

DENIS

A Reminder

For details of Sounding's May 29 & 30 Songs of Earth and Spirit concert check out the "Soundings News & Business section below.

~ Denis

ADMIN TEAM NOTES

GLORIA

The Honouring Fund

(what is it and what does it do)

The next three weeks we'll be collecting your loonies, toonies and maybe even some 'folding money' for the Kapasseni Scholarships for a number of student in Kapasseni to continue their education beyond grade five. This project has been very successful. Students have been able to travel during the school year, to the next village, to have their room and board covered plus any additional cost re: books etc. through our generosity. We will be continuing to support this program until the day when these students can continue their education at the Village.

The funds raised will be donated to the Kapasseni Project for the purpose specified above, in honour of our directors and guest performers in lieu of bouquets.

For some background information about the Honouring Fund please visit:

<http://www.gettinhigherchoir.ca/community-info/honoring-fund.htm>

For links to videos, articles and newsletters regarding the Kapasseni Project and the other projects we support in Mozambique from time to time please visit:

<http://www.gettinhigherchoir.ca/community-info/index.html#springbenefits>

Concert Volunteers Wanted:

If any of you current, or past singers, would like to offer help at the front door - handing out concert programs etc. or helping with the CD table sales... would you get in touch with me by email. gloria@gettinhigherchoir.ca and let me know of your availability.

~ Gloria

A NOTE FROM DEBORAH MILLAR

To all who had registered for courses with me, I thank you for your patience in my getting back to you. I had hoped I'd be feeling up to teaching again soon, but at this point, I am guessing that might not be until the fall. So, if you have made payment on a course, please send your full name, the course you had signed up for, and your full mailing address to: Debbie Snow <debbielsnow@hotmail.com> and I will send you a refund.

I have had two (of 6) rounds of chemotherapy so far, each one 3 weeks apart. Both times I've had a very hard recovery period, followed by some good days. I am delighted to be working with the GHC again, in preparation for their June concerts.

I want to thank you all for your loving support during this time. Thank you for your emails - even though I may not answer them, I read EVERYTHING you send me, and feel comforted and encouraged by your words. Thank you too for your prayers (please keep them up!), flowers, rides, house cleanings, and most of all, your caring.

with much appreciation

Deborah

Gettin' Higher Choir Info

GHC NEWS & BUSINESS

IT'S SINGER CENSUS TIME!

For the next two weeks at choir I will be passing Singers Sign-Up Sheets around in each section for you to fill in.

The Fire Marshall has set a maximum number of people (audience plus performers) allowable in the concert hall and these sign-up sheets will tell us how many tickets we can sell. We need to know:

Whether or not you expect to be singing in each concert

~ or ~

If you are not singing in either concert, whether you want a complementary ticket for your own use which and night you want it for.

Please be sure to fill in the information requested on your sections sheet as soon as possible. If you can't sign-up at choir please email the information to me at bill@gettinhigherchoir.ca or phone it to me at 920-4160 (8 a.m. to 8 p.m.).

If you are currently unsure of whether or not you will be singing please fill in whatever you currently think is most likely. You are welcome to contact me right up to concert time if you change your mind. It's not a problem, just let me know as soon as you can.

~ Bill

GHC CONCERT INFO SPECIAL COMING SOON!

Watch for the special email that will be sent out to all current singers in the next few days. It will provide concert schedule, organization and other information to help make the process smooth, enjoyable and rewarding.

DEAR KAPASSENI PROJECT FRIENDS,

I wanted to get this invitation out to you asap so you can plan to come to Redeemer Lutheran Church for a time to visit with Joseph and Perpetua Alfazema. They are on furlough and will be in Victoria for most of the month of June.

For location and other details click on:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090522/kapasseni-bbq.pdf>

I hope to see you at the barbeque and the Kapasseni Concerts will be at 7:30pm on June 12 and 13th at the Alix Goidin Performance Hall.

If you are coming please RSVP to Gloria at gloriabnhansen@hotmail.com with "Kapasseni BBQ" in the subject line.

~ Carol Kerr – Kapasseni Project

A REMINDER ABOUT THE BENEFICIARIES OF OUR CONCERTS

Links to videos, web sites and other sources of information about the beginnings, and results over the years, of our June concerts in support of the Kapasseni Project plus links to information about the Kuwangisana Project & Caia Connection, can be found at:

<http://www.gettinhigherchoir.ca/community-info/index.html#springbenefits>

If you haven't already done so check out what our singing supports.

Also, pass this link on to any of the people in your life who might be motivated to come to the concert by the information it accesses.

SILENT MINDFULNESS HELPS!

As we get closer to the concerts there will be more and more of us coming to choir more than once a week. The increased numbers each week will make casual chatter between songs even more disruptive than usual. Offering as much silent mindfulness as we can will make it easier for Shivon and Denis to lead our practices and for all of us to get our parts solidly into our hearts so that we can truly get higher in our concerts.

CONCERT TICKETS FROM NOW ON! (Repeat)

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.

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.

CHOIR SECTIONALS

Altos & Basses each night next week at the Church Of Truth starting at 6:45.

HOME SECTIONALS

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

@ Laureen'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

@ Jean's ~ June 7th

Dear Sopranos,

Please note that I have made a few **changes** to our sectional:

I will be having a Sectional once again this year and would like all of you to come

Sunday June 7th

Lunch, Cake tasting and Wine Tasting.

Time -- **12:30 p.m. Lunch**

1:00 p.m. Rehearsal

3:00 p.m. Cake tasting & Wine Tasting

To soothe all your gentle souls, I will be serving **sushi and a vegetable tray for lunch** and for dessert a few cheese cakes, chocolate, butternut pecan along with wine. AND if any of you would like to contribute your creations to add to this cornucopia of delicate delights I know this would be appreciated by all.

If it is a warm sunny day we will have our rehearsal out in the garden, so bring a folding chair if you need to sit. After we can take a walk through the gardens and forest, the Rhodos are in bloom and they are magnificent.

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 what you will be bringing and all of you please reply by Wednesday May 27th if you are coming...JeanAnnAnderson@shaw.ca

To another wonderful concert.

Sincerely, Jean Anderson (Tues. Soprano)

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

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

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

LAST CHANCE 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.

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.

CONCERT CAR POOLING

If you would like to request a ride to and from the Thursday rehearsal or either concert (or any combination of them), or you are willing to offer a ride to someone else, please submit an item about it to run either or both of the next two issues of this newsletter.

Be sure to mention:

where you start from,
which nights you wish to car pool
~ and for Saturday night ~
whether or not you plan on going to the after party

and, of course, include:

your contact information
~ and ~
"Submitted by..." line

Other choir community info

HNC NEWS & BUSINESS

MARK YOU CALENDAR...

...For...The High Noon Choir's end of the season potluck picnic and wind-up.

Songs in the park in the key of Spring.

June 16th - 12 noon to 1:30.

All are invited.

Shivon and Gloria

SOUNDINGS NEWS & BUSINESS

SOUNDINGS CONCERTS:

Songs of Earth and Spirit

For those that don't know, Soundings is a 30-member auditioned vocal ensemble, directed by me, that began as a "daughter" of the GHC in 2001. In these concerts Soundings explores our relationship both to the natural world and the world of the spirit, of the landscapes we inhabit with our bodies as well as with our souls. Beginning with music from Renaissance Europe, we move through songs from Australia, the Appalachians, Cuba, and Ireland, and on into contemporary songs, including works by Soundings members Brian Grady and John Hilditch. We have chosen songs that highlight the group's ability to present a lively and entertaining concert, with beautiful ensemble singing into the bargain!

Two concerts:

Friday, May 29, 7:30 p.m, St Mary's Anglican Church, 1973 Cultra, Saanichton
Saturday, May 30, 8:00 p.m, Gordon Head United Church, 4201 Tyndall, Victoria

Admission to each concert: \$15 adults, \$12 seniors and students. I'll have tickets at choir evenings. It will be fun! I hope to see you there!

~ Denis

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** *****

The possibility of stepping into a higher plane is quite real for everyone. It requires no force or effort or sacrifice. It involves little more than changing our ideas about what is normal.

Deepak Chopra
(Medical Doctor, New Age Author, Lecturer)

Submitted by Patricia Houston GHC Alto

<http://deepakchopra.com/>
<http://www.youtube.com/watch?v=azArbZPN9iA>
http://en.wikipedia.org/wiki/Deepak_Chopra

COMMUNITY MEMBER'S SUBMISSIONS

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

COMMUNITY MEMBER LIFE ANNOUNCEMENTS

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

A NOTE FROM A PROUD MOM

On Tuesday night at choir, I introduced my daughter Stephanie Martin. After hearing her sing, Shivon invited her to join the GHC, sadly, to her mother's chagrin, Stephanie declined and has returned to her husband, her child and her life in Toronto.

Here are a few highlights of her musical career. She is the singing voice of Pocahontas in the French language versions of Disney's films and records. She won critical acclaim in the role of Eponine in the bilingual production of Les Misérables in Montreal - a role she went on to reprise for over 800 performances in Paris and London, and is featured on the Paris cast recording.

Recently Stephanie had been touring and promoting her debut CD Shape, line & harmony. The disc was named by CBC Radio as "One of the year's best releases" and is available on iTunes and in record stores across Canada. Visit her website www.stephaniemartin.ca

Submitted by: Niki Sacoutis GHC Tuesday/Thursday, Soprano

OPPORTUNITIES TO SING!!

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

SONG CIRCLE & NAUTICAL SONG CIRCLE

Alternating on Saturday nights at the Bent Mast (corner of Simcoe and Menzies and Toronto), 7:30 - 9:30+. For dates and other info visit <http://victoria.tc.ca/Culture/Vnsc/> (click on Sailing Orders for dates) or call Stewart at 382-5707

COMMUNITY EVENTS ITEMS THAT INVITE YOU TO SING!

Community Chant Circle With Nancy Watters	(May 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

ANIMAL LIFE

This is a keeper! This is the best one I have ever seen!

<http://www.gettinhigherchoir.ca/community-info/pps/20090522/animal-life.pps>

Submitted by Tatiana Evans GHC Tuesday/Thursday Alto/Tenor

VICTORIA COCKTAIL PARTY

My friend, pianist/vocalist Heather McLeod and her friend Richard Aloysius have planned a big extravaganza! The event will be held at the Empress Hotel on the evening of Saturday, June 6th. Heather says

“We are really excited about hosting this special evening. LIVE MUSIC!! Wonderful food, drink and dance! Please note that the buffet dinner is included in the price. We hope that you can come out and join us and help to celebrate live music. Please feel free to bring friends and to send this to anyone you think may be interested. There are only 200 tickets available. You are more than welcome to contact me regarding tickets at 250 656-3841.” ~ Heather McLeod

Check out their poster:

<http://www.gettinhigherchori.ca/community-info/pdftemp/vic-cocktail.pdf>

Recommended by Bill Hanson GHC Bass etc.

ON-LINE AUCTION FOR CITIZENS' COUNSELLING

Support a much needed service in Victoria—and possibly get yourself a deal!—by bidding in Citizens' Counselling Centre's on-line auction. You will be helping the Centre provide low-cost, accessible counselling to individuals, couples, and groups, over a thousand of them in the coming year. Until the end of May you can visit www.GoBid.ca, where you'll find descriptions of the donated items and instructions on how to bid and track the bidding. Among nearly 70 items: dinners out, jewelry, plane tickets, and body work.

Recommended by Lee McLeod, CCC volunteer counsellor, and GHC Tues/Thur Bass

THIS YOUTUBE VIDEO IS REALLY FUN!

<http://www.youtube.com/watch?v=7gHvATmUsSg>

Recommended by Daphne Maclain GHC Tuesday/Thursday Tenor

SUBJECT: YOUTUBE - BODHISATTVA IN METRO

Thought you might enjoy this if you haven't seen it:

A friend sent me this a couple of days ago. At first I felt a little odd because I didn't laugh too much when I watched it, but then the last 2 days I realize it has changed my life in some way. I am feeling more aware now of how we are all influencing others around us and even the slightest gesture can be a gift to someone else.

Since Bodhisattva is in the title I just now looked up the definition on the web. Bodhisattva: one who foregoes personal nirvana in order to help others achieve enlightenment.

<http://www.youtube.com/watch?v=jedd2FiZTqM>

Recommended by Grace Golightly former GHC Alto

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

There are no passengers on Spaceship Earth.
We are all crew.

*Marshall McLuhan,
Educator, philosopher, scholar (1911-1980)*

Submitted by: Josephine Munro, GHC Monday Alto

<http://www.marshallmcluhan.com/main.html>
<http://www.youtube.com/watch?v=A7GvQdDQv8g>
http://en.wikipedia.org/wiki/Marshall_McLuhan

SERVING EACH OTHER

FREE "SEARCH CENTRE"
TAI CHI/QIGONG ON SUNDAYS.

If you have always wondered about Qigong and/or tai chi, this is an opportunity to "taste" it and see what benefits you may derive.

Facilitator: Matti Anttila. Martial Arts background: Judo, Kungfu and Tae Kwon Do study in the 70s. Aikido in the 80s (1st Kyu). Tai Chi/Qigong in the 90s to present.
More info freedombalance@shaw.ca or just show up on Sunday.

Sunday 10am to 11am at the Lieutenant Governor's grounds. Follow the paved road to the left of the mansion. Parking on the grounds.

No appointment needed. Just show up. ("90% of success is just showing up" - Woody Allen)

Submitted by Matti Anttila Bass Alumnus

DIGITAL PHOTOGRAPHY CLASSES

So, you have your perfect SLR or extended zoom camera, you plan to go for a vacation and that time you want to bring back really great photos . . . This offer is for you!

New small group photography courses start in June 2009:

Photographing People, Places And Events

introduction to photo storytelling, photographing people with photojournalistic approach, travel photography and candid portraiture. 6 sessions, 2.5 hour each \$300 plus GST

Practical Digital Photography

for serious beginners and intermediate students. 8 sessions, 2.5 hour each \$400 plus GST

\$20 off for all students who register and pay in full before the end of May; (additional \$20 off for Victoria Photography Meetup Group). Classes limited to 8 students.

For more information call Andrew: 250-884-4012 or email: info@goingdigital.ca

Submitted by Andrew Kielbowicz, GHC photographer and former Bass

LAUGH FOR THE HEALTH OF IT!

“Laughter is the best medicine.” “Laughter is the #1 stress buster.”

Explore for yourself if these ideas are true.

With Certified Laughter Yoga Leader and Professional Laughter Dude Matti Anttila.

We don't do yoga poses...just some breathing. The rest is laughter “exercises,” with an emphasis on fun.

Laughter Yoga can improve your physical health, release negative thoughts and emotions and get in touch with your spiritual nature.

Sunday Laughter Yoga at the Lieutenant Governor's grounds 11am to 12 noon.

No appointment needed. Just show up. (“90% of success is just showing up” -Woody Allen)

Submitted by Matti Anttila Bass Alumnus

NIA CLASSES (Repeat)

First class FREE. 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

WALKING QI GONG CLASSES FOR CANCER PATIENTS AND SURVIVORS:

Hing Cheung is offering free Qi Gong classes on tuesday and friday afts. at 1:15 to 2:45 in the lower level of Mount Doug park during june,july and august. The classes are only for cancer patients and survivors, and there is no charge.
Phone Hing Cheug - 592-9380 for more info.

submitted by mary lynch, monday soprano.

COMMUNITY NETWORKING

DEAR CHOIR,

I guess I am in a pickle right now, but I can not give up and therefore I must ask for your help. I would like to ask you that if you hear anyone or know of someone who needs my skills and qualifications to please give them my information, or give me their information, and I will send them a cover letter and my resume right away. You will find my information in the employment section of this newsletter. I do not necessarily have to work in my field, I can also work as a receptionist, assistant, a clerk etc. If I do not get a job by the middle of June, I will have to return to Mexico and I cannot, and do not, want that, I love and want to live Victoria. Here is my email anitachulasi@hotmail.com

Thank you very much in advance for your kind help :)

Submitted by Ana Maria Garcia GHC Thursday Alto.

YOGA CENTRE FOR SALE

My friend Marina Halloran would like our help in finding a buyer for her Yoga Centre in Thailand. She would greatly appreciate anything you can do to pass the word to where it might find an interested reader.

The Pyramid Yoga Center & Spa is located on 5.5+ acres of land on the island of Koh Pha Ngan, in Thailand. It has 26 buildings including two, large pyramid yoga halls, a sound dome, 11 cabins, restaurant & more. This is a magical dream for someone who wishes to own a beautiful yoga center & spa in southern Thailand

Marina, and her husband David, invite to view a youtube video about the Pyramid Yoga center by clicking on the following link:

<http://www.youtube.com/watch?v=8Go3GA7SvjE>

They also request that you pass this information, and video link, on to anyone who might be an interested buyer or who might simply enjoy watching the video.

Submitted by Bill Hanson GHC Bass

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.

AMAIAH PARADINE, former Tuesday GHC Alto

<http://www.mandalawellness.ca>

Amaiah Paradine (Mandala Massage and Fitness) now offers deep relaxation massage (Swedish, Zen Shiatsu, CranioSacral and Reflexology) at Simple Remedies Herbal Solutions (Cook and Rockland). To tone and strengthen your muscles and improve your posture for signing she also offers personal fitness training through Oak Bay Recreation Centre or in your personal studio. 10% discount on services (except OBRC) to current choir members!

SOPHIE OLIVEAU-MOORE (GHC Thursday Soprano)

<http://www.ladybirdcommunications.com>

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

FREE STUFF

FREE LISTENING

I've gone iPod, so am giving away two gently used portable audio systems, both in excellent condition: a Sony Walkman Sport cassette player with headphones and an Aiwa Sport portable CD player with headphones, power adapter/charger and carrying case. If you can use either or both of these items, please call me, Kathleen, at 250-920-9941 (evenings/weekends) or 250-356-7984 (days). Thanks.

Submitted by Kathleen Kane, Soundings Soprano and former GHC Alto

FREE TO A GOOD HOME

Must go by Wednesday May 27th

Two free standing book shelves (each 5' x 17" x 1')

20" television (with remote)

Lazyboy chair

Single bed mattress

Ladies Shoe shelf (24" x 30" x 12") holds 25 pairs

Contact Chris at 250-588-8138

Submitted by Chris Gower Rees former GHC & Soundings Tenor

COMMUNITY MARKETPLACE

Machu Picchu, Peru
SHAMANIC VISION QUEST/SOLAR & EARTH INITIATIONS TOUR

Registration Deadline of June 10th, 2009 -

US \$500 secures your space on the Tour / Payment schedule for balance of tour fee, is available if needed / International airfare not included.

Inclusions: Tour Land package with double accommodation (single available with supplement) / All breakfasts/ land transport & Flights to and from Lima to Cusco / 7 meals / Ceremonies / Initiations with Renowned & Traditional Andean Shamans / Healers / Guides / Entrance Fees / 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 Â 250-298-8191

Submitted by Catherine Harvey former Monday/Tuesday Alto

NEW GETTIN' HIGHER T-SHIRT FOR SALE

I ordered one of Heather Fox's wonderful T-shirts with the Siyahamba image on the front when I sang with the GHC a number of years ago, but unfortunately it was too big for me, so it has never been worn.

It is a 100% cotton, long-sleeved, natural colour shirt with a crew neck in a women's size Medium. I'd love to see this shirt on stage so I am asking only \$20.

Please call me, Kathleen, at 250-920-9941 (evenings/weekends) or 250-356-7984 (days).
Thanks.

Submitted by Kathleen Kane, Soundings Soprano and former GHC Alto

HIGH BACK OBUS FORM FOR SALE

It's portable, it's light and comfortable! High back rest support (30" long), contoured with both lumbar support and head rest. Can be used in 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

EMPLOYMENT AVAILABLE OR WANTED

FESTIVAL ASSISTANT WANTED

The festival assistant will work in some of the following areas: advertising, promotions, creating a sign board, production, volunteer coordination, data entry, workshop and event coordination. The student must have experience in one or some of the above areas and be willing to learn or be mentored in others. Not all areas will necessarily be covered by the student position.

The applicant must have an interest in arts event presentation and production. The applicant must be a student, this position is funded by CSJ. Preference is given to those studying in Fine Arts or a related area of study such as South and Central American Culture, Latin and Hispanic Studies.

\$14/hour 30 hours/week

Contact June passion4tango@shaw.ca 250 418-8898

Submitted by June Waters former HNC singer

AVAILABLE: 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.

ACCOMMODATION AVAILABLE OR WANTED

CAT LOVING HOUSE SITTER WANTED

I'm looking for a quiet, probably single, cat-loving house sitter for December-January. I

I have a bright one bedroom south east facing apartment at Quadra and Burdett...across the street from the Anglican Cathedral, just steps from the Y, Starbucks, The Market, London Drugs and all the theatres and farmer's markets. The apartment has views of the Olympics, glimpses of the ocean, and a panorama from the Legislative Buildings swinging all the way around to Craigdarroch Castle.

I am looking for a quiet person who adores cats. Mine is quiet and loving. If you're interested, or a perhaps a friend of yours who lives in Ontario and wants to spend a winter here, please call me! 250-388-6008.

Submitted by Helen Walker HNC currently, GHC in the fall.

LOOKING FOR SUITE OR COTTAGE IN CENTRAL SAANICH AREA

Ecologically-minded non-smoking health professional with no pets looking for 1.5 to 2 bedroom space. Seeking clean, dry, bright, private, quiet, above-ground suite or cottage with real wood floors and garden for edible landscaping. August 1st, Central Saanich area.

Tatha@uvic.ca or 250-744-0141

Submitted by Linda Chan, Tuesday Soprano

ACCOMMODATION WANTED:

Seeking a sunny, private 2 bedroom suite in a quiet house and neighborhood in north Fairfield/Oakbay area for July 1st 09. Non smoking, ideal with garden/yard use and or private patio space. References provided.

Please contact Joanne. fireweed57@shaw.ca or 250-381-6171

Post GHC Soprano & CCLT graduate

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

Never eat more than you can lift.

Miss Piggy, a character in The Muppet Show

Submitted by: Josephine Munro, GHC Alto

http://muppet.wikia.com/wiki/Miss_Piggy
http://www.youtube.com/watch?v=hQ6iq1a1_oU
http://en.wikipedia.org/wiki/Miss_Piggy

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.

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

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

COMMUNITY CHANT CIRCLE
WITH NANCY WATTERS (May 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

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.

STAYING CLOSE TO WHAT IS SACRED:
STORIES WITHIN STORIES, THE WISDOM OF OUR LIVES (May 29 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 Alto

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

SOUNDINGS ~ SONGS OF EARTH AND SPIRIT (May 29 & 30)

Soundings is a 30-member auditioned vocal ensemble, directed by me, that began as a "daughter" of the GHC in 2001.

In these concerts Soundings explores our relationship both to the natural world and the world of the spirit, of the landscapes we inhabit with our bodies as well as with our souls. Beginning with music from Renaissance Europe, we move through songs from Australia, the Appalachians, Cuba, and Ireland, and on into contemporary songs, including works by Soundings members Brian Grady and John Hilditch.

Two lively and entertaining concerts, with beautiful ensemble singing into the bargain!

Friday, May 29, 7:30 p.m,
St Mary's Anglican Church, 1973 Cultra, Saanichton

Saturday, May 30, 8:00 p.m,
Gordon Head United Church, 4201 Tyndall, Victoria

Admission to each concert: \$15 adults, \$12 seniors and students. I'll have tickets at choir evenings. It will be fun! I hope to see you there!

Submitted by Denis Donnelly GHC & Soundings Director

VICTORIA CONTRA DANCE (May 30)

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

Next dance: Saturday May 30
Caller: Marlin Powell from Bellingham
Band: Odd Hack

Check out the contra dance videos at www.victoriacontradance.com

Submitted by Susannah Day GHC Tuesday Tenor

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 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

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.

“ISLAND ON THE EDGE” (Jun 3)

A film on food security and local food production .

Wednesday, June 3rd, 7pm
At St. John's United Church.
10990 West Saanich Rd.

A discussion led by Barbara Souther, to follow.

Submitted by Eve Kerr Monday Alto

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 "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 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

VICTORIA COCKTAIL PARTY (Jun 6)

My friend, pianist/vocalist Heather McLeod and her friend Richard Aloysius have planned a big extravaganza! The event will be held at the Empress Hotel on the evening of Saturday, June 6th. Heather says

“We are really excited about hosting this special evening. LIVE MUSIC!! Wonderful food, drink and dance! Please note that the buffet dinner is included in the price. We hope that you can come out and join us and help to celebrate live music. Please feel free to bring friends and to send this to anyone you think may be interested. There are only 200 tickets available. You are more than welcome to contact me regarding tickets at 250 656-3841.” ~ Heather McLeod

Check out their poster:

<http://www.gettinhigherchori.ca/community-info/pdftemp/vic-cocktail.pdf>

Submitted by Bill Hanson GHC Bass etc.

KRIPALU YOGA WORKSHOP (Jun 9)

Sleeping Dog Farm and Retreat Centre
1506 Burnside Rd. West (10 min north of Victoria)
Offered by Michele Hibbins, certified Kripalu Yoga Instructor

Tuesday June 9, 6:00 -9:00 PM

Relax.

Experience 5 acres of rolling land with gorgeous views ...edible, flower and secret gardens to discover...and a circular Sanctuary space offering a peaceful, reverent place to practice.

Renew.

Enjoy a gentle yet deep approach that supports individual needs as we move through complete warm-ups, posture practice, conscious breathing and summer-lovin' Sun Salutations.

Restore.

Go beyond the removal of tension from the body to a deep place of release, nourishment, and self awareness. Calm your whole being with an outdoor meditation and a guided Progressive Relaxation to close the evening.

Introductory Rate of \$25, Register at 250-361-0992 or msantosha@telus.net

Submitted by: Michele Hibbins, former GHC Alto/Soprano

JOY OF MOVEMENT RETREAT DAY (Jun 14)

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

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

Limited to 20 women of all ages.

AM:

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

PM:

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

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

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

Submitted by Karen Boissonneault HNC member

THE 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

THE BEST WORST HUSBAND COMPETITION

If necessary simply ignore the French intro and captions as the photos are self-explanatory. Be prepared, the humor in them is wry and comes with a twist of discomfort over the way we human animals treat each.

<http://www.gettinhigherchoir.ca/community-info/pps/20090522/best-worst-husband.pps>

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

Editor's Note:

If you can't open this Microsoft PowerPoint presentation you can download a free PPS Viewer from:

Windows users:

<http://office.microsoft.com/en-us/downloads/CD010798701033.aspx>

Mac users:

<http://www.microsoft.com/downloads/details.aspx?FamilyID=e25cb1e5-209c-4a58-b283-23e84b616477&DisplayLang=en>

===== 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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