

CHOIR COMMUNITY NEWSLETTER

June 19, 2009

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

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

SPECIAL NOTES!!

1. NO NEWSLETTERS UNTIL SEPTEMBER

This is the "Wrap Up" newsletter for this season. For information on getting submissions out to our community between now and September see the "Summer Community Submissions" item in the "GHC News & Business" section below.

2. SINGING WORKSHOPS!

This a reminder about the upcoming Sight-Singing and Ear-Training workshops for singers, coming up in June. Details in the Opportunities To Sing section of Part 2. Please note, that the registration dead lines have been extended!

DIRECTOR'S NOTES

SHIVON

Dear choir community,

Thanks to all from GHC and HNC who came out to the SWAT in Sidney today - there was a great turnout, all in lovely shades of sea and sky, and we were very well received.

What a great season of choir this has been for me! I've loved every minute of it, and in a few days I will be heading up to Cortes Island for the summer, the place where I do a lot of dreaming, singing, and renewing. I carry you each in my heart, and trust you will find ways to keep your singing practice alive over the summer months.

I saw Deborah Millar today, and she was saying that she'd love to offer a few short workshops over the summer, when she has the energy. If you would like to be on a mailing list to be notified of such events, please email me - shivon@gettinhigher.ca - and simply write in the subject line: Deborah Millar Mailing List. **Don't put any other message** in those emails, as I might not open them - but I will collect all the addresses, and be ready to distribute any announcement that Deborah wants to make about a workshop offering.

I'll leave you with a summer Solstice blessing, from an old song from the Incredible String Band:

May the long time sun shine upon you
All love surround you
And the pure light within you
Guide your way home.

~ Shivon

DENIS

It is always bittersweet to come to the end of a season. On the one hand there is the satisfaction of knowing that we pulled together a wonderfully well delivered, and received, musical experience for our audiences, and for ourselves. Of that we can be justly proud. On the other hand, the *particular* community that worked so hard over these few months will never again exist. Many will stay into next season, but others will leave for a host of good reasons, and others will come in to join our circles. The community who shared the singing, the laughing, the frustrations, the fatigue, and the fulfillment will not exist again, although the trajectory that we describe together will continue into more and different experiences next year.

So: this is my chance to thank you all for being part of my life in this way, by offering in trust your voices and your presence as we complete our circle of harmony. I wish you all a wonderful summer filled with the warmth of the sun and of the heart.

~ Denis

p.s. hope that I will see many of you when Soundings sings with Nomad on Saturday June 27 (more below in the Soundings column).

ADMIN TEAM NOTES

GLORIA

Many Thanks

Thanks from Carol Kerr, Kapasseni Committee to the Choir . Please have a look at this letter of thanks from Carol, who works tirelessly on behalf of our African projects.

<http://www.gettinhigherchoir.ca/community-info/pdf/tmp/20090619/thank-you-choir.pdf>

To The Choir

Many, many thanks to all who made our Concerts such a success. It "takes a village (GHC) to raise a village (Kapasseni)" To each and every one of you who sold tickets, promoted the concerts, sent out the emails and handed out the info slips to friend and family, game donations to the Scholarship Fund - you made it happen.
In particular - those who helped me sell tickets at choir...Robyn Whitbread, Shani Thomson, Merrie Christoff, Mary McCartney.

For The Concert

Thanks to the Ushers, Program Stuffers, and CD sellers, lead by - Marnie and Bob Lamb.

Ushers : Anne Forester, Josephine Munro, Sumitra McMurtchy, Ann Wilmut, Margot Bushnell, Audrey McLennan, Bill Huot, Lynn Mclvor, Kathie Putt and Anne Ravdin.

CD Sellers : Janet and Trevor Dossett, Anita Floyd and Sharon Schaan

PR and Advertising support: Sophie Moore (design) Barb McLintock, Kelly Nakatsuka , Josephine Munro

All the staff at Munros Books, Ivy's Books, Dig This (Broadmead) and the James Bay Coffee and Books

Our Sponsors - Hollyhock, LadyBird Communications (Sophie Moore), South Island Printing (Posters)
JL Copy Plus (programs).

If I've missed anyone - I apologize in advance.

~ Gloria

BILL

Check yourselves out! Thanks to the husband of Tuesday Alto Myrna Fisher a new video has been added to the "Casual Clips" section of our site's "Videos" page. To have a look at, and listen to, yourselves singing Honey In The Rock click on:

<http://www.gettinhigherchoir.ca/community-info/videos.html#casual>

It has been a very busy and satisfying season. The songs were great and I really enjoyed being a member of the choir's audience for only the second time in 10 years.

While I am looking forward to a rest after the rush I am sure that within a couple of weeks I'll eagerly anticipating Gloria's "Two Toonies for Tunes on Tuesdays" drop-in sings in August.

Sing and summer in joy!

~ Bill

Gettin' Higher Choir Info

CONCERT FOLLOW-UP

WHAT'S THE BOTTOM LINE????

Here's more **GOOD NEWS** re: our Concert Fundraisers...all the accounting is complete and...

The total net we raised was **\$21,386** including: Ticket Sales, The Honouring (Scholarship) Fund, Donations from CD sales (25% of GHC and Valdy's CD's), Donations to the project at the concert and the Tomatoes plant sale:

Your generous Scholarship Funds came to: **\$1,860**

That amount will send 6 children to continue their education in the next village (beyond grade 6).

You should all give yourselves a big pat on the back.

Gloria

WOYAYA CONCERT PHOTO STORY

Hello All,

I was happy and proud again to participate with my camera at Kapasseni Benefit Concert. Here is a full photo documentation of the event:

<http://www.goingdigital.ca/GHC2009Kapasseni/index.html>

Please see my ad in Serving Each Other section

Enjoy!

Submitted by Andrew Kielbowicz Choir photographer and former GHC bass

SHARE YOUR CONCERT EXPERIENCE!

You can share your ideas and feelings about your concert experience by adding a comment on our web site and that any of your guests who were there are welcome to do the same. Your comments will add heart to the concert history that is evolving on the site.

To post a comment go to our web site, click on the "Concert" link in the top menu bar and then click on June 12 in the calendar in the left hand side panel. Once you have found our "Woyaya" Concert listing scroll to the bottom and click on the link reading: **"read or post comments about this concert"**

You can then read all the comments that have been posted about it and add your own comment in the box provided at the bottom of the page.

GHC NEWS & BUSINESS

SUMMER DROP-IN SESSIONS

Once again Gloria will lead our popular summer drop-in singing sessions at the Church of Truth. We will meet every Tuesday evening from August 4th to September 8th.

Cost will be \$4 per session ("Two toonies for tunes on Tuesdays" to quote Denis).

This is a time when we can just sing without any particular musical destination in mind. Feel free to invite friends and neighbours this is a great way for people to check out the feel of the choir, or

just experience the fun of an evening of singing. We can try new things, revive old songs, and whatever else appeals to us.

Information about dates, locations and other information may be found at

<http://www.gettinhigherchoir.ca/community-info/#dropin>

SUMMER COMMUNITY 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

SATURDAY SWAT CAR POOLING

From Fairfield/Oak Bay Area

I am willing to drive some Fairfield/Oak Bay folks on Saturday. Anyone for lunch in Sidney?

Please contact me at 250-381-0656 or phouston@telus.net

Submitted by Patricia Houston GHC Alto

From Fairfield/Oak Bay Area

I will be going from Fairfield out to Sidney. If there is someone looking for a ride, please contact me.

250-388-3798

Submitted by Mike Wyeth GHC Bass

From the Gordon Head Area

Jim Hackler, GHC Tenor, is offering rides from Nellie McClung Library leaving about 11:15. You can contact him at 250-744-3010 (h) or 250-472-4722 (aft) or jhackler@uvic.ca

ORCAS ISLAND WORKSHOP CAR POOLING

WE ARE LOOKING FOR PARTICIPANTS TO CAR POOL WITH...

...to 'Deep Singing' at Camp Indralaya on Orcas Island, July 18 through July 23. If you are attending and would like to share the driving with us please contact me at sydvarley@shaw.ca or by phone at 250 384-7823.

Submitted by Syd Varley GHC Monday Tenor

Other choir community info

HNC NEWS & BUSINESS

END OF THE SEASON PICNIC

We had a great time singing in the park this past Tuesday. Joined by several friends and HNC hopefuls for the fall session it was a fun wrap-up to the final session. Good food, good friends and of course iced ginger tea was had by all.

See you all in the fall. Season starts Tuesday, Sept 29. Orientation for new singers at 11:30. Church of Truth.

Shivon and Gloria

SOUNDINGS NEWS & BUSINESS

I am excited to let you know of an appearance by SOUNDINGS at a concert by NOMAD, the world music duo with guitarist Michael Waters (from Victoria) and Kinobe (from Uganda) who is a wizard on many African instruments including kora (the African harp), adungu, and kalimba.

To find out more about NOMAD please go to their web site here: <http://www.nomadmusic.ca/>

SOUNDINGS will be singing with NOMAD on four pieces, including "Kothbiro", which the GHC did several years ago. Also we will be performing a new setting of my song "God Bless the Rain", a unique rendering of a Rumi-like mystical poem by poet Gregory Orr, and a brand new version of the very popular past Soundings number "Jabula Jesu". In all these we will be collaborating with NOMAD, who will be backing us up and alternating leads with us. It'll be fun!

Saturday, June 27, 8:00 pm at Gordon Head United Church, 4201 Tyndall. Tickets \$15 at Lyle's Place and at the door (if not sold out). For more information please call 250 598-7702 or call me at 250 544-4393.

CCLT UPDATES

Community Choir Leadership Trainings ~ A three week workshop facilitated annually by Denis & Shivon

We are still taking applicants for this next session of CCLT.

PLEASE PASS THIS ON TO POTENTIAL CHOIR LEADERS

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

<http://www.communitychoirleadership.com>

Please pass this information on to friends 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.

CCLT GRAD UPDATES

Cari Burdett CCLT 3 - 2006/7

Cari, via her Lila Music Centre in Duncan (93228A Gibbins Rd, Duncan BC), is hosting a singing workshop open to all levels of singers entitled:

"A MEETING OF WORLDS"
with
Portuguese vocalist, Katia Leonardo
on
June 29th from 10am to 4:30pm.
Cost: \$60

Then on June 29th at 8 p.m. Katia Leonardo and Guests Chris Bertin, Phillip Albert & Cari Burdett will perform Fado and African songs and create Improvisation melodies in a "Vocal Jazz Concert" at the Duncan Garage Showroom.

For some background on Katie Leonardo and details on either the workshop or concert please refer to their listings in the Community Events section of Part 2 of this newsletter and/or check out Cari's flyer at:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090619/katia.pdf>

For more background on Katie please visit her web page at:

<http://www.myspace.com/katialeonardomusic>

You can contact Cari and the Lila Music Centre at:

250 701 0978
~ or ~
joythroughmusic@shaw.ca

PRIMARY CHOIR COMMUNITY WEB SITE LINKS

The Getting' Higher Choir	http://www.gettinhigherchoir.ca
Community Choir Leadership	http://www.communitychoirleadership.com
Ubuntu Choirs	http://www.ubuntuchoirs.net
Shivon Robinsong:	http://www.shivon.com
Denis Donnelly:	http://www.denisdonnelly.ca
	http://www.choralsongs.com
	http://www.soundingsmusic.com
Accessing our Newsletters	http://www.gettinhigherchoir.ca/community-info/newsletters.html
Using Our Newsletter:	http://www.gettinhigherchoir.ca/community-info/newsletterinfo.html
Choir Schedule:	http://www.gettinhigherchoir.ca/community-info/index.html

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

Suggestion: If you haven't previously done so copy it to a Word or other text document for storage on your computer, or to print out, for future reference.

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

Man has three friends on whose company he relies. First, wealth which goes with him only while good fortune lasts. Second, his relatives; they go only as far as the grave, leave him there. The third friend, his good deeds, go with him beyond the grave.

The Talmud

Editor's Collection

COMMUNITY MEMBER'S SUBMISSIONS

When reading (skimming) the contents of this newsletter keep in mind that what your choir companions are requesting or offering may be of interest to one or more of your non-choir contacts. Support each other...pass the word!

APPRECIATIONS

ON BEHALF OF DEBORAH MILLAR

Thank you all for offering to provide help and support for Deborah over the next few months as she completes her chemotherapy treatments and beyond. I have a very generous list of over 25 of you who have joined as drivers, cleaners, visitors, errand runners, etc. etc. and when I let Deborah know how much you care about her by your offer of time and love, she was very touch by it all.

If you haven't been in touch with me about helping and want to be added to the list - please email me at:

gloria@gettinhigherchoir.ca

You will always have the option of declining on any request since there are enough of us that we should be able to spell each other off. I'll be taking my lead from Deborah as to her needs.

Gloria, M,T,T, tenor

THANK YOU ANNE!

We would like to thank a very special person, Anne Forester, for being an extraordinary kind and generous friend.

Thank you Anne for teaching Luca, our son, English 5 years ago when we came to Canada - you are his first Canadian teacher :) You helped him not only to learn a new language but also to find himself in a new reality. This year you surprised us again, offering to teach Luca French, when he started French immersion (Anne speaks four languages!). Time spent with you, Anne, in your beautiful place filled with flowers and with the ocean just outside the window, is a pleasure for Luca and each time an adventure. You are an exceptional educator.

We are deeply honored to know such an amazing person like you.

Hugs and kisses,

Joanna, Andrew and Luca

Submitted by: Joanna former HNC alto, Andrew former GHC bass and Luca former HNC alto

JUST A NOTE OF THANKS TO ALL THE SOPRANOS THAT ATTENDED OUR SECTIONAL:

Shani Thomson. and her Mother Robyn Whitbread, Sylvia Samborski, Judy Smith, Jennifer Sager, Pat Rothero, Virginia Ronning, Lorna Pophan, Mercedes Picot, Barbara McDavid, Jackie MacDonald, Victoria Nielson, Mary Lynch, Marlene Letender, Joyce Jason, Patricia Hurdle, Audrey Glynn, Mary Gibson, Susan Farling, Christine Freed, Margaret Firth, Carolyn Emo, Claire Ebendinger, Helen Durie, Cathy Denny, Lynn Daniel, Jane Dewing, Nan Campbell, Ann Chaland, Kathy Coster & Gail Anstey, and a special thank you to Shivon who led us in song.

Our table was an opulent abundance laden with a cornucopia of mouth watering gourmet delights that the Sopranos created:

Marinated Tomatoes, Bocconcini & Basil Kabobs, Roasted Pepper & Humus with Focaccia, Garlic, Basil & Goat Cheese with Crostini; Brie, Gorgonzola, Goat Cheese, Fine Breads and Grapes; Inari; Fresh Vegetables with Pesto, Mayo dip; and for Dessert; - Coffee Mocha Pavlova; Maple Crunch Apple Cake; Strawberry Rhubarb Crisp; Blackberry, Plum sauces with Whipped cream; Chocolate, Strawberry & Pecan Cheesecakes; followed by Wines & Champagne.

And as we all sang in the garden, Barbara McDavid, could not have said it more profoundly - "Singing outside under the stately trees flanked by Iris & Rhododendrons with Birds & Deer, Sun streaking through, what an experience - It felt as if we were in "Nature's Cathedral".

Photos: <http://www.gettinhigherchoir.ca/community-info/pdftemp/20090619/jean's-sopranos.pdf>

So hone your culinary skills for next year in June we will meet in the garden again & sing with Shivon and after, we will truly enjoy each others company over many wonderful, delicious, mouth watering and creative gourmet delights.

Have a great summer and see you in the fall.

Hugs,

Submitted by Jean Anderson, Tues. Soprano

WOYAYA

Concert - Dreaming in Four Part Harmony

Once again the huge success of the 'Getting Higher Choir' performing to sold out audiences is due to the orchestrated and fine tuning of two great directors, Shivon & Denis for their hard work, dedication & passion. Everything they do is a wonderful & glorious exploration of harmonies.

The arrangements of song were vibrant, exuberant, buoyant, intoxicating & extremely uplifting, and the performance put us all in a place we want to be and that is truly magical.

Profoundly beautiful and brilliantly arranged and directed by Denis was 'Hard Times', a song that is a cry to all of Humanity as it touches the core of our very existence and so memorably soulful, the tune will live in our hearts forever.

And Shivon in her elegance and skill as she directed her well spring of support shared with those who have fallen in love with her passion for Africa. Her songs captivated the audience with its strong clarity of sound that echoed through the night and vibrated through our bodies as we sang so passionately.

The night was filled with such energy and harmony by Valdy and we were all a little awestruck by his performance. With his ability to understand the power of narrative, he tells his story through song and mesmerizes his audience with such bracing, energetic, beautiful and heartfelt songs. The audience and choir moved to the rhythm of his songs, as his nimble fingers provided an excellent touch and lightness to his music, with ballet like dance steps he floated and created a lightness of ease. And even with a gentle touch of a comic actor that delighted the audience, as they moved and swayed and tapped their feet with delight.

And to a standing ovation as we shared the stage with Valdy we were all so beautifully choreographed, complementing each other that was intoxicating and sent chills through our spines and created a euphoria of delight to be forever remembered.

With gratitude for this memorable opportunity to sing!

Submitted by Jean Anderson Tues. Soprano

JUST A NOTE OF THANKS TO ALL OF THE SINGERS WHO MADE OUR SURPRISE BIRTHDAY PARTY FOR SHIVON & DENIS A SUCCESS.

Thanks to Shani Thomson and her mom Robyn Whitbread, Sylvia & Ron Samborski, Mercedes Picot, Nan Campbell, Mary Gibson, Gloria Hansen & Bill Hanson. And a special thank you to my

husband John who picked up the cakes and helped set them up, and stayed after the concert to help clean up too.

The cakes were absolutely fabulous all large enough to feed 200 hungry singers, with layers upon layers of both chocolate & white icing, dozens of red roses bordered the edges with music symbols, many candles and the writing in red wishing 'Shivon & Denis a Very Happy Birthday'. And as we walked into the Metro Theatre carrying the cakes and candles lit to a dark room, the choir sang - 'Happy Birthday, Happy Birthday We Love You' -- Shivon & Denis danced and twirled around in delight, It was a wonderful SURPRISE, what a magical moment.

Shivon began the cutting of the cakes and served them on red plates with red napkins, the excitement was exhilarating and then in a flash the cakes vanished and we were all ready for the second half of the concert, all comforted and in a chocolate high.

Thank you all for being there to share that magical moment in time.

Hugs,

Submitted by Jean Anderson, Tues. Soprano

And a special thanks to Jean who took on our idea and turned it into reality with her great organizational skills and 'team' supporters.

Gloria Hansen and Bill Hanson

OPPORTUNITIES TO SING!!

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

THE HARMONIOUS FAMILY CHOIR ~ VICTORIA

Fall season starting in mid-September!

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

The choir is directed by:

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

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

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

For details please visit:

<http://www.harmoniousfamilychoir.com>

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

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

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

VOCAL WORKSHOPS

If you are wondering how you'll deal with choir withdrawal over the summer, there are some great offerings from Teodora Georgieva-Gitberg at the new Victoria Choral Academia. Here are a few immediate courses, and for more in August, check out the Calendar on the website:

<http://www.victoriachoralacademia.net>

"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 19

"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

Registration dead line: June 26

"The singing body"

brings together Yoga techniques and fun vocal exercises to create a deeper connection between our body and voice.

Thursday, July 16

Time: 6:00 - 9:00 p.m.

Church of the Truth (111 Superior St.)

Fee: \$30

Registration dead line: July 10

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

Registration dead-line: Monday, June 22

All three workshops are taught by

Teodora Georgieva-Gitberg

250-896-3428

<http://www.victoriachoralacademia.net>

Submitted by Shivon

COMMUNITY EVENTS ITEMS THAT INVITE YOU TO *SING!*

Taize Service	(Jun 19)
Sing Up The Sun On Midsummer Morning	(Jun 21)
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

THE “WILDLIFE IN FOCUS” PHOTO CONTEST

Here is some information from Angela Kendall from BC SPCA Wild Arc about their photo contest. Great topic, good cause!

The BC SPCA Wild ARC (the only wildlife rehab centre for all of southern Vancouver Island) takes in injured and orphaned local wildlife for rehabilitation and release. Wild ARC is a registered charity that relies on innovative fundraisers such this photo contest.

Between June 1 and Aug. 31, Wild ARC, encourages shutterbugs to explore green spaces, roadsides, beaches and even backyards to find striking images that represent the resiliency of local wildlife living at the interface with humans. Images can show fun and interesting animal behaviour, portraits of wild animals in their natural habitat and adaptations of wild animals living in urban environments.

The contest is open to all residents of the CRD and the Gulf Islands.

For details go to: <http://www.wildarc.com/contest>

Recommended by Andrew Kielbowicz Choir photographer and former GHC bass

RO DANCE

Unexpected beauty!

<http://www.gettinhigherchoir.ca/community-info/video/20090619/ro-dance.wmv>

Forwarded to me by wife #1, Irene Harris of Paris

Recommended by Bill Hanson GHC Bass etc.

HOME

A must see. I am sending it to my whole list.

"This mindboggling movie goes beyond the Planet Earth series and finds breathtaking beauty in the remotest of places and in human settlements, while reminding us to wake up to the predicament of the Earth." - From an email forward

Press conf: <http://www.youtube.com/watch?v=Cgz5BELaYW0>

Film: <http://www.youtube.com/homeproject>

Recommended by Edward Butterworth former GHC Bass

Editor's Note

I second that emotion!

CALLING ALL WORDSMITHS!
AND NOW CALLING ALL WORDNIKERS!

For exploring the wonderful world of words... go hunting at <http://www.wordnik.com>

Recommended by Josephine Munro, GHC tenor.

A DOG NAMED LUCKY...

This will make you both laugh and cry. It is so endearing

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090619/lucky.pdf>

Recommended by Cindy Stevenson GHC Monday Alto

A TALK BY DR. TANYA BERANG

On Thursday, June 25th. from 6 - 7:30 P.M. Dr. Tanya Berang, a radiology oncologist researcher at the B.C. Cancer Centre here in Victoria will be speaking at the Fairfield Community Centre about the most recent developments in breast cancer research. Please pass this along to anyone you think may be interested.

Dr. Berang is a brilliant young researcher.

Recommended by Patricia Houston GHC Alto

RANDOM ACTS OF KINDNESS

This YouTube video was forwarded to me via the "Yurt News" and I think it is worth passing on to you <http://www.youtube.com/watch?v=JLfPtLp3u3Y>

Recommended by Bill Hanson GHC Bass etc.

AND NOW FOR SOMETHING COMPLETELY DIFFERENT!

It is a great event.

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090619/stories.pdf>

Recommended by Patricia Houston GHC Alto

Editor's Note

For more information about the Victoria Story Tellers Guild visit their site at:

<http://www.victoriastorytellers.org>

BELTING OUT HOME ON THE RANGE

This excellent article affirms so much of what people experience singing in the GHC.

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090619/globe-mail-20090619.pdf>

Recommended by Gertie Jocksch, GHC Monday Soprano

Editor's Note

This article plus a number of other singing articles, websites, videos, etc. are accessible from our site's "Singing?!" page at:

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

CHOIR LINK OF THE DAY

My husband collects choir videos. This one is really good.

<http://www.flixxy.com/perpetuum-jazzile-real-group-africa.htm>

Recommended by Mary Anne Jarvin Monday Soprano

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

A man can be as great as he wants to be. If you believe in yourself and have the courage, the determination, the dedication, the competitive drive and if you are willing to sacrifice the little things in life and pay the price for the things that are worthwhile, it can be done.

Vince Lombardi, American Football Coach

Editor's Collection

PAST or DISTANT VOICES

SUBJECT: CONCERTS

My best wishes go out to all of you...Shivon, Dennis, Bill & Gloria and all the super singers that form your special choir.

I know that the two concerts will be a success and it will be a joyful event.

Missing you all,

Virginia (Spirits Call Choir) Winnipeg

Submitted by Virginia Dzikowski former GHC Tuesday Soprano

Editor's Note

This item arrived before the concerts but after the previous newsletter went out.

COMMUNITY NETWORKING

Dear members of the Choir,

I am still on my way to find a Job. I will list the fields I work below. At this moment I can work anywhere all my skills are transferable so I can work with people anywhere. I am open from a university, a company a business, a hotel to a store. I need a job as soon as possible. Thank you in advance for your tips!! Here are my phone number (250) 590 7859 cell. 250 686 3574.

Trainer. Facilitator. Program Management. Volunteer coordinator. Promotion of Products and Services. Spanish teacher.

Thank you for your help!

Submitted by Ana María García GHC Thursday Alto

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

Mark your calendars!

Sunday, October 4th 9.A.M. University of Victoria, 5 km. route if you can.

We already have about 15 people signed up or planning to for our "Team Gettin Higher Choir " That means our Tee shirts will be printed. More would be even better and also more fun. You can register online at <http://www.cbcf.org> or call 1800-387-9816 if you need assistance. The registration fee is \$40.00 which you can pay later or will be waived if you get \$150.00 in sign-up pledges. Please note that you register with " Team Gettin Higher Choir" not "team". at the end I am the team captain and will receive the pledge sheets and make sure you get them. You might also receive them in the mail.

As this is our last newsletter until end of Sept. I am so grateful for your stepping forward now to get this in place. Remember, you don't have to be a runner, walking as far as you can is fine. Think up all the hopeful songs we can sing to-gether starting out and along the way.

Thanks so much to all you generous caring souls who have come forward. It would be nice to have some guys!

Contact Patricia Houston, 250-381-0656 or phouston@telus.net.

EXPERIENCED SAILORS NEEDED

Skipper of a 50' motoryacht is looking for experienced crew. Details at this link:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090619/cgr-boat-advt.pdf>

Submitted by Chris Gower-Rees Former GHC / Soundings Tenor

VICTORIA TANGO FESTIVAL 2009

Call for Vendors of Fairly Traded Goods and Indigenous Crafts, Cultural Nonprofit Associations

Passion for Tango Society is creating an outdoor location for a market with cultural flavor and Fair Trade. We expect up to 1,500 people a day at our events. Tango Fest 2008 had full houses for each performance.

Date; August 7th 2009 11:30-9:30

Location; Centennial Square on Douglas Street

Concerts, 11:30-1:30 and 5:30-9:30 (vendors can be open all day)

Estimated Attendance; 1500- 2000

Cost; \$25 nonprofit/ \$35 for profit

Tables can be provided, bring your own tent. Some vendors can have access to power.

For event marketing and registration info please contact Contact June at 250-418-8898

Some info is posted in our website at <http://www.passion4tango.com> More will be added in the next three weeks.

Submitted by June Waters former HNC singer

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.

SEEKING VOLUNTEER ARTIST ASSISTANTS FOR LUMINARA

Now to July 25

No experience needed, making lanterns is fun and easy! I am a Lantern Artist working on my 3rd large-scale (stationary) installation for the Luminara Lantern Festival held in Beacon Hill Park July 25. The installation will be presented as a "story walk", with text from an inspirational parable, along with a community participation element. For more info, or to be a part of any part of the production (lantern building, set up, or involvement at the installation site the evening of the event) please contact Michele Hibbins at 250-361-0992, msantosha@telus.net . Thanks!

Submitted by Michele Hibbins Former GHC Alto/Soprano

SAVING MADRONA FARM

The Land Conservancy is trying to buy the farm at 4317 Blenkinsop from the Chambers family, and lease it back to grandson David Chambers. If this is successful, this piece of land will forever be an organic farm leased to committed farmers.

You can help in two ways:

- ◆ Donate to The Land Conservancy in the name of Madrona Farm, or
- ◆ Take a cheque made out *In Trust to Madrona Farm* out to the farm.

Your contribution is tax deductible.

We have until July 31st to raise \$370,000 to complete the second stage of this purchase. For more information see their website: <http://www.madronafarm.com> .

Submitted by: Marsha Birney, GHC Alto Tuesday/Thursday

SERVING EACH OTHER

BILL'S SUMMER SERVICES

YESS! ~ Your Enterprise Support Services

If you, or anyone you know, can use any of the following services over the summer please contact me.

Computer & Internet Support

Designing, building and/or maintaining web sites

Computer kickstart training on Windows, Word, Excel and a variety of other programs

Business & Project Support
Research
Organization & Promotion
Add-A-Mind Consulting Services

Very Sound Services
Creating "Custom CDs" with your choice of music in the order you want to hear it
Converting old records and tapes to digital files and burning them on CD

For details and curiosity satisfaction please contact me at:
250-920-4160 (8 to 8, Tues to Fri)
~ or ~
co-admin@crucible.ca

Submitted by Bill Hanson GHC Bass

PRACTICAL DIGITAL PHOTOGRAPHY LESSONS

New Digital Photography Mini Group courses start soon:

Digital Photography for Beginners

Photographing People and Events

Photoshop Classes

<http://www.goingdigital.ca/>

Please call Andrew at 250 884 4012

Submitted by Andrew Kielbowicz, Choir photographer and former GHC bass

LAUGH FOR THE HEALTH OF IT!

"Stress is the #1 killer and laughter is the #1 stress buster." -anon

Laughter Yoga is a group of folks getting together to laugh for no reason.

No yoga poses, some breathing. Lots of laughter and fun.

Summer schedule:

Saturdays 10-11am Saxe Point Park, Esquimalt.

Sundays, Beacon Hill Park 11am -12 noon,

(just down the path and round the corner from the kid's playground.)

Mondays 11am to 12 noon Esquimalt Rec Centre

Wednesdays 6.30 to 7.30pm

(at Veteran's Memorial Park - corner Goldstream and Veteran's Memorial Parkway)

Wednesdays 7-8pm Esquimalt Rec Centre

Esquimalt Rec has a drop in fee of \$5. The other sessions are by donation.

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

Submitted by Matti Anttila, former GHC Bass

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

NEW PHOTOGRAPHY SERVICES

I am so excited to finally start promotion of:

YOU ARE . . .

Photography

(Former name -- Lens to Face -- advertised couple weeks ago was somehow a bit aggressive, but your opinion will be appreciated)

OFFERING:

up close and personal, natural, vibrant portraits,
professionally enhanced in Photoshop

portraits with the soul, revealing the divine spark in you,
depicting your character and personality

female beauty photo sessions, empowering self esteem,
images capturing your inner essence, charm and joyful sensuality

casual family and group portraits

photo journalistic style coverage of weddings, parties,
friends' gathering, meetings, concerts,
awards' ceremonies, cultural events and . . . you name it!

editorial and documentary photography

For enquiry and to book your session please call Andrew 250-884-4012
(new website will be online soon)

Please spread your kind words about my photography services.

Submitted by Andrew Kielbowicz, Choir photographer and former GHC bass

FREE INITIAL CONSULTATION

If you're thinking of seeing a counsellor, I offer a free initial session to members of the GHC community (or anyone referred by a community member).

I'm a Registered Clinical Counsellor whose practice embodies values of relationship, harmony, and respect. I work with couples and individuals, helping you work out issues involving relationships, the workplace, and times of transition. I have experience with addictions, depression and anxiety, and suicide.

Visit <http://www.leemcleodcounselling.com> and/or call 250-888-6825.

Submitted by: Lee McLeod, GHC Tuesday/Thursday Bass

HEALING TAIQIGONG

If you have ever wanted to try out either tai chi or qigong, here is an opportunity to taste it, try it on and see if it fits. Summer sessions are fr.ee to attend. No Appointment needed, just show up (90% of success is just showing up -Woody Allen). Matti Anttila has been a practitioner since 1991.

Sunday morning 10-11 am at Beacon Hill Park. Just down the path and round the corner from the kids' playground.

Submitted by Matti Anttila, former GHC Bass

INSIDE 'N OUT CLUTTER CONSULTING

Mark Twain said, "If you have to swallow a bullfrog, don't look at it too long. If you have to swallow two bullfrogs, swallow the big one first."

Tired of the clutter in your pad? Ready to leap into action?

Call us at 250-382-2741

<http://www.insidenoutconsulting.com>

Free initial consultation

Submitted by Lynn Conall Thursday Soprano

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.

LEE MCLEOD (GHC Tuesday/Thursday Bass)

<http://www.leemcleodcounselling.com>

I'm a Registered Clinical Counsellor whose practice embodies values of relationship, harmony, and respect. Your initial consultation is free.

DOUG PATTERSON (GHC Bass)

<http://www.harmoniousfamilychoir.ca>

Love to sing? Check out our non-audition, multi-generational choir. We welcome all individuals and family groups! New singers always welcome.

SHIVON ROBINSO (GHC & HNC Director)

<http://www.shivon.com>

Anyone Can Sing! And singing together in harmony is a vital source of energy and connection, accessible to everyone. Workshops! Theatre! Choirs! Training!

LYNN CONALL (GHC Thursday Soprano)

<http://www.insidenoutconsulting.com>

Inside 'N Out will help you clear your clutter in your home, your workspace, your money and when you move.

THINGS & OPPORTUNITIES WANTED

CHRISTMAS LIGHTS WANTED FOR AUGUST

We are hosting our daughter's wedding on August 8th and need many meters of little white Christmas lights.

If you have any that we might borrow, please email me and I will arrange to pick up, label and return to you.

I can be contacted at either sunlady@shaw.ca or (250) 298-0931

Thanks

Submitted by Christie Eng GHC Tenor

COMMUNITY MARKETPLACE

FOODROOTS BUYING GROUP HAS STARTED UP!

Let us know if you are interested in getting
-case lots of organic Okanagan tree fruit - starting with cherries in July,
- flats of local berries - strawberries now!
- Okanagan and local tomatoes, basil etc in the fall
- bulk dry goods all the time
- all organic of course.

Send an email to get on the list:

susantych@telus.net

Web ordering will be available soon at <http://www.foodroots.ca>
Call Lee at 250 385-7974 for strawberries and more information.

Submitted by Susan Tychie Tuesday alto

MOVING SALE!
(in Farfield)

- ◆ Adjustable black leather high-back office chair. New condition. \$75
- ◆ Tow hitch bike rack. Holds two bikes. Lockable. \$50 obo

- ◆ Bell bike helmet with visor. Hardly used \$20
- ◆ Child's life jacket (60-90 lb) \$10
- ◆ 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 \$125 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.
- ◆ Some plants and pots left, 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.
- ◆ Three rare old (100 yrs +) medical books. Best offer.
- ◆ Older 12 inch Dell laptop computer with Windows 95 and Microsoft Word, internet modem, power adapter and leatherette carrying case. Best 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

ALKALINE, IONIZED WATER

Try our amazing water for free!

What could be more basic to your health than the water you drink?

Did you know that alkaline, ionized water is up to 6 times more hydrating, loaded with power antioxidants, full of oxygen, a powerful immune system enhancer, and also helps detoxify your body? I invite you to give me a call and try out this highly beneficial water. Bring over an empty gallon or you can borrow one from me and I'll provide you with FREE Alkaline Ionized Water for a week so you can experience the difference for yourself. Home demonstrations are available by appointment.

Call Teya at 250-477-2858 in Esquimalt.

Submitted by June Swadron – former GHC alto

EMPLOYMENT AVAILABLE OR WANTED

Dear members of the Choir,

I am still on my way to find a Job. I will list the fields I work below. At this moment I can work anywhere all my skills are transferable so I can work with people anywhere. I am open from a university, a company a business, a hotel to a store. I need a job as soon as possible. Thank you in advance for your tips!! Here are my phone number (250) 590 7859 cell. 250 686 3574.

Trainer. Facilitator. Program Management. Volunteer coordinator. Promotion of Products and Services. Spanish teacher.

Thank you for your help!

Submitted by Ana María García GHC Thursday Alto

ACCOMMODATION AVAILABLE OR WANTED

ACCOMMODATION WANTED:

Seeking a sunny private 2 bedroom suite in a quiet, tranquil 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

TWO BEDROOM WANTED

A friend of mine and her partner are moving back to Victoria and are looking for accommodation as follows:

Clean, quiet, mature couple looking for Bright 2 bedroom accomodation under \$1000 per month.

Call Jan at 1- 250- 597 4397 or email

janhomenurse@gmail.com www.janhomenurse.com

I hope you can help them.

Submitted by Bill Hanson GHC Bass etc.

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 *****

There is a wonderful mythical law of nature that the three things we crave most in life happiness, freedom and peace of mind - are always attained by giving them to someone else.

Peyton Conway March

Submitted by Patricia Houston GHC Alto

COMMUNITY EVENTS ~ OVER THE SUMMER

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.

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

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 (Jun 19)

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

CHRIST CHURCH CATHEDRAL'S
2009 SUMMER ORGAN SERIES (Jun 19 & 26)

Second and third of three great recitals on the magnificent Hellmuth Wolff organ:

Friday, June 19th: Dr. Carole Terry
Professor of Organ, University of Washington
(works by Brahms, Bolcom, Mendelssohn, Alain, Reger)

Friday, June 26th: Michael Gormley
Director of Music, Christ Church Cathedral
A Benefit Concert for the Music Endowment Fund
(works by Buxtehude, Bach, Franck, Haydn, duMage and Arvo Pärt)

All performances will begin at 7:30 pm and performers in the organ loft will be projected on the big screen at the front of the Cathedral.

Tickets are \$15 per concert and will be available at the door, at the Cathedral office or at Ivy's and Munro's books. For more information, please call 250-383-2714

Submitted by Bev Norman, tenor in sabbatical

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)

FERNFEST (Jun 20)

Stories in the Square with Maggidah Shoshana Litman

Enjoy lively, participatory stories and singing in Fernwood's revitalized town square.
Saturday June 20, 2009 at 4:30 p.m.

Gladstone and Fernwood Road under the gazebo in front of the Belfry Theatre.
Please visit <http://www.maggidah.com> for more information about Shoshana's stories and songs

Submitted by Shoshana Litman HNC singer

FERNWOOD ART STROLL (Jun 20)

Visit BC's first ordained Maggidah (Jewish storyteller) and talented visual artists throughout this eclectic neighborhood.

Saturday June 20 and Sunday June 21, 2009, 11 a.m. and 4 p.m.

Brochures available at the Church of Truth, Cook Street Village Food Court, Pandora Arts Collective, Congregation Emanu-El or <http://www.victoriawoodstudio.com/fernwood-studio-tour.html> (scroll down to the bottom of the page for more info about the artists)

Submitted by Shoshana Litman HNC singer

A SPECIAL INVITATION FROM positively AFRICA! (Jun 21)

You are invited to our first-ever Volunteer Meet and Greet Event!

When: Sunday, June 21st, from 2:30 – 4:00 pm

Where: Common Room in Cardiff Place, 1246 Fairfield Rd.

What: Here's an opportunity for you to:

- ❖ Learn more about positively AFRICA's exciting projects!
- ❖ Check out volunteer opportunities
- ❖ Meet other like-minded volunteers and Board members
- ❖ Enjoy light refreshment

Please join us for this fun and informative event! For more information, please call Sabine at 250-598-0708.

Submitted by Sabine Laubental GHC Alto

CELTIC VESPERS TO CELEBRATE THE SUMMER SOLSTICE (Jun 21)

St. John's United Church will officially welcome summer with an offering of Celtic Vespers on June 21 at 7:00 p.m. Inspired by its popular Jazz Vespers series, Celtic Vespers will feature the music of Prevedores, Golden and Joy, a trio of veteran musicians whose groundbreaking sound produces the essence of music without borders.

Submitted by Eva Kerr GHC Monday Alto

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

SING UP THE SUN ON MIDSUMMER MORNING (Jun 21)

You are welcome to join Kala-vi and friends for 'Sing up the Sun' on Midsummer morning. There will be a short blessing at the beginning and end of the celebration, *sun* songs/chants to welcome the rising of the sun on the longest day of the year, and a feast of breakfast foods. Please bring layers of clothes, a blanket to sit on, and breakfast snacks to share with others.

Cairn Park in Esquimalt, 4:15 am, June 21 (Sunday morning)

For more information and directions contact Pashta MaryMoon at 383-4065 or pashta@victoria.tc.ca

Submitted by Pashta MaryMoon former GHC Tenor

A TALK BY DR. TANYA BERANG (Jun 25)

On Thursday, June 25th. from 6 - 7:30 P.M. Dr. Tanya Berang, a radiology oncologist researcher at the B.C. Cancer Centre here in Victoria will be speaking at the Fairfield Community Centre about the most recent developments in breast cancer research. Please pass this along to anyone you think may be interested.

Dr. Berang is a brilliant young researcher.

Submitted by Patricia Houston GHC Alto

CHRIST CHURCH CATHEDRAL'S
2009 SUMMER ORGAN SERIES (Jun 26)

Last of three great recitals on the magnificent Hellmuth Wolff organ:

Friday, June 26th: Michael Gormley
Director of Music, Christ Church Cathedral
A Benefit Concert for the Music Endowment Fund
(works by Buxtehude, Bach, Franck, Haydn, duMage and Arvo Pärt)

Performance will begin at 7:30 pm and performers in the organ loft will be projected on the big screen at the front of the Cathedral.

Tickets are \$15 per concert and will be available at the door, at the Cathedral office or at Ivy's and Munro's books. For more information, please call 250-383-2714

Submitted by Bev Norman, tenor in sabbatical

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

"A MEETING OF WORLDS" (Jun 28)

Singing workshops with Portuguese vocalist, Katia Leonardo

Open to all levels of singers.

Drawing from her background in African, Brazilian and Portuguese cultures, Katia will guide participants on a journey to the roots of music and oral traditions, delving into rhythmic, harmonic and melodic patterns and looking at the places where these worlds intersect. Beautiful songs and rhythm games will improvise our way into a space of creativity and fun. Also exercises to expand the vocal palette, techniques to enrich vocal timbre, power, comfort and accuracy.

Enliven and enrich the experience of your own music, whatever the style. Come away with vibrant musical energy and inspiration.

June 28th, 10am to 4:30pm. at Lila Music Centre, 3228A Gibbins Rd
Cost: \$75. (\$60 if payment received by June 19th)

Flyer: <http://www.gettinhigherchoir.ca/community-info/pdftemp/20090619/katia.pdf>
Web: <http://www.myspace.com/katialeonardomusic>

Submitted by Cari Burdett CCLT 3 - 2006/7

VOCAL JAZZ CONCERT (Jun 29)

Portuguese vocalist, Katia Leonardo and Guests Chris Bertin, Phillip Albert & Cari Burdett will perform Fado and African songs and create Improvisation melodies.

June 29th, Duncan Garage Showroom, 8pm

Flyer: <http://www.gettinhigherchoir.ca/community-info/pdftemp/20090619/katia.pdf>
Web: <http://www.myspace.com/katialeonardomusic>

Submitted by Cari Burdett CCLT 3 - 2006/7

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

BOOK SIGNING (Jul 10 to 12)

Jack Haas is having a book signing and giving talks at the 1st Annual All Art Show, <http://www.allartshow.org>. July 10-12, at Sooke Legion Hall in support of a fund raiser for an elevator for stair challenged vets, family and friends. See <http://www.jackhaas.org> for info. about books and Jack. Look forward to seeing you there.

Submitted by Jack Haas, Tuesday bass

BECOMING YOUR TRUE SELF:
WOMEN'S SELF-DISCOVERY RETREAT (Jul 10 to 12)

Restore your spirit, rediscover the beauty within you and explore your direction in life. Learn proven strategies for healing and personal transformation. Activate gratitude, forgiveness, joy, courage, contentment and 50 other virtues that are innate within you. Enjoy uplifting live music, art, journaling, guided meditations, chanting and sharing circles. Discover how to use life's daily challenges as gifts for growth. Learn ways to build healthy relationships and protect your time, energy and health.

This retreat weekend includes time for deep rest and unlimited use of Queenswood's therapeutic pool, 13,000-volume library, art studio, yoga classes and many other classes and amenities.

July 10-12, Fri. 5:30pm to Sun. 3:00pm
All-inclusive live-in fee: \$364 | Commuter: \$250 | Queenswood sabbatical: \$162
Special 10% discount if you and a friend register together. Phone

250-477-3822 or 1-888-407-3822.

Bursaries may be available. Please visit www.QueenswoodVictoria.ca/bursaries to apply.

Submitted by Nancy Watters CCLT 1 - 2004/5

“A DIFFERENT WAY OF LIVING” RETREAT (Jul 10 to 12 or 10 to 15)

A 5 day (or weekend) dialogue retreat based on the ground-breaking teaching of J. KRISHNAMURTI - including a video-series of him with Prof. Allan Anderson and opportunities for shared enquiry through dialogue – at the beautiful Krishnamurti Educational Centre of Canada in Metchosin; earlybird rates; see:

<http://www.krishnamurti-canada.ca>

For more information contact swanwick@shaw.ca or 250-744-3354.

Submitted by Ralph Tiller, HNC Bass

ADVANCED SHAMANIC TRAINING (Jul 18 & 19)

- 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

Editor’s Note

Check out the carpooling opportunity in the “Worshop Car Pooling” section in Part 1 of this newsletter.

*RETREAT WITH
CREATION CENTRED MYSTICS*

(Jul 20 to 24)

Using the meditations of Meister Eckhart, Mechtild of Magdeburg and Hildegard of Bingen, we will explore through art and prayer, our relationship with God, creation and self. The flow of the day is planned together, "As God creates so we create...we will have a creative kindom". (Rhineland Mystics).

Facilitator: Mary Jane Wilson, CND, MA Cert. A. Th.

Date: July 20—24(Mon—Fri)

Time: 10:00 am—3:00

Cost: \$175.00.

Location: Friend's Meeting House 1831 Fern Street, Victoria

To register: 250-220-4601 or 250-380-9786 or earthliteracies@gmail.com
<http://www.livinglanguageinstitute.org>

Submitted by Gertie Jocksch Monday Soprano

UNDER THE UNDERGARMENTS (Jul 31 to Aug 15)

I invite you to my art Exhibition "Under the Undergarments".

This is a visual story of body as muse, mystery, and mirror of the soul. Art as my healing vision through breast cancer.

During the exhibition a donation/raffle on Self Portrait a gleece print will be at the gallery: with all proceeds going to the choir's Honoring Fund to help provide educational scholarships in Mozambique.

Where: Collective Works Gallery, 1311 Gladstone Ave, Victoria BC.

Opening Reception: July 31, 7:00 p.m. Show runs July 31 - August 14,2009

Thankx again to a supportive choir during my cancer treatment 2 years ago.. .

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 Marnie Miiller previous GHC Tenor

"THE TRANSFORMATION OF MAN" RETREAT (Aug 7-9):

A weekend dialogue retreat based on the ground-breaking teaching of J. KRISHNAMURTI - including a video-series of him with Dr. David Bohm and Dr. David

Shainberg and opportunities for shared enquiry through dialogue – at the beautiful Krishnamurti Educational Centre of Canada in Metchosin; earlybird rates; see:

<http://www.krishnamurti-canada.ca>

For more information contact swanwick@shaw.ca or 250-744-3354.

Submitted by Ralph Tiller, HNC Bass

THE HEART OF THE COSMOS: (Aug 8)

Humanity and the New Story with Dr. Brian Swimme,

Dr Swimme will present the following topics: New Story/New Cosmology, Where we as humans are in the story of the cosmos, and how we got here, derived from science. Cosmology and Earth's Imagination, The relationship of human beings and Earth, and the need to rebalance human activity with "earth activity." Cosmology and Spirituality. The story of "new heavens and a new earth" entails a new human consciousness and a new way of being in the cosmos.

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
<http://www.livinglanguageinstitute.org>

Submitted by Gertie Jocksch Monday Soprano

BELONGING TO THE COSMOS:
CELEBRATING OUR ORIGINS (Aug 8 to 10)

Alexandra Kovats, csjp, PhD

This retreat will explore and celebrate the implication of some cosmological insights for living a holistic, earth-conscious spirituality. Special attention will be given to the cosmic principles of differentiation, subjectivity and communion. Reflections, poetry, music and movement will be employed to enhance our time together. Sacred silence and sharing will also be part of this retreat experience.

Time: Begins August 8, 7:30 pm – Aug 10, 12:00 pm.

Cost: \$125

Location: University of Victoria, Victoria BC Conference Centre

To register: 250-220-4601 or 250-380-9786 or earthliteracies@gmail.com
<http://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

GER LYONS... (Aug 13+)

...will be returning to Victoria, BC in August to offer 2 workshops on cellular healing, spiritual transmission & core transformation.

Ger is a clear & extremely powerful channel for sacred energy and a Global spiritual Healer, teacher, metaphysician & seer from Ireland. Join us to experience profound spiritual alchemy & come home to the self realization and manifestation of your full expression of power, passion & health.

At The Church of Truth.

Intro Evening: Thurs. Aug 13.

3-day Workshop August 14-16.

6-day Workshop & Traing: Aug. 21-26

For details on timing and price, please go to Ger's website at <http://www.gerlyons.net> and click on "events".

Flyer: <http://www.gettinhigherchoir.ca/community-info/pdftemp/20090619/ger-lyons.pdf>

Private Sessions: One and a half hours. (limited number available). Cost: \$275

To register and for more information, please contact: Chandra Crowe, Tel: 250-382-0724 or email: chandrac@shaw.ca

Submitted by Linda Lake former GHC 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

LIVING WILL

Submitted by Chris Gower Rees former GHC & Soundings Tenor

Isn't This The Best Living Will Youve Ever Seen?



I, _____, being of sound mind and body, do not wish to be kept alive indefinitely by artificial means.

Under no circumstances should my fate be put in the hands of pinhead politicians who couldn't

pass ninth grade biology if their lives depended on it, or lawyers/doctors interested in simply running up the bills.

If a reasonable amount of time passes and I fail to ask for at least one of the following:

- Glass of wine
- Cold beer
- Sex
- Cold Beer
- Steak
- Cold Beer
- Sex
- Thai food
- Cold Beer
- Cheeseburgers
- French Fries
- Pizza
- Sex
- Ice cream
- Strawberries
- Cold Beer
- Cigarette/Cigar
- Sex
- Cold Beer

It should be presumed that I won't ever get better. When such a determination is reached, I hereby instruct my appointed person and attending physicians to pull the plug, reel in the tubes, let the 'fat lady sing,' and call it a day!

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

Making
Universal
Sounds
In
Community

A Community Choir Crescendo, check it out!
http://www.ubuntuchoirs.net/locator_coastal_BC.php

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