www.caiaconnection.com> You can download it from there and email it to people you know who may be interested in the project, and/or who are coming to the concert. You can see the newsletter pictures in colour! The website also has lots of other info and pictures about the work we are helping in Caia District of Mozambique. From our choir community, Gloria Hansen, Ian McLachlan, and I (Shivon) are on the Caia Connection executive. Our June concert proceeds will be shared between the two sister projects, Caia Connection and the Kapasseni Project.

~ Shivon

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.

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.

HOME SECTIONALS

Tenors @ Helle's ~ May 17

Hello fellow tenors,

I would like to have a tenor practice at my house on Sunday May 17. (3-5) #4 - 1276 Ryan Street (home of the June 08 garden makeover).

There will be a following potluck picnic supper in my garden. Let's all see the sun shining here that day. Please bring something to share. A true potluck works in my world.

The garden is just starting to bloom. Callum (gardner and Jazz musician extraordinaire) was here to work on the untidy bits today. Everything is ready to display spectacular blooms...just in time for our practice. Anybody have a keyboard they could bring? Please call me at 381-5702 if you can make it for the practice/for the picnic. See you here.

Cheers,

Submitted by Helle Kallas GHC Thursday Tenor

Altos @ Jackie's ~ May 20th

With Christine Dennison on piano

Christine is going out of town end of month so will not be here for the concert, but has kindly offered to do a home sectional before she leaves. This is an excellent opportunity to get ourselves well prepared 3 weeks before the concert.

WHERE: Jackie Cade's
4120 San Mateo Pl (Gordon Head)
250-477-7230

WHEN: Wednesday, May 20th, 7-9PM

Basses @ Bill's ~ May 27th

I am hosting a home sectional for all Basses on Wednesday May 27 from 7:00 to 8:30 p.m. at 77 Gorge Rd. **West** (at Wascana across from Wings ~ # 8 or #11 bus). Follow the signs from the gate. (Map: <http://www.crucible.ca/home77.jpg>)

Beverages of choice and snacks to share are welcome. The practice will be followed by a social hour for those feeling social.

For further information or answers to your questions please contact me at 920-4160 (8 a.m. to 8 p.m. Tuesday to Friday) or at bill@gettinhigherchoir.ca

Submitted by: Bill Hanson, perambulating Bass, etc

WOULD YOU LIKE TO HOST A HOME SECTIONAL?

It's a very sociable way to learn our parts and to get to know each other better. To enhance the sociability aspect plan on ending with a social hour or a pot-luck.

All it takes for a Home Sectional enough space for a group, however big or small, to gather. A keyboard is helpful (or other means of giving starting notes supplied by anyone in the group). The appropriate parts files from our web site played on a computer, CD player or MP3 player.

Just pick a date and time that works for you, let me know and I will:

1. add your sectional to the "Home Sectional Invitations" list in the appropriate issues of the newsletter
2. post it on the on the GHC site's Choir Schedule Page
3. email a special advance announcement to everyone in your section (1/2 to a couple of dozen will come)
4. email you a call list of names and phone numbers for members of your section who are not on email

If you want to host a home sectional please email me (Bill) at bill@gettinhigherchoir.ca or call me at 920-4160.

GHC CAR POOLING WANTED & OFFERED

To arrange car pools you can announce your request/offer at break time at choir (GHC or HNC). You can also email me at bill@gettinhigherchoir.ca with your name, contact information, where you start from, whether you need a ride or are offering one and which choir you are in. I will put a listing under the appropriate Car Pool heading for you in the next newsletter. Dont be shy about repeating your request in subsequent weeks at choir or in the newsletter if you dont connect the first time.

MONDAY TO/FROM TILlicum MALL AREA?

Wanted/Offered!

I am interested in going to the Monday evening practice if anybody is able to carpool (either way, yours or mine) from the Tillicum Mall area. Please phone Sharon 382-2736, 11-4 or leave a message on my machine. Thanks!

Submitted by Sharon Alder GHC Soprano

Other choir community info

CCLT UPDATES

Community Choir Leadership Trainings ~ Facilitated annually by Denis & Shivon

PLEASE PASS THIS ON TO POTENTIAL CHOIR LEADERS

Information about the 2009/10 Community Choir Leadership Training is now available on the CCLT website at:

<http://www.communitychoirleadership.com>

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

CCLT GRADUATE UPDATES THIS WEEK

Anna Baignoche CCLT 2 - 2005/6

Some recent news:

I'm just back from two months on a government grant to study Bossa Nova and Samba in Rio de Janeiro with a great new repertoire of Brazilian standards and original songs in Portuguese. I also have a brand new bag of percussion tricks up my sleeve(-less dress).

CBC Radio has hailed "Anna B. and the Heartbones" as among "50 artists, ensembles and bands that are on the verge of becoming national names on the music scene."

"Anna B. and the Heartbones" recorded a live concert in November for CBC's Studio One Mother Tongue concert series. Since then, the concert has been broadcast twice (Mother Tongue, Dec. 28th, 2008; Canada's Music Future, Jan 18th, 2009) and is available on the CBC website <http://www.cbc.ca/radio2/cod/concerts/20081106annab> for podcast.

I will be performing with some friends in Duncan on May 9th. For details see my "Community Events" item for that date below.

PRIMARY CHOIR COMMUNITY WEB SITE LINKS

The Getting' Higher Choir	http://www.gettinhigherchoir.ca
Community Choir Leadership	http://www.communitychoirleadership.com
Ubuntu Choirs	http://www.ubuntuchoirs.net
Shivon Robinsong:	http://www.shivon.com
Denis Donnelly:	http://www.denisdonnelly.ca
	http://www.choralsongs.com
	http://www.soundingsmusic.com

Accessing our Newsletters <http://www.gettinhigherchoir.ca/community-info/newsletters.html>
Using Our Newsletter: <http://www.gettinhigherchoir.ca/community-info/newsletterinfo.html>
Choir Schedule: <http://www.gettinhigherchoir.ca/community-info/index.html>

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

Most folks are about as happy as they make up their minds to be.

Abraham Lincoln, 16th US President

Editor's Collection

<http://www.historyplace.com/lincoln/index.html>
<http://www.whitehouse.gov/about/presidents/AbrahamLincoln/>
<http://lcweb2.loc.gov/ammem/alhtml/malhome.html>

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

WARM GREETINGS...

...and much appreciation sent to you from Beth Nielsen Chapman, who is recovering nicely after her brain surgery last week. She asked me to "give the choir a kiss" from her - so I'll have to get busy doing that - after the flu scare is over, of course! Or, we could do one big virtual smooch right here and now!

Consider yourself kissed! X

If you want to read an inspiring message from Beth Nielsen Chapman click on this link:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090508/beth.pdf>

~ Shivon

HI ALL!

I have been away at meetings for over a month and did not have access to computer as I had hoped, in order to keep up on the new music. Because of that I think I will not be able to continue

singing in the choir. I know what it is like when people miss practice and have not kept up. I would like to thank Shivon, Dennis and the members of the choir for their wonderful expression of solid values especially as related to those less fortunate than ourselves and for their hospitality.

This was one of the best experiences of my sabbatical year and I will, for sure, go to your June concert.

Be assured of my best wishes and prayers.

Submitted by Claire Mac Neil, GHC Tuesday Soprano

OPPORTUNITIES TO SING!!

PLEASE PASS THIS ON TO POTENTIAL SINGERS

Do you know singers, or wannabe singers who might like an opportunity to sing in a GHC/HNC type choir? 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. Send the following link to the singers you know wherever they may be so they can check to see if there is a sister choir in their area:

http://www.ubuntuchoirs.net/locator_coastal_BC.php

SOVEREIGN SINGING COURSE - AWESOME!!

Knowing that You love to Sing, I am sending You the following link. The Link will take You to a webpage of "Real People Music", where Edwin will 'tell' You about the 6-day Sovereign Singing Course happening at the end of May in beautiful Tofino, BC.

I took the course only a month ago, and I loved it!! It was amazing and incredibly supportive for my journey of joy and awareness, with Singing being a central and Joyful part of that! You will be writing and singing Your own Songs!!! Edwin keeps the group size small (max 15) to provide maximum 1:1 for each 'student'.

If You feel moved or inspired to attend or check it out at:

<http://realpeplemusic.com/6Day.html>

If you have any questions, You can contact me at 250-590-5382 or to reply to this email address.

Cheers to Singing Your Song!

Submitted & Recommended by Lorna Hannah GHC Thursday Soprano

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

THE SINGING SOUL:
IMPROVISATIONAL A CAPPELLA (Jun 18 - 21)

I teach of body of work called The Singing Soul: Improvisational A Cappella and for the second year will be offering a 4 day residential Singing Soul at The Haven on Gabriola Island June 18-21.

I know lots of folks involved in the GHC/Ubuntu choir circles and the kind of community singing you are all creating is well aligned with what The Singing Soul is all about. So while your choir breaks for the summer there is a place to go and be in voice with others in a genuine, soulful, and spontaneous way!

A full description of this program is available on The Haven's website:
<http://www.haven.ca/programs/the-singing-soul-improvisational-a-cappella.html>

And more info on my Singing Soul work is available at:
www.davidhatfield.ca/pro-singingsoul.php

Feel free to contact me with any questions at david@davidhatfield.ca.

Good wishes to you on your singing.

David Hatfield, Leadership Consultant & Facilitator

Editor's Note:

I have the following comments on hand regarding David's work:

I haven't experienced David's work personally, but hear very good things about it. He has trained with Rhiannon, and I'm sure his work is A1 ~ Shivon

I want to recommend Dave's improv. workshop. I did a weekend workshop with him a few years ago and **loved** it. I thought he did a great job of facilitating and teaching. ~ Jen Turner CCLT 1 - 2004/5

I took one of his workshops a number of years ago (4 or 5?) on Gabriola and had a good time. Grace Golightly (former GHC Alto) and I sang with, and to, each other all the way back to Victoria. ~ Bill Hanson GHC Bass etc.

COMMUNITY EVENTS ITEMS THAT INVITE YOU TO SING!

- | | |
|---|----------|
| Choral Workshop On
Eastern European Liturgical Music | (May 9) |
| Sacred Sounds with Yves Vial | (May 13) |
| Taize Service | (May 15) |

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

BC ELECTION ON TUESDAY MAY 12

This is the clearest explanation of the proposed new voting system that I've seen. Take a look!

The fun animation that explains BC-STV best:

<http://www.citizensassembly.bc.ca/resources/flash/bc-stv-full.swf>

Submitted by Shivon

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

Recommended by Bill Hanson GHC Bass etc.

AN ESSENTIAL YOUTUBE VIDEO

Before you vote in May 12 you might be interested in viewing this video that really nails all the environmental issues.

<http://www.youtube.com/watch?v=tPuJfbS2qMY>

Thank you,

Recommended separately by J. Scott GHC Alto & Claire Ebendinger Monday Soprano

VIDEOS

Here are a couple my husband sent me recently.

<http://www.flixy.com/beethoven-fifth-symphony-breakfast.htm>

http://www.youtube.com/watch?v=dq_SJ7CtnZI

Recommended by Mary Anne Jarvin Monday Soprano

HELPING HANDS / ITS UNBELIEVABLE

Another good one

http://www.gettinhigherchoir.ca/community-info/video/20090508/monkeys_helpinghands.wmv

Once again our animal friends and how they help us.

Recommended by Tatiana Evans GHC Tuesday/Thursday Alto/Tenor

FOR THE JAZZ FANS IN OUR CHOIR COMMUNITY

There is a new web site endeavoring to be a central point of information about Jazz on this wonderful island of ours. Check it out:

<http://www.islandjazz.ca>

Recommended by Bill Hanson GHC Bass etc.

ALBOA @ HERMANN'S

This local jazz band is playing at Hermann's on Tues. May 12 at 7:30. See you there.

Recommended by Helle Kallas Tuesday/Thursday Tenor

A WHALE OF A THANK YOU

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090508/a-whale-of-a-thank-you.pdf>

Submitted by Patricia Houston GHC Alto

SILENT MONKS SING

I think the choir will enjoy this video clip. It's called "The Silent Monks sing Hallelujah" and the group is from closeby - Kitsap county in Washington state. A funny take on the chorus!

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

Lynne Crawshaw, T/Th tenor

MEMEZA AFRICA - VOICE OF SOWETO CHOIR

This troupe of 22 singers, dancers and drummers will be performing at Alix Goolden Hall on Wednesday, May 13th. Tickets are \$25/20, available at the McPherson Box Office.

Recommended by Sabine Laubental, Alto

Editor's Note

For more information see their May 13 item in the Community Events Section below

WHEN I GROW UP I WANT TO BE LIKE MOMMY

Enjoy this child's drawing before you read the explanation below it:

<http://www.buzzfeed.com/expresident/when-i-grow-up>

Submitted by: Bill Huot, naughty bass

SING ALONG WITH THE BEATLES WEBSITE

This handy website organizes well-selected YouTube clips alongside the lyrics:

<http://www.beatlestube.net/>

Submitted by: Bill Huot, less-naughty-than-last-time bass

TO ALL CONCERNED VOTERS

Few have been as honest and insightful as former Deputy Premier Christy Clark on CKNW yesterday. Here's the video everybody needs to see before they vote in Tuesday's provincial referendum.

<http://www.youtube.com/watch?v=Uhcpcz14IbQ>

Submitted by Kathy Coster GHC Thursday Soprano

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

In life you can never be too kind or too fair; everyone you meet is carrying a heavy load. When you go through your day expressing kindness and courtesy to all you meet, you leave behind a feeling of warmth and good cheer, and you help alleviate the burdens everyone is struggling with.

Brian Tracy

Editor's Collection

SERVING EACH OTHER

HOLISTIC CAT SERVICES (Updated with contact info)

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.

Call 250-384-5721

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Submitted by Bernadine Sperling, HNC Alto

NIA CLASSES (Repeat)

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

I KEEP SIX HONEST SERVING-MEN
(They taught me all I knew);
Their names are What and Why and When
And How and Where and Who.
~ Rudyard Kipling

What:
Photographing People And Events
free intro presentation of my new program

Why:
we will share fun and some wisdom

When:
meeting 1: Sunday, May 17, 10:30 a.m. - 12:00 noon
meeting 2: Wednesday, May 20, 6:45 p.m. - 8:15 p.m.

How:
lecture supported by visual presentation

Where:
meeting 1: Simply Computing Store, at Quadra and Cook, next door to Roxy
MovieTheatre
meeting 2: ACDSsee Softwar -1312 Blanshard Street
(please RSVP (only 3 spots left) to: <http://photo.meetup.com/613/>)

Who:
Andrew Kielbowicz, photography instructor
<http://www.goingdigital.ca>

Submitted by Andrew Kielbowicz GHC choir photographer and former Bass

COMMUNITY NETWORKING

LAWYER NEEDED

Can anyone recommend a lawyer with expertise in rural land issues (several homes on a non-subdivided property owned as tenants in common/ who owns what/ transfer of title etc). This would be for a consultation, not a court case. Please contact Kathie Putt 250-386-0945 or kputt@islandnet.com.

Submitted by Kathie Putt, GHC Tues/ Thurs alto.

SHARING BACKYARDS

If you are looking for a place to garden, or have a backyard you want to share with someone for gardening, here is the website for you...

http://www.sharingbackyards.com/browse/Victoria.%20BC&welcome_box=2

Submitted by Rebecca Kennel GHC Monday night Tenor

FUNDRAISER GARAGE/PLANT.BOOK SALE - SAT. MAY 9TH

To benefit Breakthrough For Africa and its Zambian partner, Women For Change. Sat. from 9-12 at 1932 Quamichan St. (near Foul Bay and Richardson). Furniture, Household Goods, Books, Plants and many more treasures!!

Submitted by Sabine Laubental, Alto

LOOKING FOR PIANO TEACHER

I'm wondering if anybody knows and could recommend a piano teacher for my husband. He has played before (up to grade 5'ish), but not for 10 years or so and would like to start playing again.

Thanks very much,

Submitted by Patti Dewhurst former GHC Tuesday Alto

GENTLEMAN CAT NEED A HOME

Name: Milton
Breed: Domestic
Coat: short-hair
Colour: black with white boots and neck.
Size: small
Sex: M (neutered)
Age: < 15 yrs

Milton's story

Milton sadly can't go to his human's new "no-pets" home. He loves to sleep in the sun all day and curl up close to you at night. He's very agile, not a hunter, has a very sweet personality, and likes to be outside only when the sun is out. He's very territorial, so a move to a home with another male cat would not be appropriate.

Milton does have an overly active thyroid so he gets a little pill with his breakfast and his human will provide food and medication for his care.

Please contact Nora at 250-370-1901 for more information.

Submitted by Connie Lebeau CCLT 2 - 2005/6 graduate

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.

MARNIE LAMB (former GHC & HNC Alto)

<http://www.songsopassage.com>

Songs of Passage is a community group of volunteers who have been offering Bedside Singing to patients and families at Victoria Hospice since August 2007. Visit our site for more information, and also to pre-register for a free orientation.

JACK HAAS (GHC Bass)

<http://www.jackhaas.org>

See my website for information about two books of mine:

Jack Haas,
Seeking Bliss: A Study of Addiction and Recovery
\$20.

Jack Haas and Wm.Shaffir,
Becoming Doctors: The Adoption of a Cloak of Competence.
\$30.

Submitted by Jack Haas, Tues, Bass

DENIS DONNELLY (GHC & Soundings Director)

<http://www.denisdonnelly.ca>

All my musical, poetry, workshop and course activities plus Soundings.

COMMUNITY MARKETPLACE

FOR SALE - DOG RUN

A portable chain link dog run with door - 13 feet by 7.5 feet in perfect condition - \$350 or best reasonable offer.

please phone mary at 250-479-5585 or email: mlynchbc@hotmail.com

Submitted by mary lynch, monday soprano.

EMPLOYMENT AVAILABLE OR WANTED

PROGRAM COORDINATOR, TRAINER, FACILITATOR, RECRUITER AND SPANISH TUTOR.

With broad experience coordinating, promoting and facilitating programs as well as event planning, student recruitment and volunteer coordination; I am seeking to work within a university, college, school, company and organization that is looking for a highly motivated professional with strong credentials and a proven track record.

I work with Word, Excel, Power Point, Outlook and Banner; and I speak English, Spanish and Italian.

Should you require my resume please feel free to contact me at (250) 590 -7859, cell (250) 686-3574, e-mail anitachulasi@hotmail.com

Submitted by Ana Maria Garcia GHC Thursday Alto.

ACCOMMODATION AVAILABLE OR WANTED

JUNE 1, FERNWOOD BACHELOR SUITE FOR ONE QUIET PERSON

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. Prefer someone who works full-time and is into a quiet lifestyle. No pets or smokers. \$590 with all utilities included. (250) 592-6870, camilla_morrow@yahoo.com

Submitted by Camilla Morrow, former GHC Thursday Soprano

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

Forgiveness is the fragrance the violet sheds on the heel that has crushed it.

Mark Twain
(1835-1910, American Humorist, Writer)

Submitted by Patricia Houston GHC Alto

<http://etext.virginia.edu/railton/index2.html>
http://en.wikipedia.org/wiki/Mark_Twain

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

THROUGH FELT (now to June 22)

Art Showing by Joanne Circle

The Superior Cafe, 106 Superior St., Victoria
March 15 -June 22, 2009

It's that tension between mystery and familiarity that makes for something strong.

Submitted by Karen Yearsley GHC Monday Tenor

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

ANNA BAIGNOCHE (CCLT 2 - 2005/6)
& FRIENDS PLAYING IN DUNCAN (May 9)

Simon Kendall
<http://www.simonkendall.com> -
from Doug and the Slugs

~ and ~

Sharkskin

~ and I -

Anna B
<http://www.annabmusic.com>

will be playing in Duncan this Saturday night (May 9th).

I will be playing guitar, cavaquinho/percussion (newly acquired in Brazil), and singing my heart out. Simon will be showing his stunning skills on Piano, Accordion, Percussion, and BGs.

We have an eclectic array of originals and covers. Singing in Portuguese, Spanish, and English, we will take you on a journey through the Americas - Mexico, Cuba, Brazil, Canada - Samba, Bossa Nova, Mariachi, Country, Jazz, Mambo, Salsa - All in our unique interpretation!

Duncan Garage Showroom
330 Duncan St.
Duncan, B.C.
250 715 1383
Sat. May 9th 8pm

We hope you can join us! Please pass it on to anyone you think may enjoy the show!

Submitted by Anna Baignoche (CCLT 2 - 2005/6)

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

FUNDRAISER GARAGE/PLANT.BOOK SALE (May 9)

To benefit Breakthrough For Africa and its Zambian partner, Women For Change. Sat. from 9-12 at 1932 Quamichan St. (near Foul Bay and Richardson). Furniture, Household Goods, Books, Plants and many more treasures!!

Sat. May 9th

Submitted by Sabine Laubental, Alto

THE GREAT FERNWOOD STV DEBATE (May 10)

Please join me this coming Sunday May 10 at 2:00 pm for the Great Fernwood STV Debate

Diana Byford of the YES campaign and John Heaney of the NO campaign will make their case and answer your questions so you can be a fully informed voter in the May 12 STV referendum.

The Fernwood STV debate will take place from 2-4 pm at the Fernwood Community Association building, 1923 Fernwood Road.

Questions? Please contact Erik Kaye at (250) 382-4370 or e.kaye@shaw.ca.

See you on Sunday and please feel free to forward this invitation to everyone you know who cares about our democracy and political life in BC.

Submitted by Patricia Houston GHC Alto

INTERESTED IN YOUR HEALTH?
FREE PRESENTATION AND
DEMONSTATION OF BODYTALK! (May 11 & 25)

(served with tea and goodies)

Come and hear about BodyTalk, why this simple, safe system of health care is so effective, and what it can do for you. I will do a free 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 or jkirby@holisticarts.ca for info.

This month's meetings will be on May 11th and 25th, so mark your calendar and I hope to see you there.

Submitted by Jill Kirby, Soundings Soprano and Thursday GHC Soprano

FELT DIALOGUE (May 12 to 14)

with felt artist Joanne Circle and Moira Szabo, pianist

May 12, 13, and 14 at 7-10 pm

The Superior Cafe
106 Superior St.
Victoria, BC

Submitted by Karen Yearsley GHC Monday Tenor

SACRED SOUNDS WITH YVES VIAL (May 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

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

GREETINGS FROM OPEN CINEMA!

This is a reminder that OPEN CINEMA is sponsoring an exciting free screening event on Wednesday May 13, part of the Global Oneness Project's Northwest Tour. For more information visit:

<http://www.opencinema.ca>

or

<http://www.globalonenessproject.org/events>

See you at the movies!

Submitted by Mandy Leith

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

TAIZE SERVICE (May 15)

The next Taize service will be on Friday, May 15 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

"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

FELTING WORKSHOP (May 16 & 17)

Joanne Circle will be hosting a felting workshop at her studio south of Duncan with lunch provided by The Superior Cafe.

May 16 & 17, 10am - 5pm

\$225 includes lunch and supplies

For more info please contact Joanne Circle at 250-748-1809
email: palmerironwork@telus.net

Note: Joanne is an amazing sculptor, a warm and thoughtful teacher and a special person. I've taken her workshop and highly recommend it to anyone whether or not you have any experience creating with fibres. (Karen Yearsley)

Submitted by Karen Yearsley GHC Monday Tenor

VIVA-RAW POTLUCK (May 17)

Come to a wonderful potluck plus a talk with discussion “Local Food, Global Market and the Right Relationship” by Cosmo Meens, Co-Creator of Mo:Le and Bliss Cafe. NEW LOCATION: The Lounge, Archie Browning Sports Centre, 1151 Esquimalt Road (beside the Esquimalt Plaza). 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: \$5 to \$3 per adult. Bring your family and friends. Children welcome with adult supervision.

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

Submitted by: Linda Chan, GHC Soprano

COMMUNITY EVENTS – COMING WEEKS

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

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

Submitted by Hilary Leighton GHC Soprano

JOIN THE BRAIN FITNESS REVOLUTION: (May 28)

Educational Talk on the Infinite Possibilities of a Balanced Brain
Thursday, May 28, 2009
Doors open 6:30
7:30- 9:30
Gibson Auditorium, Camosun College (Lansdowne)

Meet author and inventor of Brain State Conditioning (BSC) Lee Gerdes. BSC is a revolutionary new brain training technology that enables the brain to observe itself and create new neural pathways using MUSIC! Successfully helping people with:

Effects of stress
Sleep Disorders
Depression/Anxiety
Brain Injuries/Age-related Deteriation

Sports Performance

Memory/Focus
Meditation/ Creativity

Prizes! Booksigning!

\$10 advance, \$12 at the door

Reserve your seats today: (250) 382-0991, victoria@wavesofpotential.com

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

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

FABULOUS FACILITATION THURSDAY, JUNE 4TH

Tired of using the same old ice breakers and activities for workshops, courses, or staff meetings?
Participants are guaranteed to leave with new resources and ideas for group activities including:

Icebreakers and get-to-know-you games to welcome and warm groups up.
Team energizers to spice things up and keep everyone on their toes.
New ways to creatively brainstorm
Tips on how to make the "fundamentals" (ie: the boring stuff!) more fun!

Thursday, June 4th from 6:30-9:30
James Bay New Horizons 234 Menzies Street
Cost per workshop \$50/person

Call us at @ 250-885-8503 OR email jocelin@possibilitiestraining.com. For more details, visit
<http://www.possibilitiestraining.com>.

Submitted by Jocelin Caldwell Tuesday Soprano

PRITI (starting Jun 5)

A Weekend to Discover the "Satisfaction of your Heart"

Join us on beautiful Mayne Island for a weekend of music, movement and connection with the special places on the Island. Our Island offers you the opportunity to slow down and experience yourself in setting that provides the stillness to find your "Pritiā" (Sanskrit for satisfaction of the heart).

We will take you on a journey that will include drumming and chanting, Iyengar yoga, kayaking and hiking, walking meditations, creative expressions, mindfulness eating and more.....

When: June 5, 6 and 7th

Cost: \$200 plus accommodation
(offered by the Blue Vista Resort from \$85-\$115 double occupancy per night),
2 vegetarian lunches are included

Call us at 1-877-535-2424
for more information or to register. Ferry pick ups and drop offs complimentary when
staying at the Resort.

Submitted by Gail Woodward high noon alto and Nancy Schneider high noon alto

BEES, BERRIES, BIVALVES
and BACKYARD DIVERSITY: (Jun 6)

Restoring Our Connection to Nature with Briony Penn

June 6, 2009

Join Briony Penn for a day long workshop on how to restore our ancient connections to nature in your own backyard; a foray into berry foraging, bee husbandry, native plant cultivation, amphibian migrations, intertidal scavenging and other ways to connect to nature and restore the earth, your spirit and your health.

Facilitator: Dr. Briony Penn is a geographer from Saltspring Island. She has lived most of her life on the shores of the Salish Sea. She is an adjunct professor in the Environmental Studies Program of the University of Victoria, a writer and illustrator with illustrated columns in several regional newspapers and a founding director of The Land Conservancy of British Columbia.

Course Description: <http://www.royalroads.ca/continuing-studies/GLNA1523-Y08.htm>

Course Code: GLNA1523

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

Submitted by Hilary Leighton GHC Soprano

HABITAT ACQUISITION TRUST (HAT):
BENEFIT CONCERT WITH CHRIS FRYE (Jun 6)

HAT, a local land trust, is holding a fundraising concert, silent auction, and dinner with acclaimed performer Chris Frye and the Analog Ghosts.

Saturday, June 6th, 2009
Ambrosia Centre, 638 Fisgard Street
Concert Tickets \$20
Dinner tickets \$20

Doors open: 7:30; Show: 8:00 PM

Tickets available online at

<http://www.hightideconcerts.net/purchasetickets.html>,
or directly from Lyle's Place, Ditch Records, or the HAT Office.

Join HAT at Ambrosia before the show for a fabulous buffet dinner and presentation on Western Painted Turtles, Sharp-tailed Snakes, school gardens and more!

For more information about HAT: <http://www.hat.bc.ca/>

Submitted by Karen Yearsley GHC Monday Tenor

JUST FOR FUN

A reward of laughter for reading this far

Here are a couple of chuckle generators from Audrey Glynn, GHC Monday Soprano

A Virus Alert

Hi: I think I have this virus too. Have you got it yet?

I thought you would want to know about this email virus. Even the most advanced programs from Norton or McAfee cannot take care of this one. It appears to affect those who were born prior to 1971.

Symptoms:

1. Causes you to send the same e-mail twice. ... done that!
2. Causes you to send a blank e-mail! ... that too!
3. Causes you to send e-mail to the wrong person. ... yep!
4. Causes you to send it back to the person who sent it to you. ...who me?
5. *Causes you to forget to attach the attachment. ... well phooey!*
6. *Causes you to hit 'SEND' before you've finished. ... OH NO, not again!*
7. *Causes you to hit 'DELETE' instead of 'SEND'. ... and I just hate that!*
8. *Causes you to hit 'SEND' when you should 'DELETE'. ...Oh NO!!!*
9. *Causes you to hit 'DELETE' instead of forward. ...Oh, I didn't want anyone to know that!!*

IT IS CALLED THE..."C-NILE VIRUS"

Last Words

A 98 year old Mother Superior from Ireland was dying. The nuns gathered around her bed trying to make her last journey comfortable.

They tried giving her some warm milk to drink, but she refused it. One of the nuns took the glass back to the kitchen and remembering a bottle of Irish whiskey received as a gift the previous Christmas, she opened it and poured a generous amount into the warm milk.

Back at Mother Superior's bed, she held the glass to her lips..

Mother drank a little, then a little more and before they knew it, she had drunk the whole

glass down to the last drop.

'Mother,' the nuns asked earnestly, please give us some wisdom before you die'

She raised herself up in bed and said,

'Don't sell that cow.'

===== 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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