

DIRECTOR'S NOTES

SHIVON

With our dear friends Perpetua and Joseph Alfazema here for the month, I've been having some great talks with them about their work in Mozambique, and the impact that the Kapasseni Project has been making in people's lives there. Ten years ago our choir raised the money for them to start a school in their village - the only one for many miles around. Children would walk two hours each way to get to that school. Now they tell me that against so many odds, one very bright student from that first class will soon be graduating from Grade 12 (thanks to a scholarship to nearby Murracca boarding school from the GHC) Of the 15 Kapasseni kids now in high school, 6 are girls - a promising step forward out of extreme poverty.

Enrollment at the school this year is 453 students. From the start of this project, enrollment has been in step with that of GHC - in 1999, both were at 150. Now, if you add the combined enrollments of GHC - 353, HNC - 70, and SOUNDINGS - 30, once again, we too have 453 singers to their 453 students. I find that numbers are often like a cosmic wink, reminding us that we are engaged in some powerful magic here, building and maintaining a rainbow of love all around the world from here to Mozambique. As Gloria and Bill collect donations for the Honoring Fund, which goes to support scholarships for the kids beyond elementary school, I want to invite members of High Noon and SOUNDINGS to feel free to contribute something as well - since the number show, we are all in this together!

~ Shivon

DENIS

As we get ready for the performances, I'd ask that you focus on the stories that we are telling with the music, rather than the details of all the notes and all that "learning" stuff. If you are able to really do that it will make all the difference in how you feel going into concerts, and will enliven your experience immeasurably.

It's a wonderful opportunity to share with the audience all that music is. No elaborate technical enhancement, no elaborate staging, no gimmicks, just us and our voices and our stories and music. That's a gift.

~ Denis

ADMIN TEAM NOTES

GLORIA

Concert Helpers needed...

If you can help with ushering on Saturday night please let me know. I need three more helpers.

Just email me and I'll send you the details. Ushers help with handing out the programs and making sure everyone gets seated.

Much thanks

~ Gloria

BILL

Newsletter Schedule & Info (Updated)

Due to the “bizzies” and time limitations there will be no newsletter on the concert weekend. The next issue will be a “season wrap-up” issue on June 19th.

For the last issue the usual time limits for the Community Events section will be extended to include any event up to mid-september. As the last actual newsletter 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.

Summer Submissions

After June 19th there will be no newsletters until the beginning of September. There may be, from time to time, GHC News & Business “Special Announcements”. Whenever one of those goes out I will attach whatever submissions I have on hand (possibly just in the order received to keep the work to a minimum).

As with the newsletter:

Dated Events will be repeated in such specials automatically until their date has passed.

Any other items that you want repeated must be re-submitted once they appear in one of these special announcements.

In order to keep my volunteer work in providing this extra summer service to a minimum please make sure that any item you send conforms to the newsletter standards specified on our site’s “Using Our Newsletter” page. If you haven’t visited that page lately please review it before you send your first summer submission.

There are no guarantees when, or even if, such special announcements will go out so any items you submit are on “standby” only.

~ Bill

Gettin’ Higher Choir Info

GHC NEWS & BUSINESS

A REMINDER OF THE VALUE OF SILENCE

Get the greatest possible value from those working with us in preparation for our concerts!

This week at choir, give yourself and those around you the gift of silence between songs. You will find that this can really deepen the effect that this practice of singing in harmony has on your whole being.

There is a tendency to want to chatter to those around you once a song has finished - with mindfulness, you can curb that urge, and stay focused on the vibration within that the song has set up. In this way, the whole time can be experienced as a very deep sound healing treatment.

Try it! Give each other, Shivon and Denis, Deborah Millar, Valdy and yourself the gift of silent mindfulness.

PLEASE BE SCENTS-ITIVE (Reminder)

At next week's final rehearsals and concerts we will all be breathing deeply in close quarters and even those who aren't "scentsitive" may find various scents hard to take. This includes all perfumes, after shave, hair spray and tobacco. If you regularly use any of these products a non-scent set of clothing for choir would be a very considerate act.

No scents makes sense!

HOW YOU DON'T WANT TO STAND OUT ON STAGE!

Usually by this point in the choir season Shivon has mentioned some do's and don'ts about posture on stage. No doubt that is coming this week. Standing straight with shoulders back and hands by our sides etc rather than hips cocked, legs crossed, arms folded and/or in the notorious fig-leaf pose. For an example of what you might look like on stage in the fig leaf pose click on:

<http://www.gettinhigherchoir.ca/community-info/images/figleaf.jpg>

Thanks again to Daphne Maclain, GHC Tenor, for submitting this photo

CONCERT "FINAL PUSH" PROMO HELP REMINDER

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

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

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

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

Besides raising more money for our friends in Mozambique a SOLD OUT HOUSE is much more satisfying and exciting to sing to!

~ Bill

A SWAT COMING UP! (Repeat)

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.

CONCERT TICKETS FROM NOW ON! (Repeat)

We will continue selling tickets at choir right up to concert time. Tickets are also 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 CONCERT CAR POOLING

STARTING FROM JAMES BAY

I'm willing to give a ride from James Bay to Alix Goolden on any of the 3 nights—Thursday, Friday or Saturday. I do intend to go to the after party Saturday.

My email is leemcleod@telus.net, the best number to phone is 250-888-6825.

Submitted by Lee Mcleod (Tues/Thur bass)

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.

HOME SECTIONALS

Sopranos

@ Jean's ~ June 7th

Dear Sopranos,

SHIVON WILL BE ATTENDING OUR SOPRANO SECTIONAL
ON SUNDAY JUNE 7TH!

If you want to attend a reply before-hand would be helpful but not required.
Either way you will be welcome.

2551 MacDonald Dr. - (second Driveway with wrought iron gates)
Off of Queenswood off of Arbutus
Cadboro Bay area

LUNCH , Cake tasting and Wine Tasting. JUNE 7TH
Times -- 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.

NOTE:

To respond to this email Press FORWARD and send to

JeanAnnAnderson@shaw.ca

DO NOT HIT REPLY as that will send it back to Bill Hanson instead of me.

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

GHC CONCERT BENEFICIARIES UPDATE

MOZAMBIQUE (Repeat)

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

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

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

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

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

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

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

The Kuwangisana Project at:
<http://www.givemeaning.com/project/sena>

The Caia Connection & Ray Of Hope at:
<http://www.caiacconnection.com>
<http://www.gettinhigherchoir.ca/community-info/pdf/ray-of-hope-description.pdf>

THE POWER OF HOPE

Catch up on the latest with their Summer E-News:

http://www.powerofhope.org/summer_2009_enevs_main_page.html

Other choir community info

HNC NEWS & BUSINESS

MARK YOUR 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

Tuesday, June 16th - 12 noon to 1:30.

All are invited.

Please bring your plate, cutlery and something to drink..

Shivon and Gloria

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 *****

Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative and creation, there is one elementary truth the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents, meetings and material assistance which no man could have dreamed would have come his way. Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it. Begin it now.

Johann Wolfgang Von Goethe,
1749-1832, German poet, dramatist & novelist

Editor's Collection

<http://www.kirjasto.sci.fi/goethe.htm>
http://en.wikipedia.org/wiki/Johann_Wolfgang_von_Goethe

COMMUNITY MEMBER'S SUBMISSIONS

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

APPRECIATIONS

Dear Shivon & Denis,

When asked to express what I feel about the healing benefits of singing, Philosophically, singing is a study of my own soul where I seek out to explain the many mysteries of my psyche and continually search and yearn for deeper meanings.

Singing to me is also a form of positive psychology as it opens the doors to many possibilities of my own personal development . It teaches me to use creative visualization and this mental practice has the ability to improve our health by flexing our brain. I can remember back to my first concert when I was filled with both excitement, fear & exhilaration. To eliminate stress I creatively visualized myself singing and by practicing this imagery rehearsal, it is a mental practice that removes all anxiety and any intimidation one might have of performing in the concert and made my participation achievable. Just by forming this mental picture we can form an emotional scenario of our upcoming event and this boosts our confidence and our performance.

When we creatively visualize we can make singing part of our daily routine as it becomes easier to motivate ourselves even on days when weather, or work, or busyness or fatigue gets in the way.

When we can creatively visualize we are empowered by our singing abilities, which gives us confidence, helps keep us focused on memorization and this teaches us that our goals are achievable. By being positive and focused and learning the songs we challenge ourselves to achieve more goals in life.

Singing creates a subjective well being and many positive emotions from love and compassion to hope and trust which gives us an optimist outlook on life. Optimism is cognitive therapy and through our gratitude and joy overtime is what yields a better health and deeper connections and will give us a better and longer life. If you look at today's society it is filled with anxiety, narcissism, and depression and who wants to live out there lives this way. My mother who is 93 once said that depression is a luxury.

When we join a large group of singers the psychological aspects of singing are immense as it provides us with a better mental health because what we do affects how we feel as much as how we feel affects what we do. There is a power in relationships that create a social aptitude and these warm connections are necessary in our survival. Singing creates a social ease and our own anxieties fade away. In the end it is not intellectual brilliance but the power of these relationships is what really matters in life that we form with other people and that attributes to our survival & happiness & successful aging.

*With Gratitude to You Both
and To the Joy of Singing!*

Sincerely Jean Anderson (Tues. Soprano)

OPPORTUNITIES TO SING!!

TWO VOCAL WORKSHOPS

"Wet your toes!" in music theory and sight singing:

Felt intimidated by the cryptic tiny dots on a page with the lyrics of your favorite song? This workshop is for you.

Monday, June 22

Time: 6:00 - 8:00 p.m.

Location: James By Community School (Oswego and Niagara)

Fee: \$20

To register: info@victoriachoralacademia.net or 250-896-3428

Registration dead-line: Monday, June 15

"I knew it!" concepts and skills for sight-singing and ear-training:

Need to brush up on your sight-singing skills? Suspecting there is more to what your ear can hear? Ask your questions!

Monday, June 29

Time: 6:00 - 8:00 p.m.

Location: James Bay Community School (Oswego and Niagara)

Fee: \$20

To register: info@victoriachoralacademia.net or 250-896-3428

Registration dead-line: Monday, June 22

Both workshops are taught by

Teodora Georgieva-Gitberg

250-896-3428

<http://www.victoriachoralacademia.net>

Submitted by Shivon

VOICEPLAY WITH ELLA TOPAZ

Intuitive Singing, Authentic Voice, Vocal improvisation
connection to body, voice and self
playful exploration of what the voice can do,
deep listening and connecting to others
creating incredible improvised soundscapes,
open to everyone, regardless of experience
bring a playful mind and open heart.

June 7th 11am – 4pm
Lila Music Studio, Duncan
\$75 (or \$60 if you are a member of GHC)

Contact Cari to register on 250 701 0978
Or call Ella on 250 653 4261

Submitted by Ella Topaz CCLT grad 2006

THE SACRED WORLD SONG PROJECT

"Calm the mind. Heal the body. Enrich the spirit."

Nancy Watters, CCLT 1 Grad (2004/5), hosts free community chant circles, one Sunday each month. The next one is June 14th, 3-5 pm, 1531 Yale St., Oak Bay. Others are listed on the web. She is also available by invitation for sacred song gatherings, concerts and workshops.
<http://www.sacredworldsong.com> 250-595-2142

SINGING THE JOURNEY (Repeat)

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 at any time either through our new Website at <http://www.songs of passage.com> or by phoning Marnie at 250-385-1983.

Submitted by: Marnie Lamb, HNC and former GHC Alto

COMMUNITY EVENTS ITEMS THAT INVITE YOU TO SING!

Voiceplay with Ella Topaz (Jun 7)

The Singing Soul:

Improvisational A Cappella (Jun 18 - 21)
Taize Service (Jun 19)
Deep Singing (July 18–23)

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

WORD OF MOUTH / RECOMMENDATIONS

AN AMAZING MAN

It's important to see this

http://www.gettinhigherchoir.ca/community-info/pps/20090605/amazing_man.pps

Recommended by Tatiana Evans GHC Tuesday/Thursday Alto/Tenor

Editor's Note

If you can't open Microsoft PowerPoint .pps files you can download a free copy of the "PPS Viewer" program you need to do so at:

<http://www.microsoft.com/downloads/details.aspx?familyid=048dc840-14e1-467d-8dca-19d2a8fd7485&displaylang=en>

THE NEXT GENERATION OF TENORS

This submission came in from "Cheryl" cvpoko12@shaw.ca an email address that doesn't appear on any of my choir lists. I have no idea who she is. Usually submissions to the newsletter are restricted to members of our choir community but these young singers are far from usual. Cheryl says:

Hard to believe they are only in their teens. Beautiful...Beautiful...Beautiful...

[Http://WWW.youtube.Com/watch?v=FqUkUjeF4-c](http://WWW.youtube.Com/watch?v=FqUkUjeF4-c)

Recommended by Bill Hanson GHC Bass etc.

THE RIGHTEOUS MOTHERS

<http://www.righteousmothers.com:80/pages/RMVideo.html>

Recommended by Josephine Munro GHC Monday Tenor

RE: PATRICK GODFREY IN CONCERT

I was involved with a Victoria Children's Song Circle project this spring to do with a poem written by a friend, Kathleen Arneson, about peace from a child's perspective. She commissioned

Patrick Godfrey, a musician and composer living in Saanich, to put it to music. He was so charmed by it, that he worked with her for free, and then helped to get a group of kids record it. I was really impressed with him on a number of fronts. He is a fantastic pianist and composer. ... if you click on the flyer link below, you will see that he is very prolific and accomplished.

He will be doing a concert in the Alix Goolden Hall on June 28th. It will be very special.

Patrick's Flyer

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090605/godfrey.pdf>

His Web Site

<http://www.apparitionmusic.com>

Recommended by Barbara Lyall CCLT 4 (2007/8) & CCLT 3 (2006/7) and former GHC Alto

Editor's Note

See also the June 28th "Patrick Godfrey In Concert" item in the Community Events section below.

A LITTLE HOPE FOR THE FUTURE

Here is link to a poem that my 10-year-old son wrote at school recently. It has just blown us all away, especially because we had no idea these issues were on his mind – or even on his radar. Maybe the next generation will get it right after all...

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090605/i-am.pdf>

Submitted by Jannah Cunningham, GHC Tuesday/Thursday Alto

THE RIGHTEOUS MOTHERS...

Mission Statement: "The Righteous Mothers create and perform music that arises out of our own thoughts, work, relationships, and life experiences. We practise and model collaboration, creativity and authenticity. We cherish and support each other in all aspects of our lives. We aim to challenge our audiences and ourselves to expand awareness through empathy and humor."

Great name! Be sure to read the press and fan reviews online.

<http://www.righteousmothers.com:80/pages/RMVideo.html>

Submitted by Josephine Munro GHC Tenor.

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

Questions provide the key to unlocking our unlimited potential.

Anthony Robbins, Author, Motivational Speaker &
Peak Performance Trainer

Editor's Collection

<http://video.google.com/videoplay?docid=5070588292701651217>
http://en.wikipedia.org/wiki/Tony_Robbins

COMMUNITY NETWORKING

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

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.

LENS TO FACE | People Portrait Photography...

...is looking for all happy, shiny people with interesting faces who love to be photographed and beautiful aspiring models wanted to pose in exchange of portfolio quality photos.

Please send your photos to models@goingdigital.ca

Submitted by Andrew Kielbowicz Choir photographer and former GHC bass

HELP!!! I NEED YOUR BOOKS

Doug Funk of THRASS needs books for Zimbabwean school children and young adults. THRASS stands for Teaching Handwriting, Reading and Spelling Skills.

He will be sending a 20 foot steel container of books from Victoria to Harare, Zimbabwe and hopes to pack the container around June 20.

What is needed are reading books ... something that will help Zimbabwean school children to learn the love of reading. If you have 1 book, 10 books or more, all are welcome.

For more details and photos click on:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090605/thrass.pdf>

Submitted separately by:

Matti Anttila former GHC Bass
June Swadron former GHC Alto

ON-LINE AUCTION FOR CITIZENS' COUNSELLING (Repeat)

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

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.

SERVING EACH OTHER

TROMBONE OR ELECTRIC BASS LESSONS:

Learn from a qualified professional gigging musician. Weekly lessons available. All skill levels for trombone, beginner bass. Whether you're just getting started or want to learn how to play jazz, pop, classical, klezmer, or anything and earn a living doing it, these lessons are for you. Call Nick La Riviere at 250-704-9972, nick@nicklariviere.com.

Submitted by Greg La Riviere Soundings and former GHC Bass

COMPUTERS AND MORE....

Media Integration.

Have your computer talk to your stereo, and your television.

Shopping consultation.

Let me help you find the right stuff(and price) for your needs.

Sound systems,desktop and laptop computers,video systems etc.

Outstanding vintage speakers a specialty.

Computer repairs.

Windows Vista and XP. Mac OSX

Internal and system cleaning, and optimization

Viral Infections, Data Recovery,Upgrades
Set-up and basic tutoring
Hardware and Software problems
Free Estimates

Introduction to streaming audio/podcasts and Online Video
Get the most out of your multimedia experience.

\$30 Hour at your home/office
Discounts for seniors/students/unemployed.

Matt Hutton GHC Lighting guy and Gloria's son
mattinvic@gmail.com 250-418-1322.

Submitted by Gloria Hansen,GHC and HNC Tenor

LENS TO FACE | People Portrait Photography offers:
SUMMER ART PORTRAIT PHOTO SESSION

your location in Greater Victoria

90 minutes session

12 proofs to view online

6 poses selected by you, delivered on CD as high quality JPEG files of
12 14 MP *

all CD images are Photoshop enhanced, saved in colour and black and
white version

Special Introductory Fees:

\$180 — singles (regular \$240)
\$240 — couples (regular \$300)
\$360 — groups and families (regular \$420)

This offer is valid only till August 31, 2009.

Call 250 884 4012 to book your session

Submitted by Andrew Kielbowicz Choir photographer and former 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.

PETER FAIRLEY, former GHC Bass,

<http://fairley.ca>

Journalist, editor, educator: Insightful, credible, global reporting on energy, technology and the environment

ANN JACOB & STAN TOMANDL, former GHC Tuesday Alto & Bass

<http://www.comacommunication.com>

Counsellors, Educators, Facilitators. Specializing in working, learning and teaching about the altered consciousness that appears in joy, grief, creativity, dreaming, illness, trauma, memory losses, and other tender and strong moments in our living and dying. Inquiries welcome: 250-383-5677 annstan@islandnet.com

ELKE COLE, former GHC Alto

<http://www.elkecole.com>

Houses that love you back: offers natural house design, owner- builder support plus local and international workshops

COMMUNITY MARKETPLACE

COUCH AND CHAIR

Old-fashioned upholstered couch (78" long X 40" deep) and easy chair (36" wide X 41" deep). Couch getting a bit shabby but still in good shape.

Chair not used a lot. Beige background with a stylized flower and leaf pattern in very soft shades of blue, pink, and green. Rounded arms, wooden bun feet, very comfy. Too big for my house. Free to a good home.

Contact Karen by email at yearsley@islandnet.com or phone (250) 384-5687.

Submitted by Karen Yearsley Monday Tenor

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 / and/or Payment schedule available if needed / International airfare not included.

Inclusions: Tour Land package with double accommodation (single available with supplement) / All breakfasts/ 7 meals/ Flights to and from Lima to Cusco / Ceremonies / Initiations with Renowned & Traditional Andean Shamans / Healers / Guides / Entrance Fees / 14 day journey from October 28 ~ November 12, 2009 - Early registration is highly recommended / A few spaces still available.

Please contact Catherine reikivictoria@gmail.com or 250-298-8191

Submitted by Catherine Harvey former Monday/Tuesday Alto

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 250 995-1770 and leave a message if no answer as often the case.

Submitted by Denis Murphy GHC Bass

MOVING SALE! (in Farfield)

- ◆ Eureka vacuum cleaner in good condition still under warranty for 2 years with attachments. Does not require bags asking \$75obo.
- ◆ 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.
- ◆ 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

ACCOMMODATION AVAILABLE OR WANTED

ACCOMMODATION WANTED:

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

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

Submitted by Joanne Marks Post GHC Soprano & CCLT graduate

FURNISHED ACCOMMODATION AVAILABLE in COOK/MAPLEWOOD area

1 bedroom suite available September 1 for up to a one year rental. Shorter time is okay. \$800 a month includes all utilities except phone, access to laundry, wireless internet. Ground oriented with french doors to large garden. Off road parking and good connections to buses, close to golf course jogging trail, rec centre and Thrifty's etc.

Ideal for student or working professional on shorter term assignments

Contact jane at 250 385 5873 or jdewing@islandnet.com

Submitted by Jane Dewing (soprano) and current singer with GHC

OCEAN FRONT 1 BDRM APARTMENT

Available for Rent from August 2009 to May 2010 (earlier or later dates negotiable)

Beautiful Furnished Ocean Front 1 Bdrm Apartment on Dallas Rd, James Bay Victoria

Overlooking the Ocean and Mountains on Dallas Rd and minutes to Beacon Hill Park
Beautiful sunrise, sunsets and oceanfront walks and biking. 5 minute walk to Downtown
Victoria/Inner Harbour / Ferries / Local Bus to Airport, BC Ferries and UVIC,

Peaceful, Spiritual & Serene - includes all utilities/phone/internet/cable/heat/hydro/parking -\$1500
month - Car negotiable

Please Contact: Catherine at 298-8191 or reikivictoria@gmail.com

Submitted by Catherine Harvey former Monday/Tuesday Alto

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 FOR RENT

(while we are away travelling):

One-bedroom rancher house in Brentwood Bay, available from September 2009 to February
2010.

In quiet area, close to stores, library, beach, parks, bus route # 75 and #83.

Bright, one bedroom, large living room, cosy kitchen, small bathroom, den, and small laundry
room. Hardwood floors in LR & BR, furnished. Surrounded by large semi-wild yard with garden
and fruit trees.

Small pets OK (no dogs), NO SMOKING.

\$ 1300/month, includes utilities (heat, water, hydro), possibly phone line and wireless internet.
References requested, and \$600 damage deposit. Dates and conditions negotiable.

Contact marieclaireben@yahoo.com or 250- 652 1509

Submitted by Claire Ebendinger, Monday Soprano

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

Humility is no substitute for a good personality.

Fran Liebowitz, Writer and humorist;
(published books of essays:
"Metropolitan Life" 1978,
"Social Studies" 1981

Editor's Collection

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

YOGA IN THE PARK IS BACK! (now and 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.

Submitted by Susan Lowe GHC Tuesday Alto

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

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

Restoring Our Connection to Nature with Briony Penn

June 6, 2009

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

Facilitator: Dr. Briony Penn is a geographer from Salt Spring 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 Continuing 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.

VOICEPLAY WITH ELLA TOPAZ (Jun 7)

Intuitive Singing, Authentic Voice, Vocal improvisation
connection to body, voice and self
playful exploration of what the voice can do,
deep listening and connecting to others
creating incredible improvised soundscapes,
open to everyone, regardless of experience
bring a playful mind and open heart.

June 7th 11am – 4pm
Lila Music Studio, Duncan
\$75 (or \$60 if you are a member of GHC)

Contact Cari to register on 250 701 0978
Or call Ella on 250 653 4261

Submitted by Ella Topaz CCLT grad 2006

“CAN PERSONAL SPIRITUALITY
HELP US HEAL THE EARTH?” (Jun 7)

Guy Dauncey will discuss how can we balance our fear and concern for the future of the earth with faith, hope, and action? There is evidence in science, history, and personal experience of an evolutionary tendency towards wholeness and order. Ideas on what we can do to help us to heal the planet.

Guy Dauncey is founder and President of the BC Sustainable Energy Association; Executive Director of The Solutions Project, and Editor of EcoNews.

Capital Unitarian Universalist Congregation Sunday June 7th 10am service, 234 Menzies St (New Horizons)

Submitted by: Jackie MacDonald, GHC Tuesday, Soprano

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

EMOTIONAL FREEDOM TECHNIQUE

~ Experiential Workshop

Tools for healing Body, Mind & Spirit

Wed. June 10th & 17th ~ 9am - 4pm

with Karen Ledger RN BScN accredited EFT trainer

This gentle but powerful technique can assist you in releasing unwanted blocks to wellness. You can also share your learning to help others.

For more information about EFT and this workshop

visit <http://www.at-one.ca>

or call **250 598-4126**

Submitted by Karen Ledger, lapsed Tenor

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

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

*“TRANSCENDENT EXPERIENCE IN THE
NON-BELIEVER UNITARIAN - SOURCE #1” (Jun 14)*

Dana Seaborn will explore the direct experience of that transcending mystery and wonder, which is affirmed in all cultures. She will compare her own experience with that of the Emersonian Transcendentalists, as well as the Eastern traditions.

Capital Unitarian Universalist Congregation Sunday June 14th 10am service, 234 Menzies St (New Horizons)

Submitted by: Jackie MacDonald, GHC Tuesday, Soprano

GODDESSES IN THE GARDEN;

Great Garage and Garden *Art* Sellout *of paintings*. Several hundred paintings Celebrating Mother Earth in all Her manifestations. All the work of Ann-Rosemary Conway BFA.

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

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.

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 or 250-744-3354.

Submitted by Ralph Tiller, HNC Bass

JAZZ @ HERMANN'S (Jun 17)

June 17th at Hermann's Jazz Club Community Jazz bands Groovin Hard at 7:00 PM followed by Jive Jazz Band directed by Nick La Riviere including a guest appearance by 'Double Double' (Soundings and GHC members Jim and Susan Mooney, Mary Gibson, and Elaine and Greg La Riviere.)

Submitted by Greg La Riviere Soundings and former GHC Bass

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Wed. June 17th ~ 9am - 4pm

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This gentle but powerful technique can assist you in releasing unwanted blocks to wellness. You can also share your learning to help others.

For more information about EFT and this workshop

visit <http://www.at-one.ca>
or call **250 598-4126**

Submitted by Karen Ledger, lapsed Tenor

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

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

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

A full description of this program is available on The Haven's website:

<http://www.haven.ca/programs/the-singing-soul-improvisational-a-cappella.html>

And more info on my Singing Soul work is available at:

<http://www.davidhatfield.ca/pro-singingsoul.php>

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

Good wishes to you on your singing ~ David Hatfield, Leadership Consultant & Facilitator

Submitted by Bill Hanson GHC Bass etc.

Editor's Note:

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

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

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

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

COMMUNITY EVENTS – BETWEEN SEASON SUMMER EVENTS

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.

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

TAIZE SERVICE (Jun 19)

The last Taize service for this season will be on Friday, June 19 at First Metropolitan United Church from 6 to 7 PM.

For extra singing come at 5:30 to join the lead group. Everyone is invited to a social hour after the service. The sad news is that unless the Taize community can recruit some volunteers, this may be the last regularly scheduled Taize service.

Submitted by Anne Forester, Monday Soprano

SUSTAINING THE FEAST

a fundraiser for FoodRoots

The Illusion of Abundance

- The fragility of the global food system and what we can do locally.
An educational evening with Herb Barbolet.
- Herb is one of the leading food activists in North America.

The event will be followed by a tasting of local foods from your favorite chefs and farmers on the patio.

7pm Friday June 19
St Ann's Auditorium and Patio, 835 Humbolt Street
Tickets: \$35 (incl gst)
Cash bar of local wine and beer

Submitted by Susan Tychie GHC Tuesday Alto

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

Submitted by Leanne Drumheller Monday Soprano

LOVED ONES & MEMORY LOSS; (Jun 20) Memory Care Skills for those we love and give care to

A One Day Workshop
with Ann Jacob & Stan Tomandl therapists ~ educators ~ facilitators

When: June 20th 9:30 - 3:30
Cost: \$95 (\$75 for volunteers, students, seniors)

Inquiries Welcome & Registration
A flyer is available with more information and for posting

250.383.5677
annstan@comacommunication.com
<http://www.comacommunication.com>

Submitted by Ann Jacob & Stan Tomandl former GHC Alto/Bass)

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 Esquimalt 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

SOLSTICE RECONNECTING WORKSHOP June 21

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 <http://www.joannamacy.net>)

Sliding Scale, \$30 - \$50.

Sunday June 21, 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

PATRICK GODFREY IN CONCERT (Jun 28)

Patrick Godfrey is a fantastic pianist, singer and prolific composer. He will be in concert with Damian Graham on drums and Joey Smith on bass on June 28/09, at 8 p.m., in the Alix Golden Hall (Quatra & Pandora)

Patrick's compositions have been nominated for Academy Awards, and his music ranges from Jazz to boogie to hypnotic improvisations. This will be a very special evening of music of piano and song.

Patrick's Flyer

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090605/godfrey.pdf>

His Web Site

<http://www.apparitionmusic.com>

Submitted by Barbara Lyall CCLT 4 (2007/8) & CCLT 3 (2006/7) and former GHC Alto

ORGANIC ISLANDS FESTIVAL
AND SUSTAINABILITY EXPO (Jul 4 & 5)

Glendale Gardens and Woodland, 505 Quayle Road, Victoria, BC
Just north of Camosun College Interurban Campus

July 4 and 5, 2009 - 10 am to 5 pm

The 5th Annual Organic Islands Festival and Sustainability Expo is a solar-power, near zero-waste celebration featuring eco-friendly practices, products and services presented by 150 Exhibitors in a wonderful 10 acre garden venue. Enjoy tasty food, inspiring people, innovative ideas, chef demos and entertainment for the whole family!

Live green. Do good. We'll show you how.

Find out more at: www.organicislands.ca
or call (250) 658-8148,
or email admin@organicislands.ca

Submitted by Julie Burk GHC Tuesday Alto

SUMMER PIANO BOOT CAMP! (July 6 to 17)

July 6-17. Two weeks of intensive practice! Technique, ear training and theory will be emphasized. This is a perfect course for beginners, age 5 and up. Students wishing to brush up their skills during the summer are also welcome. Adults are encouraged to challenge themselves, and learn something new! We will finish off the two weeks with a performance! Contact: Taylor Winfrey, 250-588-4017, taylorwinfrey@gmail.com

Submitted by Greg La Riviere Soundings and former GHC Bass

ADVANCED SHAMANIC TRAINING

- Divination Workshop
- July 18 & 19 at University of Victoria

presented by the Foundation for Shamanic Studies - www.shamanism.org

Shamanic Divination Training - One of the classic tasks of the shaman is to journey into non-ordinary reality in order to obtain answers to questions, both at the request of others and for oneself. Participants in the workshop have the opportunity to engage in divination journeys for each other as well as for themselves, and to gain experience in using various time-tested shamanic divination techniques. In the shamanic search to become persons of knowledge, they learn, as shamans have from time immemorial, how to converse with plant and animal spirits, how to learn about the use of quartz crystals, and how to seek and receive revelatory knowledge from visionary sources.

Workshop Fee: \$280 - For registration/info

Contact Catherine at reikivictoria@gmail.com 250-298-8191

Submitted by Catherine Harvey former Monday/Tuesday Alto

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

UNDER THE UNDERGARMENTS (Jul 31 to Aug 15)

The works of Marnie Miiller GHC former Alto/Tenor

This exhibition of her art is Marnie's story of the body as muse, mystery and mirror of the soul.

July 31st to August 14

Opening Reception

July 31st at 7:00

Artist's talk 7:30

Collective Works Gallery
1311 Gladstone Ave., Victoria

Invitation & Images

<http://www.gettinhigherchoirl.ca/community-info/pdftemp/20090605/marnie.pdf>

Web sites

<http://www.aixinmuses.shawwebpace.ca>

<http://www.collectiveworks.ca>

Submitted by Bill Hanson GHC Bass etc.

THE HEART OF THE COSMOS:
HUMANITY AND THE NEW STORY (Aug 8)

with Dr. Brian Swimme

Date: August 8th
Time: 9:30 am – 5:00 pm
Cost: \$95.00

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

WAY OF THE SHAMAN (Sep 12 &13)

Way of the Shaman-Basic Workshop in Core Shamanism presented by Foundation for Shamanic Studies September 12 & 13 at UVIC - <http://www.shamanism.org> - \$280

contact Catherine-250-298-8191 or reikivictoria@gmail.com

Participants are initiated into shamanic journeying, aided by drumming and other techniques for experiencing the shamanic state of consciousness and for awakening dormant spiritual abilities including connections with Nature, and provided with methods for journeying to meet and study with their own individual spirit helpers and teachers in non-ordinary reality.

Submitted by Catherine Harvey former Monday/Tuesday Alto

COMMUNITY EVENTS – BEYOND MID-SEPTEMBER (BUT WHAT THE HECK!)

AWAKENING YOUR DIVINE SOUL (Oct 17)

~ A Retreat for Personal Empowerment
with Rosanna Ienco

~ October 17,18 at Sleeping Dog Farm & Retreat Centre, Victoria

With Rosanna Ienco Author of the Renowned Book ~ "Awakening the Divine Soul: Finding your Life Purpose"

During this 2 day workshop at the delightful Sleeping Dog Farm and Retreat Centre, you will be introduced to various techniques, soul journeys, and meditations where you will learn how to hear the deepest whispers of your soul, so that you may understand who you truly are, and why you are here.

For Registration and Information please contact: Catherine at reikivictoria@gmail.com or 250-298-8191

Submitted by Catherine Harvey former Monday/Tuesday Alto

JUST FOR FUN

A reward of laughter for reading this far

LUV THIS LADY!!!

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090605/luv-this-lady.pdf>

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

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