

GLORIA

What fun we had this past week. Valdy was great and really loved getting to meet many of you and sing with us. WOYAYA...Dreaming in Four Part Harmony is going to be a wonderful concert.

...and on Thursday night Memeza joined us and we were immersed for half an hour in their music, movement, passion for Africa and total commitment to the music. It was glorious. I know that many of you attended their concert at the Alix Goolden Wed. night and got a second chance to affirm that first impression.

See you all in the singing circle this week - I'm sure we'll have a new and more lively way of approaching our own repertoire as a result of these guests.

~ Gloria

BILL

Practice CD?

If you haven't picked up your practice CD yet I will be at choir Monday (May 18th) & Thursday (May 20th) this coming week. Starting the following week I will be at choir every night until the end of the season. You are also welcome to contact me at bill@gettinhigherchoir.ca or 250-920-4163 (8 to 8) to make alternate arrangements.

~ Bill

Gettin' Higher Choir Info

GHC NEWS & BUSINESS

CONCERT PROMO HELP REQUESTED

With 300+ of us active in the choir and another 900+ in our extended choir community a little bit of help from each of you can ensure sell-outs at both concerts. If you want to provide a little, or a lot of, help please go-for-it! If you haven't already done so please do any or all of the following:

1. Put up our great (full sized) posters in high traffic areas (let us know what area you will cover when you pick-up your posters at choir).
2. Forward the recent Concert Promo Special email enthusiastically to your contacts.
(if you didn't get a copy, or need another one, email bill@gettinhigherchoir.ca)
3. Print copies of the small version of our poster from:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/promo/woyaya-8.5x11.pdf> (for posting at home and/or in your neighborhood, at work and other places you frequent)

4. Carry some of the promo handouts with you to give out whenever an opportunity presents itself. You can pick some up at choir or you can print copies for yourself from: <http://www.gettinhigherchoir.ca/community-info/pdftemp/promo/handouts.pdf>
5. Let family, friends and associates know that we put on great concerts
6. Offer to pick-up tickets at choir for interested family, friends and associates

Let's all be nice to Gloria...the earlier we all pick-up tickets for our guests the sooner Gloria will be able to relax and let go of her legendary dedication to filling the hall for the people in Mozambique who are benefitting from the activities of the Kapasseni, Caia and Kuwangisana projects.

~ Bill

KAPASSENI VIDEOS! (Reminder)

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>

CONCERT TICKETS FROM NOW ON! (Updated)

We will continue selling tickets at choir right up to concert time. Tickets are also now available at Munros Books, Ivy's Books in Oak Bay, James Bay Coffee and Books and Dig This (in 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 (Repeat)

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 (Repeat)

The May newsletter for the Caia Connection is posted at <http://www.caiacconnection.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

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)

Directions: Tyndall to San Pedro, go to top of the hill, take a right onto San Mateo Place (White Cape Cod, 4th house on the right).

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

PHONE #: 250-477-7230

Submitted by Jackie Cade Tuesday/Thursday Alto

Sopranos @ Helen's ~ May 23rd

Piano available

2 p.m., Saturday, May 23

102 – 1145 Hilda St (buzzer 11)
One block south of Fairfield Rd
Cook St Village
250-383-8613

Submitted by Helen Durie, GHC Tuesday/Thursday Soprano

Sopranos @ Lauren's ~ May 24th

Sunday May 24 at 3:30
1840 Crescent Rd., (near Foul Bay) in Oak Bay
250-598-2261

Submitted by Laureen Belland Tuesday Soprano

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

Tenors @ Jeanne's ~ June 6th

I am hosting a tenor sectional on Saturday, June 6th 2-5pm @ 2271 Amelia Ave. in Sidney with a "Tea break". Ph. 250 656 7664. I have a key-board.

Shalom

Submitted by Jeanne Schnell Monday Tenor

Altos @ Patricia's ~ June 7th

The usual pre-concert Alto sectional and pot-luck will be held at Patricia Houston's house on Sunday June 7th, from 3 .P.M on. Singing ends at 5 when the feasting begins. Great opportunity to get to know your sister altos and have fun as well.

Location: 691 Richmond Ave. Corner of Gonzales. { enter on Gonzales}. 250-381-0656

P.S. Shivon usually comes to help us but I haven't asked her yet.

Sopranos @ Jean's ~ June 7th

Dear Sopranos,

Once again I will be having a Soprano Sectional on:

Sunday, June 7th
1 p.m. Rehearsal
3 p.m. Cake Tasting and Wine Tasting

Place: 2551 MacDonald Dr. West
Second driveway off Queenswood (wrought iron gates)
Cadboro Bay area. Please see the maps below for details:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090515/jeansbasiclocation3.pdf>

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090515/jeansdetailedlocation3.pdf>

I will be baking some delicious cheesecakes to soothe your souls, Chocolate & Strawberry, Butter Pecan and more. If any of you would like to bring one of your 'Creations' to add to the table that would be wonderful and much appreciated by all. Rehearsal will begin at 1p.m. and then our cake tasting and wine will follow at 3 p.m. will a stroll through the gardens and forest. The rhododendrons are in full bloom and glorious and many deer strolling the paths and nibbling everything in site. Last January we had over thirty five sopranos attend and it is a great opportunity to meet new members and form lasting bonds.

Please let me know if you will be bringing any baking and if you are attending please reply by Wed. June 3rd.

JeanAnnAnderson@shaw.ca

To another wonderful concert!

Sincerely, Jean Anderson (Tues. Soprano)

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. email a special advance announcement to everyone in your section (1/2 to a couple of dozen will come)
3. 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.

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.

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

You return and again take the proper course, guided by what?
-- By the picture in mind of the place you are headed for...

John MacDonald

Editor's Collection

COMMUNITY MEMBER'S SUBMISSIONS

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

APPRECIATIONS

THANK YOU ALL...

...for such a wonderful response to the apartment/cat sit in Rockland. This really is a special choir. I have found someone and now can travel with peace of mind. Thanks again!!!!

Submitted by Kathleen McLaughlin GHC Thursday 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 Shvon 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://realpeoplemusic.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

THE HARMONIOUS FAMILY CHOIR ~ VICTORIA

The Harmonious Family Choir is a "no-audition" singing community based on the GHC model that welcomes all individuals and family groups.

The choir is directed by:

Doug Paterson...CCLT member, Dance Caller and music educator

Our songs are multi-generational...multi-cultural...some old...some new sung in unison, rounds and multi-part harmonies. We also include some...body percussion... musical games...and anything else that creates fun for our family of singing families.

We invite singers at any level of age, skill and experience to come and nourish their spirits with songs of hope and harmony.

For details please visit:

<http://www.harmoniousfamilychoir.com>

To assist us in "Sharing The Harmony" by passing the word to potential singers please visit:

<http://www.harmoniousfamilychoir.com/share-the-harmony.html>

Submitted by Doug Paterson CCLT 5 & Bill Hanson GHC Bass etc.

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!

| | |
|---|---------------|
| Taize Service | (May 15) |
| Community Chant Circle With Nancy Watters | (May 20 & 27) |
| Heartbeat Music Circle | (May 31) |
| The Singing Soul: Improvisational A Cappella | (Jun 18 - 21) |

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

WORD OF MOUTH / RECOMMENDATIONS

KARL PAULNACK ON MUSIC

A welcome address to freshman at Boston Conservatory, given by Karl Paulnack, pianist and director of Music Division at the Boston Conservatory of Music.

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090515/paulnack.pdf>

Recommended independently by:
Denis Donnelly GHC Director &
Tatiana Evans GHC Tuesday/Thursday Alto/Tenor

MMMMMMM GOOD!

After the Memeza Africa concert on Wednesday night I discovered a Mediteranean & Middle Eastern food store across the Pandora from the Alix Gooldin that I had never noticed before. It offers a wide range of what appears to be excellent quality products and I had fun poking around.

You can find it at 924 Pandora or call 250-721-1626

Among other things I picked up some cheese spread to die for (feta, olive oil, red pepper and spices) and some very tasty Turkish honey. While I didn't buy any this time around I had a taste of "Turkish Delight" that was very different and much tastier than the extra sweet candyish stuff usually available by that name here.

Mat, the gentleman who served me, was very helpful and demonstrated a real interest in ensuring that the other customer in the store and I should find shopping there to be a positive experience. His business card refers to the store (rightly I think) as a "Treasure trove of foods from Greece, Turkey, Arabia and Persia."

Recommended by Bill Hanson GHC Bass etc.

TO ALL MUSIC LOVERS:

Subject: Benjamin Zander on Classical Music.

http://www.ted.com/index.php/talks/benjamin_zander_on_music_and_passion.html

An inspiring talk by a passionate conductor.

Recommended by Betsy Sansby CCLT 4 - 2007/8

HOW TO LISTEN

My thanks to Betsy Sansby for recommending the Benjamin Zander talk in the item above. I enjoyed it very much and, more importantly, it led me to a talk by Evelyn Glennie, a nearly deaf UK percussionist, on "how to listen" that was very inspiring.

http://www.ted.com/index.php/talks/evelyn_glennie_shows_how_to_listen.html

Recommended by Bill Hanson GHC Bass etc.

MUSICALITY

...and now for something completely different...one of those "WHAT will they think of next" things!!!

<http://www.gettinhigherchoir.ca/community-info/video/20090515/musicality.wmv>

Submitted by Patricia Houston GHC Alto

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

Remember there's no such thing as a small act of kindness. Every act creates a ripple with no logical end.

Scott Adams

Editor's Collection

SERVING EACH OTHER

WEB DEVELOPMENT & SUPPORT

As most of you know I administer the contents the "Choir Community Info" section of our GHC web site keeping those contents consistent with the builder's original design. Another sample of my work can be seen at: <http://www.harmoniousfamilychoir.com> which I designed and build around the rainbow masthead that was supplied by that choir's director Doug Paterson, GHC Bass & CCLT5 - 2008/09 grad. Other samples of my work are available on request.

If you would like to create a web site, or you need help with your existing one, at very competitive rates please contact me at 250-920-4160 (8 to 8, Tues to Fri) or at co-admin@crucible.ca

If you know of someone else who might need my services I would appreciate your passing this item on to them.

Submitted by: Bill Hanson, GHC Bass etc.

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

mattinvc@gmail.com 250-418-1322.

Submitted by Gloria Hansen,GHC and HNC Tenor

I KEEP SIX HONEST SERVING-MEN (Repeat)

(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

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

HOLISTIC CAT SERVICES (Repeat)

Going on either a short or long vacation? I offer an excellent alternative to a kennel, as I board cats in my home. My approach is a unique and holistic one, and all my customers (both human and feline) been very pleased. You avoid the stress of cages and large numbers of animals (s/he may be the only one), and your cat will get lots of individualized attention with lots of love,

grooming and playtime .(Ask about my unique healing modalities that can be incorporated with no additional charge). I also do one hour in-home visits, and up to two visits per day can be arranged. I am experienced and bondable, with quality references.

Call 250-384-5721

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Submitted by Bernadine Sperling, HNC Alto

COMMUNITY NETWORKING

LOOKING FOR PIANO TEACHER (Updated with contact info)

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.

davejd@telus.net or 383-5698.

Thanks very much,

Submitted by Patti Dewhurst former GHC Tuesday Alto

SAVE MADRONA FARM

If you aren't aware, Madrona Farm has less than 90 days to raise \$370,000 towards buying the farm for the Land Conservancy.

If you would like to see this amazing organic food producing land be cared for, protected, and honoured as such for future generations please help us save it by donating your \$1(s) and asking your friends and families to do the same.

Check out our you tube video that was put together by Farmer Dave:

<http://www.youtube.com/watch?v=IQjMgJEON2Y>

For more information about the farm and campaign check out:

<http://www.madronafarm.com>

Together we can make a difference and save our food source for generations to come.

Submitted by Gareth Griffiths GHC Tuesday Bass

DOG-SITTER FOR SPECIAL
AND SPECIAL NEEDS BLUE HEELER
(walks with hind legs in a sling).

Needed for 2 weeks in mid July 2009. Should not be left alone for more than 2-3 hours. My home preferred. No stairs, quiet, cozy beautiful garden. Mt. Tolmie area. Please call Annette 250 595 8907

Submitted By Jozette Wygergangs, former 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.

BRUCE BATCHELOR (GHC & HNC Tuesday Bass)

Agio Publishing House.

<http://www.agiopublishing.com>

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

AUDREY MAIRI (GHC Thursday Alto)

<http://www.audreymairi.com>

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

COMMUNITY MARKETPLACE

MACHU PICCHU, PERU TOUR

Registration Deadline of June 10th, 2009 -

Shamanic Vision Quest/Solar & Earth Initiations Tour - US \$500 secures your space on the Tour & payment schedule is available if needed - Total Tour Fee **US \$3,199-** International Airfare not included - Tour Land package includes double accommodation (single available with \$700 supplement) / all breakfasts / land transport / 7 meals / Ceremonies/Initiations with Renowned & Traditional Andean Shamans / Healers / Entrance Fees / Expert Andean Guides / Return internal airfare included from Lima to Cusco - 14 day journey from October 28 ~ November 12, 2009 - Space is very limited on this tour. Early registration is highly recommended. Please contact Catherine reikivictoria@gmail.com 250-298-8191

Submitted by Catherine Harvey former MondayTuesday Soprano

OBUS FORM FOR SALE

Back Rest Support for full length of back, contoured with head rest. Portable, can be used in a car or at home. For more information, please contact Katrina at (250)598-1846 or by email to: katrinapavlovsky@gmail.com.

Submitted by Katrina Pavlovsky GHC Soprano

PERSIAN "HAND KNOTTED" RUGS

30 Persian hand knotted rugs in different sizes (size are 6x9 and 10x7 9x12 and 11x 14) 100% wool and hand knotted.

Many different designs and colors. Prices are negotiable. All rugs located in James Bay, free delivery in Greater Victoria.

Please see pictures on Tony Shir's website:

<http://www.victoriarug.blogspot.com>

Email Tony at:

Victoriarug@yahoo.com

Submitted by former alto Jo-Anne

EMPLOYMENT AVAILABLE OR WANTED

PROGRAM COORDINATOR, TRAINER,
FACILITATOR, RECRUITER AND SPANISH TUTOR. (Repeat)

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.

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

There was that law of life, so cruel and so just, which demanded that one must grow or else pay more for remaining the same.

Norman Mailer

Editor's Collection

<http://www.normanmailersociety.com/>
http://www.youtube.com/watch?v=8s5_ikLAnLg

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

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.

ESSENTIAL SPACES (now to May 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

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

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

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 Alto

THE WAY OF THE SHAMAN:
SHAMANIC JOURNEYING POWER & HEALING (May 23 & 24)

Basic Workshop in Core Shamanism presented by Foundation for Shamanic Studies, non profit educational organization <http://www.shamanism.org>

Learn core shamanism universal methods of the shaman to enter non ordinary reality for problem solving and healing. Be initiated into shamanic journeying, aided by drumming and techniques for experiencing the shamanic state of consciousness to awaken dormant spiritual abilities including connections with nature, spirit helpers and teachers. Learn how to restore spiritual power and health to help heal oneself, others and the planet.

May 23 & 24, 2009

Sleeping Dog Farm Retreat, 1506 Burnside Rd.W, Victoria

\$280 - register with Catherine Harvey at 250-298-8191Â reikivictoria@gmail.com

Submitted by Catherine Harvey former Monday/Tuesday night soprano

INTRODUCTION TO COUNCIL,
LEVEL 1 TRAINING (May 23 & 24)

An Introduction to Council Training is a lively weekend for educators, therapists, business people, couples and others which will enable you to integrate council into your personal and professional lives. Together we will explore open, heartfelt expression and attentive listening gateways to deeper communication, intercultural understanding and the non-violent exploration of conflict.

Council inspires a non-hierarchical form of deep communication that reveals a group's vision and purpose. By matching an intention of open hearted acceptance with full and authentic speaking, we move toward the possibility of true community and a wholeness of spirit.

Lori Austein is an educator, lawyer and mediator, as well as a trainer and facilitator of the Council process.

See <http://www.ojaifoundation.org> for more information regarding Council.

May 23, 2009, 9:00 a.m. - 4:00 p.m.

May 24, 2009, 9:00 a.m. - 3:00 p.m.

O.U.R. Ecovillage, 1565 Baldy Mountain Road, Shawnigan Lake
To register, please call O.U.R. Ecovillage 250-743-3067

Submitted by Cari Burdett, CCLT 3 - 2006/7

COMMUNITY EVENTS – COMING WEEKS

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

INTERESTED IN YOUR HEALTH?
FREE PRESENTATION AND
DEMONSTATION OF BODYTALK! (May 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.

May 25th, so mark your calendar and I hope to see you there.

Submitted by Jill Kirby, Soundings Soprano and Thursday 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 Deterioration

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

RECONNECTING FOR RENEWAL WORKSHOP May 30

Intro Workshop in *The Work That Reconnects*, a participatory model developed by activist and eco-philosopher Joanna Macy in response to the feelings that environmental and social challenges often ignite in us. It provides an opportunity to recognize our true nature as resilient beings in the web of life, and integrates practice and theory from deep ecology, traditions of

spirituality and social action, systems theory, and Engaged Buddhism (see www.joannamacy.net)

Sliding Scale, \$30 - \$50.

Saturday May 30, 10:30 – 5:30, at Corunum, 5990 West Saanich (The Yurt)

Information and registration, camilla_morrow@yahoo.com (250) 592 6870
(please pre-register; see <http://www.corunum.ca> for directions)

Submitted by: Camilla Morrow, former GHC Th. soprano

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, (Jun 4)

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 "Pritiâ" (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

BEEES, 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 Alto

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

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:

<http://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

Submitted by Bill Hanson GHC Bass etc.

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.

JUST FOR FUN

A reward of laughter for reading this far

MEDICAL ALERT!!!

Submitted by Susanne Bertschinger & Elizabeth Tschopp former GHC Monday Altos

The Center for Disease Control has issued a medical alert about a highly contagious, potentially dangerous virus that is transmitted orally, by hand, and even electronically. This virus is called Weekly Overload Recreational Killer (WORK). If you receive WORK from your boss, any of your colleagues or anyone else via any means whatsoever - DO NOT TOUCH IT!!! This virus will wipe out your private life entirely. If you should come into contact with WORK you should immediately leave the premises.

Take two good friends to the nearest liquor store and purchase one or both of the antidotes - Work Isolating Neutralizer Extract (WINE) and Bothersome Employer Elimination Rebooter (BEER). Take the antidote repeatedly until WORK has been completely eliminated from your system.

You should immediately forward this medical alert to five friends. If you do not have five friends, you have already been infected and WORK is controlling your life.

===== 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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