

Gettin' Higher Choir Info

Are you suffering from summer singing withdrawals???

Two toonies for tunes on Tuesdays is the answer...

COME SING WITH GLORIA AND BRING YOUR FRIENDS.

When:

Every Tuesday from August 4th to September 8 - 7:30 - 9:30

Where:

Church of Truth - 111 Superior (at St. Lawrence) - in James Bay

What:

We'll sing from the Core Repertoire (bring you binders) as well as many of our old favorites plus fun and delicious rounds, some improvisation, some body percussion, and I'll be taking requests and inviting some guest to lead us in song.

Who:

Past, present and future GHC, HNC and Soundings members along with anyone else who would like to sing for the fun of it.

Six glorious weeks 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 choirs, or just experience the fun of an evening of singing.

See you in the singing circle.

Gloria

Gettin' Higher and High Noon tenor

Community Choir Leadership Training graduate (2004-5) and enthusiastic summer singing leader.

Other choir community info

SOUNDINGS NEWS & BUSINESS

SOUNDINGS ON YOUTUBE

I would like to share this item with my GHC friends. I have posted my song "There's Only Us" on YouTube. The link is:

<http://www.youtube.com/watch?v=UI5Fv0MrPOw>.

This was recorded on May 29 at the Soundings concert held in St. Mary's Church, Saanichton.

Thanks,

Submitted by John Hilditch, former GHC tenor, now Soundings tenor

This link was also submitted by Anu Patel GHC & Soundings Alto

Editor's Note:

For information about the Soundings Vocal Ensemble directed by Denis Donnelly visit::

<http://www.soundingsmusic.com>

CCLT UPDATES

Community Choir Leadership Trainings ~ Facilitated annually by Denis & Shivon

Our Community Choir Leadership Training program could use your help.

We are nearing the end of the registration period for our annual "Community Choir Leadership Trainings" workshop (CCLT) that starts in September 2009.

We still have a couple of spaces left for this September we are requesting your help in "re-enCHANTing the world." If you know someone who might be interested in the following information, or who could pass on the information to someone else who would be, please forward this message to them. Perhaps with a personal preface offering some comments of your own.

With more than 60 graduates over the last 5 years the CCLT program has resulted in the creation of many choirs based on the highly successful model of Victoria, BC's 300+ voice Gettin' Higher Choir. These choirs can be found, so far, in Canada in Manitoba, Quebec and across British Columbia. In the USA in Massachusetts, Arkansas, Minnesota, New York, California, Virginia, New Mexico and Washington State.

Current registrants are from Saskatchewan, Ontario, B.C. and Hawaii, Louisiana, Wisconsin, California...so the circle is growing and spreading.

"Imagine ... a world where every city, town, and neighborhood had a community choir, one where the music of many cultures and faiths was celebrated. *Imagine ...* a non-auditioned choir in your community where all were welcome. *Imagine ...* that this choir could support and engage in powerful community-based activities. *Now imagine ...* that you [or someone you know] could, as director, enjoy a rich and fulfilling livelihood by leading this choir."

For more details on our request and on the CCLT program please check out the following promo piece:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090710/cclt-info.pdf>

Many thanks for your time in reading this, and please circulate this message with its promo piece link and the following website address on to whoever you think might be interested.... <http://www.communitychoirleadership.com>

Shivon Robinsong and Denis Donnelly, Co-directors of CCLT

LETZ SING IN THE SUMMER

Letz Sing ~ A choir community for every voice. <http://www.letzsing.com>

Hi Folks, here are a couple of events I am planning for those of you might be in or near the Comox Valley this summer.

A Community Sing For Every Voice

Tuesday July 21, 7:30 pm

At the Lions Den in Comox, 1729 Comox Ave. (enter from back of building)

Admission: \$10

Wade in the Water - Camp'n Sing

Friday August 21st and Saturday 22nd

Come and sing under a canopy of maple trees in a beautiful and spacious acreage on the Oyster River, Black Creek. This private campground is about a half-hour drive from Courtenay or Campbell River.

There will be singing sessions on Friday evening, Saturday morning and Saturday afternoon. We will have time in between sessions to relax, enjoy the river and the company of fellow singers.

For other details about this event and the campground including fees and registration information please click on: <http://www.gettinhigherchoir.ca/community-info/pdftemp/20090730/letz-sing-summer.pdf>

I won't be doing any formal advertising so I would very much appreciate it if you could pass the word onto those you think might be interested.

This is going to be a lot of fun. Hope to see you there.

Submitted by Tina Filippino CCLT 1 - 2004/5

Choir community submissions

OPPORTUNITIES TO SING!!!

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.

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, details 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

VCA VOCAL WORKSHOP - SINGING BODY

On August 12ve, VCA is offering for the second time this summer the workshop Singing Body.

This workshop is designed for people who would like to explore their natural voice through play and movement. It offers a safe environment of a small group (12 people) and is fun and interactive. It will benefit musicians, performers, dancers, actors, and anyone, including those with no previous vocal training, who wants to deepen and enliven their connection with the voice.

In this fun and improvisational workshop, we will combine yoga techniques, authentic movement and vocal experiments in a safe and fun atmosphere of a small group. Number of participants is limited to 12 people, so please register early to reserve your space.

Facilitators:

Teodora Georgieva-Gitberg,
singer, choral conductor and music educator.
<http://www.victoriachoralacademia.net>

Misha Gitberg,
mind-body psychotherapist, yoga and meditation teacher.
<http://www.soulstir.net>

Flyer:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090730/vca-singing-body-flyer.pdf>

Date: Wednesday, August 12

Time: 6:00 - 9:00 p.m. (Registration starts at 5:30 p.m.)

Location: Church of Truth (111 Superior St.)

Fee: \$30

Space limited!

To register, please e-mail: info@victoriachoralacademia.net

COMMUNITY EVENTS ITEMS THAT INVITE YOU TO SING!

Singing Workshop in Lantzville (Aug 28)

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

WORD OF MOUTH / RECOMMENDATIONS

GOLF TOURNAMENT IN SUPPORT OF positively AFRICA

Make up a Foursome or more and join us for 9 Holes, Dinner, Live Music, Door Prizes!!

August 29th, 2009; start at 4 pm

Prospect Lake Golf Course, 4633 Prospect Lake Road

\$95 all inclusive

Please come and help positively AFRICA support orphans.

To book, please call Peter Bardon at 250-893-7064 or email pwbardon@gmail.com.

Recommended by Sabine Laubental, GHC Alto

HELLO GHC CHOIR COMMUNITY MEMBERS

The following recommendation came in from Stephen Hatfield

Dear Denis,

I'm forwarding this on behalf of the Aliqua choir. I've worked with them before – known some of the singers since they were in high school. They're quite the kicking little ensemble. Cheers - Stephen

Aliqua - Live in Victoria

Tickets are now on sale to catch Aliqua's full length show at Victoria's Alix Goolden Hall at the Conservatory Saturday August 15th.

Who is Aliqua? Watch here: <http://www.youtube.com/watch?v=r2eD7uVXU3k>

No ticketmaster fees or shipping charges, for tickets and special autographed CD offer go to <http://www.aliqua.com/live.html>

Looking forward to seeing you there!

Stephen

The group sounds pretty interesting. I will be going. Check out the Youtube link above.

Recommendation from Stephen Hatfield forwarded by Denis Donnelly, GHC & Soundings Director

FROM "MAKEOVER" TO "HERO SEARCH"

Last year choir member Helle Kallas (GHC tenor) got a surprise 'extreme garden makeover' worth \$25,000. Now available online is a professional video of the inspirational event. Watch community (and choir members) in action at the website that debuts Paul Latour's new program <http://www.herosearch.ca>

For additional details click on:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090730/hero-search.pdf>

Recommended by Bill Hanson GHC Bass etc.

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.

Recommended by Susan Lowe GHC Tuesday Alto

MONEY MATTERS WORKSHOPS

This recommendation is for a very good and educational small and timely in this time financial workshop, we both, Elisabeth and I took it and were impressed and learned a lot and can only recommend it highly.

The Money Matters are get together for anyone interested in learning more about investments and is generally flexible for input of topics from the participants. We also attended this last year and will go again and did get a lot of good info from this group.

For more details visit:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090730/money-matters.pdf>

All the courses are free and a lot of course material is given out to keep for future reference. No pressure about investing with the sponsoring TD Waterhouse Investment Group or from Pam Katunar herself.

Recommended by: Susanne Bertschinger, former Monday Alto

ANCIENT MYTHOS OF THE EMERALD ISLE

Talia Rose was a former inhabitant of Victoria and Salt Spring Island. Not being able to obtain a 'green card', she now resides in Ashland and is currently preparing to play music at the Grandmothers' Conference in Lincoln City from 3rd to 7th. Check out the Grandmother Council Gathering at www.grandmotherscouncil.com,

She is also currently hosting a very special Grandma from Belfast, Ireland. Her name is Mary Grant and she is quite a wizardess.

Talia will be up on Vancouver Island with Mary Grant for a very short time the 2nd week in August. We will be at Mary's Farm on Sunday, August 9th at 7PM. Please see attached flyer for details:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090730/ancient-mythos.pdf>

Recommended by: Sharon Alter, GHC Soprano

CHECK OUT THIS CHOIR!!

Choir references come from the most diverse sources. I found this link in a quilting newsletter I receive regularly. Enjoy!

<http://www.youtube.com/watch?v=QmDGntpZC3I>

Recommended by Mary Anne Jarvin, Monday, Soprano

COMMUNITY NETWORKING

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.

FREE STUFF

MATTRESS & BOXSPRING

My tenant is giving away a single mattress and boxspring, in good condition and comfortable (medium firm)

250-652 1509 or marieclaireben@yahoo.com

Submitted by Claire Ebendinger, Monday soprano

COMMUNITY MARKETPLACE

SINGING PIANO FOR SALE

Refinished Antique Boudior Grand Singing Piano. \$ 990.

For photos and viewing location click on:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090730/piano.pdf>

Call 250-658-8770

Submitted by Ann-Rosemary Conway

EMPLOYMENT AVAILABLE OR WANTED

HOLISTIC PET SERVICES

Care by a retired Health Professional

I began this pet service about a year ago, and it is continuing to grow. My specialty is boarding cats in my home for various lengths of time. This is a good way for you to avoid the stress of boarding your cat at a kennel with large numbers of other cats. My approach is a holistic one and I utilize the following modalities, if and when appropriate: Tellington Touch, Reiki, Rescue Remedy, and veterinary-approved feline pheromones. Alternatively, I am available for drop-in visits of up to one hour for your companion animal if you live in the James Bay area, and I am available for relief James Bay dog walking. I love animals and have many satisfied customers. Please call (250) 384-5721, and leave a message if I am out. Thank you! Bernadine.

Submitted by Bernadine Sperling, Former GHC Alto & HNC Alto

ACCOMMODATION AVAILABLE OR WANTED

HOUSE FOR RENT

in Brentwood Bay (Sept/09-Feb/10 or longer)

Furnished one bedroom, large living room, den, shared laundry, bright and quiet.
Close to shops, beach, bus route; large and semi-wild backyard with garden and fruit trees.
Non Smoking, small pets OK but no dogs. Dates and terms negotiable.

\$1100 per month, includes hydro, water, phone line and internet.
Heat is separate: oil furnace and wood stove in Living Room.

250- 652 1509 or marieclaireben@yahoo.com

Submitted by Claire Ebendinger, Monday soprano

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.

EXHIBITION "UNDER THE UNDERGARMENTS" (Jul 31 to Aug 14)

The story of body as muse, mystery and mirror of the soul"

Opening reception 7:00 p.m

Where: Collective Works Gallery, 1311 Fernwood(near the Belfry)

Show runs July 31 -August 14...

During the exhibition there will be a Raffle/Donation \$5:00 , on a Gilcee print of my work with all proceeds to the GHC Honouring Fund.

Inivitation Images

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090730/marnie.pdf>

Raffle Information

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090730/marnie-raffle.pdf>

Web sites

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

<http://www.collectiveworks.ca>

Submitted by Marnie Miiller (former and future tenor GHC)

"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

Tomas Vieira Returns

COMING TO LOVE - RELEASING THE EGO (Aug 8 & 9)

With genuine candor, joy & laughter, Tomas brings the process of spiritual awakening down from its high & lofty ideal - where the ego likes to keep it - right into the chaos & confusion of everyday life, where real & lasting change occurs.

The Church of Truth - 111 Superior St

Saturday Aug 8: 9:30 - 5

Sunday Aug 9: 1 - 6

\$ 170 - \$ 190 sliding scale

A living example of the power of Quantum Forgiveness, Tomas is a co-author, w/Nouk Sanchez, of Amazon's 2007 #1 best-selling book on mysticism:

Take Me To Truth: Undoing The Ego

Jewel: 250-370-1380 www.OnlyLevels.org

Submitted by Julia Day, invisible alto

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

ECKHART TOLLE VIDEO NIGHT (Aug 9)

A new Eckhart Tolle video night has begun on alternate Sunday nights at the Church of Truth in James Bay. The next scheduled presentation on August 9th is entitled "The Secret of Happiness" and will be held at 7:00 p.m. for approximately two hours. The cost is \$2.00 and all are welcome.

Submitted by Bernadine Sperling, HNC Alto

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 & Traiing: 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

ECKHART TOLLE VIDEO NIGHT (Aug 23)

The next Eckhart Tolle Video Night will be on Sept. 23rd and then on subsequent alternate Sunday nights at the Church of Truth in James Bay. They start at 7:00 p.m. and run for approximately two hours. The cost is \$2.00 and all are welcome.

Submitted by Bernadine Sperling, HNC Alto

SINGING WORKSHOP in LANTZVILLE (Aug 28)

With

Tony Backhouse

From

New Zealand / Australia coming here to Nanaimo to do a workshop for us!

When

Monday Aug 31, 6:30-9:30 pm. (I know, it's a Monday nite, but it is the only time he can fit it in, he leaves Vancouver Wed morning)

Where

St Philip's Church in Lantzville

Fee- \$20 in advance, paid by Aug 28, \$25 at the door.

Cheques for advance registration must be received by Friday Aug 28. (you will need to mail it no later than Wed, Aug 26)

For details on the workshop, Tony's background and registration please check out his flyer:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090710/backhouse.pdf>

Submitted by Shivon

ECKHART TOLLE VIDEO NIGHT (Sept 6)

The next Eckhart Tolle Video Night will be on Sept. 6th and then on subsequent alternate Sunday nights at the Church of Truth in James Bay. They start at 7:00 p.m. and run for approximately two hours. The cost is \$2.00 and all are welcome.

Submitted by Bernadine Sperling, HNC 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

WAYS TO LIVE LONGER

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

Q: Doctor, I've heard that cardiovascular exercise can prolong life. Is this true?

A: Your heart is only good for so many beats, and that's it... don't waste them on exercise. Everything wears out eventually. Speeding up your heart will not make you live longer; that's like saying you can extend the life of your car by driving it faster. Want to live longer? Take a nap.

Q: Should I cut down on meat and eat more fruits and vegetables?

A: You must grasp logistical efficiencies. What does a cow eat? Hay and corn. And what are these? Vegetables. So a steak is nothing more than an efficient mechanism of delivering vegetables to your system. Need grain? Eat chicken. Beef is also a good source of field grass (green leafy vegetable). And a pork chop can give you 100% of your recommended daily allowance of vegetable products.

Q: Should I reduce my alcohol intake?

A: No, not at all. Wine is made from fruit. Brandy is distilled wine, that means they take the water out of the fruity bit so you get even more of the goodness that way. Beer is also made out of grain. Bottoms up!

Q: How can I calculate my body/fat ratio?

A: Well, if you have a body and you have fat, your ratio is one to one. If you have two bodies, your ratio is two to one, etc.

Q: What are some of the advantages of participating in a regular exercise program?

A: Can't think of a single one, sorry. My philosophy is: No Pain...Good!

Q: Aren't fried foods bad for you?

A: YOU'RE NOT LISTENING!!! Foods are fried these days in vegetable oil. In fact, they're permeated in it. How could getting more vegetables be bad for you?

Q: Will sit-ups help prevent me from getting a little soft around the middle?

A: Definitely not! When you exercise a muscle, it gets bigger. You should only be doing sit-ups if you want a bigger stomach.

Q: Is chocolate bad for me?

A: Are you crazy? HELLO Cocoa beans ! Another vegetable!!! It's the best feel-good food around!

Q: Is swimming good for your figure?

A: If swimming is good for your figure, explain whales to me.

Q: Is getting in-shape important for my lifestyle?

A: Hey! 'Round' is a shape!

Well, I hope this has cleared up any misconceptions you may have had about food and diets.

And remember:

'Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways - Chardonnay in one hand - chocolate in the other - body thoroughly used up, totally worn out and screaming 'WOO HOO, What a Ride'

AND.....

For those of you who watch what you eat, here's the final word on nutrition and health. It's a relief to know the truth after all those conflicting nutritional studies.

1. The Japanese eat very little fat and suffer fewer heart attacks than North Americans.
2. The Mexicans eat a lot of fat and suffer fewer heart attacks than North Americans.
3. The Chinese drink very little red wine and suffer fewer heart attacks than North Americans.
4. The Italians drink a lot of red wine and suffer fewer heart attacks than North Americans.
5. The Germans drink a lot of beers and eat lots of sausages and fats and suffer fewer heart attacks than North Americans.

CONCLUSION

Eat and drink what you like.

Speaking English is apparently what kills you