

# CHOIR COMMUNITY NEWSLETTER

May 29, 2009

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

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

## SPECIAL NOTES!!

### 1. CHOIR SECTIONALS

**Tenors & Basses** each night next week (June 1, 2 & 4) at the Church Of Truth starting at 6:45.

### 2. IT'S GHC SINGER CENSUS TIME

We will be circulating Concert Sign-Up sheets at choir again next week. Details in the GHC News & Business section below

### 3. GHC HOME SECTIONAL LIST STILL GROWING

See the "GHC Sectional Schedule" section below for details

## DIRECTOR'S NOTES

SHIVON

Many thanks to all of you who have responded to my question about Singing and Healing.

I have heard from about 75 of you already, and am deeply touched and inspired by all you have shared with me. It will of course take me a while to really sift through and summarize all that I've read, but the main idea that comes shining through is about the power of singing together to help us feel connected - to ourselves, each other, and the world around us. Dr. Joan Borysenko the pioneer in integrative medicine, who is main speaker at the Spirit heals Conference this weekend, writes:

"One of the deepest forms of modern suffering is a sense of alienation from the deeper currents of life...restoring a sense of deep connection to a larger meaningful whole... results in a constellation of positive emotions, including awe, gratitude, compassion, forgiveness, love, peace and joy. Research demonstrates that these emotions Lead to better physical and emotional health, inspired leadership, and the enhanced creativity so needed in this historic time of shift in global values, goals and cooperation."

With the help of your input, I now know that I will build my talk on Sunday around this theme of how singing together builds this all-important sense of connection.

~ Shivon

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DENIS

Be sure to check out this weekend's Soundings Concert information in the Soundings News & Business section below. I hope to see you there!

~ Denis

## ADMIN TEAM NOTES

GLORIA

Reminder:

Two weeks left to the concert. If you haven't already talked to friends and family about tickets please do so soon. As always, we are aiming for a sell-out!

~ Gloria

## Gettin' Higher Choir Info

### GHC NEWS & BUSINESS

A SWAT COMING UP!

Hold Saturday June 20 open for a GHC SWAT at the Grand Opening of the Shaw Ocean Discovery Centre in Sidney.

Stay tuned for details - not sure of the time yet, but assume it is in the daytime.

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NEWSLETTER SCHEDULE & INFO

Due to the "bizzies" and time limitations there will be no newsletter on the concert weekend. There will be a "concert run-up" issue on June 5th and a "season wrap-up" issue on June 19th.

For the last issue on June 19th the usual time limits for the Community Events section will be extended to include any event up to mid-september.

As the last issue it is the one that will most likely be referred to by anyone wondering "Hmm, what was that item that interested me?" so be sure to submit any items that you want available to such people.

After June 19th there will be no newsletters until the beginning of September. There will, however, be sporadic, GHC News & Business special announcements. When one of those goes out I will attach whatever submissions I have on hand (probably just in the order received) to keep the work to a minimum. Once an item you have submitted goes out in one of these special announcements you will need to re-submit it if you want it attached to the next one (just as with the newsletter).

There are no guarantees when, or even if, such special announcements will go out so all submissions of items are on an "if" basis.

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### IT'S SINGER CENSUS TIME!

Again next week 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 section's sheet as soon as possible. If you can't sign-up at choir please email the information to me at [bill@gettinhigherchoir.ca](mailto: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

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### 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.

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DEAR KAPASSENI PROJECT FRIENDS, (Updated)

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. **You are invited to joining them for a BBQ in celebration of the 10th anniversary celebration of the Kapasseni school starting at 5 p.m. on Saturday June 6.**

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.

If you are coming please RSVP to Gloria at [gloriabnhansen@hotmail.com](mailto:gloriabnhansen@hotmail.com) with "Kapasseni BBQ" in the subject line.

~ Carol Kerr – Kapasseni Project

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### 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

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### 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.

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### A NOTE FROM DEBORAH MILLAR (Repeat)

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](mailto: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

Shivon Adds:

Deborah's third chemo session took place today, Friday May 29th. Please keep her in your hearts over the next few days.

## **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

**Tenors & Basses** each night next week (June 1, 2 & 4) at the Church Of Truth starting at 6:45.

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### HOME SECTIONALS

#### **Sopranos**

@ 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](mailto: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**

#### **@ Syd's ~ May 31st**

I have a piano and hope that someone will attend who can play it. Otherwise, we have the CD to work with.

Sunday May 31st at 3:30 pm  
1335 Roy Rd  
250 3847823

Submitted by Syd Varley

#### **@ 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

## **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](mailto: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 in the June 5th 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 most unrealistic person in the world is the cynic,  
not the dreamer.

Paul Hawken  
entrepreneur, environmental activist and author of  
"Natural Capitalism" and "Blessed Unrest"

From an article recommended by Patricia Houston, GHC Alto  
(See "Unforgettable Commencement Address" in the Word  
Of Mouth / Recommendations section below.

[http://www.paulhawken.com/paulhawken\\_frameset.html](http://www.paulhawken.com/paulhawken_frameset.html)  
<http://www.wiserearth.org>  
<http://video.google.com/videoplay?docid=-5410450230238772468>

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## **COMMUNITY MEMBER'S SUBMISSIONS**

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

## **OPPORTUNITIES TO SING!!**

### **SINGING THE JOURNEY**

Songs of Passage is a community group of volunteer singers who offer regular bedside singing shifts at Victoria Hospice. We began in 2006 with a few people from the GHC, and have gradually expanded our membership to include singers from various sources. Please let us know if you would like more information, or if you wish to be added to our current contact list regarding our free orientation sessions in the early Fall. You are welcome to get in touch with us either through our new Website at [www.songsopassage.com](http://www.songsopassage.com) or by phoning Marnie at 250-385-1983.

Submitted by: Marnie Lamb, HNC alto.

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## 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

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## COMMUNITY EVENTS ITEMS THAT INVITE YOU TO SING!

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

### THE UNFORGETTABLE COMMENCEMENT ADDRESS

This is a must read!

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090529/hawken.pdf>

Submitted seperately by Patricia Houston GHC Alto & June Swadron former GHC Alto

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### AMAZING ABSOLUTELY

Voice of an angel!

<http://www.youtube.com/watch?v=P-ZjOEK4-dI>

Submitted by Sharon Alder former GHC Soprano

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### WORLD NEWSPAPER SITE

One of the most interesting sites I have ever seen. Just put your mouse on a city anywhere in the world and the newspaper headlines pop up....Double click and the page gets larger....

<http://www.newseum.org/todaysfrontpages/flash/>

Also, if you look at the European papers, the far left side of Germany will pop up as The Stars & Stripes (European edition, of course). and, this site changes everyday with the publication of new editions of the paper.

Submitted by Donna Bell Tuesday/Thursday Soprano

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## BEAUTIFUL

This was shot in Israel, singing for the Pope on May 18 2009

<http://www.youtube.com/watch?v=Ut7eulUUAtk>

Submitted by Matti Anttila former GHC Bass

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## THE FIRST TECH SUPPORT GUY

You probably have seen this onE but it's worth seeing again.

<http://www.gettinhigherchoir.ca/communtty-info/video/20090529/the-first-tech-support.wmv>

Submitted by Helle Kallas GHC Tenor

\*\*\*\*\* **QUOTE BREAK** \*\*\*\*\*

I guess that one of the most important things I've learned is that nothing is ever completely bad. Even cancer. It has made me a better person. It has given me courage and a sense of purpose I never had before. But you don't have to do like I did...wait until you lose a leg or get some awful disease, before you take the time to find out what kind of stuff you're really made of. You can start now. Anybody can.

Terry Fox (1958-1981)

Submitted by Patricia Houston GHC Alto

<http://www.terryfoxrun.org/english/home/default.asp?s=1>  
[http://en.wikipedia.org/wiki/Terry\\_Fox](http://en.wikipedia.org/wiki/Terry_Fox)  
[http://www.youtube.com/watch?v=ZF8k8hpyp\\_A](http://www.youtube.com/watch?v=ZF8k8hpyp_A)  
<http://www.youtube.com/watch?v=xjgTICTluPA>

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## COMMUNITY NETWORKING

Be on "Team Gettin' Higher Choir"  
RUN FOR THE CURE FOR BREAST CANCER

Mark your calendars!

Sunday, October 4th 9.A.M.

We need at least 10 people signed up to get our "Team Gettin Higher Choir " Tee shirts printed.

We can even sing "I Have a Dream" to send off the runners, walkers and strollers. Only 5 kms.

Contact Patricia Houston, 250-381-0656 or [phouston@telus.net](mailto:phouston@telus.net).

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#### 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](http://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

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#### CROHN'S AND COLITIS FUNDRAISER

Hello All

My friend K forwarded the following email to me:

This is from my friend, Kris.

Her nephew was diagnosed with Chron's and her sister and niece have arranged this whole fundraiser. If you have any items you could add to the silent auction or would like to help out during the day, please email her. Her email address is [haroldandkris@shaw.ca](mailto:haroldandkris@shaw.ca).

- 1) Poster  
<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090529/fun-day.pdf>
- 2) Website address :  
<http://www.fundayinthepark.ca>
- 3) Facebook link  
<http://www.facebook.com/p.php?i=891585061&k=ZXLTY5UZU65EUJE1SG6ZQ>  
V Feel free to hit "attend" if you are coming and to invite your "friends". The "ripple" affect...More people informed.

xoK

If you can help and feel moved to do so, here is an opportunity for you. Happy Sunny Days in Intestinal Comfort and wholistic well being for All of us, thank you kindly, Tatiana :)

Submitted by Tatiana Evans Tuesday/Thursday Alto/Tenor

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DEAR CHOIR, (Repeat)

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](mailto:anitachulasi@hotmail.com)

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

Submitted by Ana Maria Garcia GHC Thursday Alto.

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YOGA CENTRE FOR SALE (Repeat)

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

## **SERVING EACH OTHER**

“YOUR CHOICE” CUSTOM COMPILATION CDs

Personalized CDs you can add to your own collection or give as a special gift.

A unique service for people who would like to put their favourite music on a CD in the order they want to listen to it but don't know how, or are too busy, to do it themselves.

Jazz, classical, rock, pop, blues, etc...oldies...newies...whatever you like. Give me a list of favourites titles that you would like to have on a CD and the playing order that you would like them in. I can work from source files that you supply (on a group of CDs, records or tapes or from your MP3 player) or I can find them and download them for you on the internet (iTunes, MP3 Fiesta, etc.).

I can also create custom CD labels and jewel case covers.

I can be contacted at [billh@crucible.ca](mailto:billh@crucible.ca) or 250-9204160 (8 to 8, Tues. to Fri.)

Submitted by: Bill Hanson, GHC Bass etc.

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#### WALKING QI GONG CLASSES FOR CANCER PATIENTS AND SURVIVORS: (Repeat)

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.

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#### 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 competetive rates please contact me at 250-920-4160 (8 to 8, Tues to Fri) or at [co-admin@crucible.ca](mailto: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.

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#### DIGITAL PHOTOGRAPHY CLASSES (Repeat)

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](mailto:info@goingdigital.ca)

Submitted by Andrew Kielbowicz, GHC photographer and former Bass

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NIA CLASSES: (Updated)  
dance your workout for body, mind and spirit!

With Nia Brown Belt Teacher, Karen Boissonneault

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

First class FREE. Then regular prices \$12/\$11/\$10 for 1X, 2X or 3X per week. \$15 drop-in (ongoing; start anytime; beginners welcome; classes one hour)

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.

For events and more info:  
<http://www.niac.ca>

Contact Karen:  
[karenia@shaw.ca](mailto:karenia@shaw.ca)  
250 478 1076

Submitted by Karen Boissonneault, Soprano, High Noon Choir

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

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](mailto:reikivictoria@gmail.com) or 250-298-8191

Submitted by Catherine Harvey former Monday/Tuesday Alto

## THINGS & OPPORTUNITIES WANTED

### LOOKING FOR A FREE INK JET PRINTER

I'm putting together a very basic computer system for someone who can't afford to buy one. I have an older model seenix discarded by my daughter and I have scrounged up a keyboard, mouse and monitor. If possible I would like to connect with someone who can contribute a functioning and compatible ink jet printer that they have sitting around doing nothing.

I can be contacted at 250-920-4160 (8 to 8, Tues to Fri) or [bill@gettinhigherchoir.ca](mailto:bill@gettinhigherchoir.ca) anytime.

Thanks in advance

Submitted by Bill Hanson GHC Bass etc.

## 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.**

LOWELL ANN FUGLSANG, GHC Tenor

<http://www.workstyle-lifestyle.com>

Lowell Ann Fuglsang (Fullsang) is a workstyle-lifestyle coach who specializes in mid-life career coaching and third age retirement planning.

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JUNE SWADRON, former GHC Monday, Alto

<http://www.juneswadron.com>

Coaching, Counselling, Creative/Cathartic Writing Workshops and "Writine Our Life Stories Workshops

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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.*

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DENIS DONNELLY (GHC & Soundings Director)

<http://www.choralsongs.com>

This is a resource site offering my choral arrangements primarily for non-auditioned community choirs, although there is lots of material here that is suitable for auditioned choral groups:

## COMMUNITY MARKETPLACE

SPECIAL! GWIB ELECTRIC BICYCLE...

...with 5 speed Shimano gears to assist in new condition. Will do up to 30 KPH with adult rider with many extras. A real delight to ride, easy to handle.

### Does Not Require A Drivers License Or Insurance Or Street Parking

Like mopeds or other gasoline powered scooters and it is legal to park it on the side walk like a regular bike as well as ride it on the bike trails like the Galloping Goose. It cost almost \$1400 new and is in great condition ready to go for the price of \$500 or near offer. Must sell before end of June. Call Dennis (Thur. base) 250 995-1770 and leave a message if no answer as often the case.

Submitted by Denis Murphy GHC Bass

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MOVING SALE!  
(in Farfield)

- ◆ Small (3 feet by 2 feet) 7.5 cubic foot "quality Made in Canada" chest freezer in good working order that I am forced to sell asking \$150 o.b.o.
- ◆ Complete set of quality FIREPLACE EQUIPMENT including fire screen, eloquent poker set on stand and 2 wood buckets all in brass and all for \$75 obo Includes some free firewood approximately 1/4 cord all dried and split.
- ◆ Quality cast iron and teak garden bench in good condition, cost \$200 selling for \$50.
- ◆ In or outdoor water pond fired dark blue ceramic with pump. bamboo spout, and water plant very beautiful and pleasant to listen to on my patio during quiet contemplation times. Cost \$320 new, in good condition and must sadly sell for \$100 for all.
- ◆ Quality British KEF floor speakers with 12 inch elliptical woofer speakers for deep rich clear and precise sound listening. In good condition asking \$250. The replacement cost new would be around \$1400 today.
- ◆ Numerous PLANTS AND POTS mostly outdoor of too many varieties to mention besides the fact I can't remember all their names plus a 1/2 dozen gardening books all priced very low as they need new homes. Come see them and make me an offer on all at bargain price as I can't take them with me.

- ◆ A variety of different kinds of books mostly around personal growth and development, psychology, spirituality and medicine including some antique collectable books over 100 years old
- ◆ Antique pieces of paraphernalia related to MUSIC in the early days of The Victoria Conservatory of Music and the professional world class musicians that played here in Victoria at the Royal Theatre when it was relatively new. Only serious inquiries for these rare pieces please. Prices to be negotiated.
- ◆ Older 12 inch Dell laptop computer with Windows 95 and Microsoft Word, internet modem, power adapter and leatherette carrying case all for \$200 or near offer.
- ◆ Trolley BBQ with gas bottle and new gas jets last year cost \$290 new in fairly good condition asking \$75 (basically the cost of the new gas jets).
- ◆ Paintings, some lamps including a pole lamp, life jackets, camping stuff; Coleman cooler, stove, heater, small kids tent, some bicycle stuff including lamps and a Bell Helmet like new (I bought the wrong size) and other stuff all very reasonable as they must go.
- ◆ If you are interested or have questions please call Dennis at 250 995-1770 and leave a message with the best time and number to call you back.

Submitted by Denis Murphy GHC Bass

\*\*\*\*\*

#### PERSIAN "HAND KNOTTED" RUGS (Repeat)

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 TonyShir's website:

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

Email Tony at:

Victoriarug@yahoo.com

or call 250-384-1919

Submitted by Jo-Anne Danis former Alto

Thank You,  
JoAnne Danis

\*\*\*\*\*

#### NEW GETTIN' HIGHER T-SHIRT FOR SALE (Repeat)

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 (Repeat)

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](mailto:katrinapavlovsky@gmail.com)

Submitted by Katrina Pavlovsky GHC Soprano

## EMPLOYMENT AVAILABLE OR WANTED

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](mailto:anitachulasi@hotmail.com)

Submitted by Ana Maria Garcia GHC Thursday Alto.

## ACCOMMODATION AVAILABLE OR WANTED

CAT LOVING HOUSE SITTER WANTED (Repeat)

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

I am offering a bright one bedroom south east facing apartment at Quadra and Burdett in return for looking after my cat while I am away.

The apartment is 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.

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.

I am looking for a quiet person who adores cats. Mine is quiet and loving.

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

\*\*\*\*\*

## HOUSE-SIT WANTED

In The Victoria-Metchosin-Sooke Area For Winter Of 2009/2010

My mother is coming to our area (from Winnipeg) next winter for several months and would like to house sit. She is a senior, extremely fit, and highly responsible. Her name is Rosemary and she looked after a farm for years. She adores pets and farm animals and would be very happy to look after yours and keep them company. A house-sit in the city is also very attractive.

If you know of someone who might be interested in having a preferred housesitter for some or all of the coming winter, please get in touch with me. A partial rental arrangement is also possible.

Contact Martin at (250) 216-8686 or [martin@netidea.com](mailto:martin@netidea.com)

Please forward this note.

Submitted by Martin Carver Soundings bass

\*\*\*\*\*

## FURNISHED HOUSE FOR RENT – SHORT TERM SUMMER RENTAL

We have a 3 bedroom furnished house available from July 18-August 21st (five weeks). The house is a back duplex with a pretty private yard in a quiet neighbourhood near Jubilee Hospital. We do have two little critters – short-hair black and white cats – who need very little in the summer. They are out most of the time and have their own entrance.

The rent is \$350/week or \$300/week for four weeks or more. Great for visitors from out-of-town. Close to all services and near a convenient bus route.

Call 250-598-0955

Submitted by Amy Robertson, lapsed Soprano

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## ACCOMMODATION AVAILABLE FOR JULY AND AUGUST....

We have a basement bachelor suite in South Fairfield available....

We are looking for a responsible, caring, non-smoking tenant to care for our cat and garden in exchange for reduced rent \$350.00

There is a quiet private yard on a quiet street, access to laundry, own entrance and bathroom. Please call 250 385 4499 for Doug or Sue

Submitted by Doug Patterson & Susan Hellard GHC Bass & Alto

\*\*\*\*\* **QUOTE BREAK** \*\*\*\*\*

The member states of the United Nations need to know that the planet is our mother. We all live on the skirts of our Mother...We, all of us, were raised by Mother Earth. We're all brothers and sisters, not just humans, plants and animals. Indigenous people understand that the most important thing of all is life in all its forms. Climate change threatens life.

David Choquehuanca Céspedes, foreign minister of Bolivia, [told delegates towards the end of the UN-affiliated Indigenous Peoples' Global Summit on Climate Change in Anchorage, Alaska].

Submitted by Patricia Houston GHC Alto

\*\*\*\*\*

## **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

\*\*\*\*\*

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

Submitted by Hilary Leighton GHC Alto

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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](mailto:kouskousmusic@yahoo.com)

Thanks! And Hope to see you

Submitted by Amber Woods HNC Bassette

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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.



Submitted by: Camilla Morrow, former GHC Th. soprano

\*\*\*\*\*

SELKIRK WATERFRONT FESTIVAL (May 30)

Waterfront Crescent & Selkirk Green Park  
10 am to 3 pm

Music & Entertainment  
Drumming Workshops all day  
Family Fun Zone  
Vendor's Market  
Great Food

Saturday May 30,2009

A good time for everyone!

Submitted by Donna Bell, Thursday 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](mailto:juliespoon@shaw.ca) (250) 656-1047

Namaste

Submitted by Julie Spooner CCLT 3 - 2006/7

\*\*\*\*\*

THE ROAD AND THE WILDERNESS: (Jun 1)

A Collective Works Gallery Showing of paintings and drawings from the Peruvian Amazon

Collective Works Gallery at 1311 Gladstone Ave., (in Fernwood) is hosting visiting artist David Hewson. Talks on various topics and films about indigenous people and the petro chemical devastation of the forest and river.

For more information on the gallery please visit:

<http://www.collectiveworks.ca>

To see, print and/or pass on our poster click on:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090529/cwg-poster.pdf>

CFUV 101.9 FM, Wild Orphans, Monday June 1, 1-2 pm, will be interviewing David Hewson

Submitted by Marnie Miiller former Tenor

\*\*\*\*\*

“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

\*\*\*\*\*

NIGHT OF LOVE AND INSPIRATION (June 3)

Bring your poetry and or readings that have been an inspiration to you in the context of love and share with others. The service will be divided into four parts: Introduction with a short meditation, the sharing of readings and poetry, meditation and reflection on what has been shared. This evening will be facilitated by Bob Winkenhower and D. Joan Thomas.

Everyone Welcome! Oneness Wednesday on June 3 at 7 p.m. Free or by donation.  
Information: Linda (250) 380-6383 or <http://cot.seedwiki.com> (Note: Oneness Wednesdays will take a break during the Summer and will resume again in the Fall)

Submitted by Linda Chan, Tuesday Soprano

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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](mailto:jocelin@possibilitiestraining.com). For more details, visit <http://www.possibilitiestraining.com>.

Submitted by Jocelin Caldwell Tuesday Soprano

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YOGA IN THE PARK IS BACK! (Jun 4 thru the summer)

Please join us once again in Beacon Hill Park for Hatha Yoga amidst the trees, the smells of the ocean, and the sounds of birdsong. Drop in classes will begin Thursday, June 4th and continue throughout the summer. They will take place each Thursday from 5:30-7:00 pm two lawns across from the Petting Zoo. A suggested donation of \$5 would be appreciated, and all proceeds go to charity. Please bring a mat or blanket, and something warm to wear for Savasana.

I look forward to sharing this wonderful community class with you. All levels are welcome. Please do share this information with anyone whom you feel would be interested. For more info, contact me (Mark Sherman) at [creatingpeace@gmail.com](mailto:creatingpeace@gmail.com).

Submitted by Susan Lowe GHC Tuesday Alto

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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

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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

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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

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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.

## 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.

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](mailto: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](mailto:karenia@shaw.ca)

Submitted by Karen Boissonneault HNC member

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Great Garage and Garden  
ART SELLOUT OF PAINTINGS (Jun 14)

Place: Dream Hill Studio 4515 Emily Carr Drive

Date; June 14th. 12-4 P.M.

Info: <http://www.gobc.ca/goddessworks> 250-658-8770

Submitted by: Ann-Rosemary Conway; Tuesday Alto

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THE JOURNEY OF AWAKENING RETREAT (June 15-17):

A weekend retreat based on the teaching of highly regarded spiritual teacher *Adyashanti* - including DVDs of his latest talks and dialogues, guided meditations, etc. - at the beautiful Swanwick Centre in Metchosin; residential, also with day participant option; see <http://www.swanwickcentre.ca>.

For more information contact [swanwick@shaw.ca](mailto:swanwick@shaw.ca) or 250-744-3354.

Submitted by Ralph Tiller, HNC Bass

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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](mailto: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.

\*\*\*\*\*

IT'S A WONDERFUL LIFE (June 19)

Karolyn Grimes, who portrayed Zuzu in the 1946 Frank Capra classic film, "It's a Wonderful Life", has accepted an invitation from Collective Works Gallery in Fernwood to give a presentation about the film and her life. This inspirational, community-focused event will take place at the Belfry (<http://belfry.bc.ca/Visiting/index.htm>), 1291 Gladstone Avenue at Fernwood Road, Victoria, British Columbia.

Time: 7:00 p.m. Date: June 19, 2009

Price: \$10/ticket Tickets are available through the Belfry Box Office (250) 385-6815

Since her childhood role in the classic movie, Karolyn has lived the meaning of the quote "No man is a failure who has friends."

If you would like further information about this event, take a look at

<http://wonderfullifeinfernwood.ning.com>

or call Deryk Houston at 250 884 6828

Submitted by Marnie Miiller previous Tenor

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SUMMER SOLSTICE  
CONCERT AND RETREAT (Jun 19 to 21)

with Jennifer Berezan

Women's Retreat: "Music as a Path to Joy and Equanimity": Evening of June 19- 21. Retreat Cost: \$295 plus gst. This includes lunch on Saturday and a ticket to the Sunday Solstice concert. Limit of 25 women. Pre-registration required.

'All welcome' Sunday Solstice Concert: 7pm till sunset. Concert tickets \$18, please e-mail to register as tickets may not be available at the door.

Jennifer's cd's and Praises for the World dvd will be for sale during the workshop and concert (cash or credit card only please).

Please check our website for more information and registration: [www.sleepingdogfarm.ca](http://www.sleepingdogfarm.ca)

Submitted by Leanne Drumheller Monday Soprano

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VIVA-RAW POTLUCK (June 21)

Come to a wonderful raw vegan potluck and a talk "The Fast Way to Heal for Life" by Dr. Halanna Matthew, Doctor of Health Sciences. The Lounge, Archie Browning Sports Centre, 1151 Esquimalt Road (beside the Equimalt Plaza). Doors open at 5:30 p.m. Potluck sharing at 6:00 p.m. Bring a raw vegan dish to serve 6 or more people 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 parental supervision.

Recipes & Info: <http://viva-raw.seedwiki.com>. or Jana at (250) 727-1039

Submitted by: Linda Chan, GHC Soprano

## JUST FOR FUN

A reward of laughter for reading this far

## NO E-MAILS TODAY

Submitted by Tatiana Evans GHC Tuesday/Thursday Alto/Tenor

**I can't respond to any emails today, something has crashed on my computer...**

...(scroll down)...



...and the mouse is missing!

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

**M**aking  
**U**niversal  
**S**ounds  
**I**n  
**C**ommunity

A Community Choir Crescendo, check it out!  
[http://www.ubuntuchoirs.net/locator\\_coastal\\_BC.php](http://www.ubuntuchoirs.net/locator_coastal_BC.php)

=====