

# Gettin' Higher Choir Info

## A Special Opportunity that comes to us by way of Denis

ALIQUA IN CONCERT SATURDAY - DISCOUNT TIX AVAILABLE!

Aliqua is an 8-person all-woman vocal group who are pretty interesting. Check them out here:

<http://www.youtube.com/watch?v=r2eD7uVXU3k>

(You will also see that there are quite a few other Youtube clips of them in the sidebar to view.)

Their web site concert info is here: <http://www.aliqua.com/live.html>

Because this is their first visit to Victoria and they are not known here yet, they want to have a good house and have offered GHC and Soundings people tickets for \$15 as a group rate. If you want to participate in this, and have not bought your tickets yet, simply email me ([denis@denisdonnelly.ca](mailto:denis@denisdonnelly.ca)) that you want to go and I'll create a list which I'll send to them and the tickets will be waiting for you at the door (we'll need at least 10 people for this to work).

The concert is 8:00 Saturday Aug.15 at the Alix Goolden Hall.

Denis

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## Are you suffering from summer singing withdrawals???

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

COME SING WITH GLORIA AND BRING YOUR FRIENDS (Reminder)

**Also: Bring your binders (with your core repertoire) and wear your name tags**

**When:**

Now...Every Tuesday from August 18th to September 8th -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 your 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 Hansen

Gettin' Higher and High Noon tenor

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

## Other choir community info

TEAM GETTIN HIGHER CHOIR

Run for the Cure for breast cancer.

October 4th, 9A.M. at UVic

There is still time for you to register for this exciting and worthwhile event! So far we have about 20 choir member who have expressed interest in joining our team. Of those only 9 are officially registered. That may mean that they have paid the \$40.00 registration fee. It is not necessary to pay this immediately as you can also get \$150.00 in pledges and the registration fee is waived. I have donor sign up sheets {I believe you can also print them out from the website} and I will happily send or deliver them to you. Make sure you register as " team gettin higher choir" all lower case. I am the team captain. Let me know if you wish them. [phouston@telus.net](mailto:phouston@telus.net) or 250-381-0656 Make sure you register as "team gettin higher choir" all lower case. I am the team captain.

Click on the following link for instructions for registering online:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090812/run.pdf>

If you still have difficulty please call Jennifer at 250-384-3328 Mon,-Friday.

Please start now to sign up donors as you risk being told "I have already sponsored people" if you wait too long. There are 400 people in our choirs. I am hoping that we will have a great turnout on October 4th for the 5 km. run/walk/stroll etc. for this wonderful cause of which I am a beneficiary. We need MEN too! C'mon guys! Please call if you have any questions.

Submitted by Patricia Houston

## Choir community submissions

### COMMUNITY MEMBER LIFE ANNOUNCEMENTS

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

### These two choir members have current gallery shows...check them out!

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

Updated - Check out added links

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.

My web space link

<http://marnieart.shawwebspaces.ca/>

A YouTube link to a video of the opening night will give you the flavor of my work.

<http://www.youtube.com/watch?v=r9eqzY-Owis>

A YouTube link to an interview done the following day by Exhibitvic where you can see some of my work hanging.

[http://www.youtube.com/watch?v=feYTMPe1eU&feature=channel\\_page](http://www.youtube.com/watch?v=feYTMPe1eU&feature=channel_page)

Invitation Images

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

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090812/marnie.pdf> (newly added)

#### Raffle Information

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

My goal is for us to raise enough to put at least one student in boarding school for a year and we are almost there. To have a chance you have to take one. Come see the show and buy your ticket.

#### Web sites

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

<http://www.collectiveworks.ca>

Submitted by Marnie Miiller (former and future tenor GHC)

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#### BRINGING BEAUTY

Presented By Dales Gallery Victoria, B.C. (now to Sep 5)

Hello everyone,

We are pleased to announce the opening of an exhibit "Bringing Beauty" by Katrina Pavlovsky, a photographic artist and Dave Hutchison, a nature photographer.

At: Dales Gallery, 537 Fisgard Ave., Victoria.

Exhibit until Sept 5th.

Gallery hours: Weekdays, 10 - 5 p.m. Sat. 11 - 4 p.m.

Phone: 250-383-1552

For more information, please

email: [katrinapavlovsky@gmail.com](mailto:katrinapavlovsky@gmail.com)

or

[dave@davehutchison.ca](mailto:dave@davehutchison.ca)

or visit <http://www.davehutchison.ca>.

5% of Dave's sales donated to <http://www.pacificwild.org>

Featuring B.C. landscapes, floral, wildlife and sacred images as work on canvas, framed images, prints and greeting cards.

We both look forward to seeing you in August. Please drop by.

Submitted by Katrina Pavlovsky GHC Soprano

## 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.

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## THE SACRED WORLD SONG PROJECT

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

Nancy Watters, CCLT 1 Grad (2004/5), 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

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## 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

ALQUA - Live in Victoria, August 15th

Wish I could go - check this group out on YouTube:

<http://www.youtube.com/watch?v=r2eD7uVXU3k>

Recommended by Shivon

Editor's Note:

See discount ticket offer in "Gettin' Higher Choir Info" section above.

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## THE SOUND OF RAIN!

A multiple submission of a video link that has been in this section before but is eminently worth repeating

The most unique song intro you'll ever see, by the chorus Perpetuum Jazzile. The group begins the song "Africa" by simulating the sound of a rain storm using body percussion. Their harmonies are well worth hearing too.

Submitted by: Marusha Taylor GHC Alto

I hope you've already seen this - but just in case - listen to this choirs music  
Love, Ann Jacob a used to be GHC Alto

Listen to the rain falling down as it gets heavier and heavier. Then comes the thunder! This amazing choir use their hands to create a thunderstorm!!!

Turn up your speakers. It begins very softly.

Cheers! Patty Shaw GHC Monday Tenor

Thought you might find this one interesting!  
Cheers, Jean Jenkins GHC Thursday Soprano

To view this video click on:

<http://www.videosift.com/video/Africa-Acapella-cover>

Submitted by all of the above

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## TWO INTERESTING BLOGS ON SINGING

### Why Do I Sing

Posted by Li Robbins on Jan-29-09

[http://www.cbc.ca/radio2/blog/2009/01/29/why\\_do\\_you\\_sing.html#socialcomments](http://www.cbc.ca/radio2/blog/2009/01/29/why_do_you_sing.html#socialcomments)

### There are plenty of good reasons to sing

Posted by Chris Rowbury on Sunday, October 26, 2008

<http://blog.chrisrowbury.com/2008/10/there-are-plenty-of-good-reasons-to.html>

Submitted by Bill Hanson GHC Bass etc.

## **SERVING EACH OTHER**

“WRITE” WHERE YOU ARE - WORKSHOP IN CREATIVE WRITING:

Do you like to write and play with words or do you stand on the sidelines wanting to write but avoid it by telling yourself: “I’m not good enough, it’s too much effort, I have nothing valuable to say and besides I can’t spell!” This 10-week writing series dispels these myths and teaches you the joy of writing. You will learn to use stream of conscious writing to break through writer’s block, access your inner muse, have fun, hone your writing skills, and deepen your self-awareness.

Saturdays, Beginning January 17<sup>th</sup>, 2009

10 a.m. – 1 p.m.

10 weeks - \$365.00 Early Bird - \$340.00 by Jan.10<sup>th</sup>, 2009

\* Special payment arrangements available

Call: June – 250 – 385-2205 or 250 - 813-0183

[juneswadron@shaw.ca](mailto:juneswadron@shaw.ca)

[www.juneswadron.com](http://www.juneswadron.com)

Submitted by: June Swadron, former GHC Alto

## **COMMUNITY MARKETPLACE**

ALBACORE TUNA LOINS FOR SALE.

The tuna are frozen at sea and loined in a plant. They each weigh about 1 pound and cost \$12 per pound. This tuna is sushi grade and can be used for sashimi or seared or... I have recipes for you if you are new to this fish.

We also have the same tuna in cans- a case of 24 costs \$100 - or you can purchase individual cans for \$4.50.

Please call Jan at 250-658-1881 if you are interested. We live in Cordova Bay. For larger orders I will deliver.

Submitted by Jan Walsh-Hohert GHC Monday soprano

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COMPLETE HOME SET UP FOR SALE

Excellent for Students

Will be sold as a complete package only

Towels Blankets Summer Weight Duvet  
Antique White Wicker Floor Stand Sewing Basket (Great for storing towels)  
Oak Three Drawer Dresser  
Double Sealy Postpedic Bed Great Condition 1 Year Old-Bedspring Headboard  
Beside Bed Floor Shelving  
Coral Color Ceramic Lamp with fringe shade  
Floor Stand Light  
Southwestern Motif love seat with handmade fir dark stained coffee table  
Easy chair with footrest-well loved, has been spray protected and cloth covered  
6 Hotel beside the bed phone/lamp 'boxes' excellent to stack for shelving

Sony Bravia 27" flat screen monitor/tv  
Mac Mini  
Panasonic DVD/CD Player ALL TECH CAN BE ONE INTEGRATED UNIT  
Pioneer Receiver Amp  
Two floor model speakers-seasoned on Jimi Hendrix-these are excellent speakers  
Sennheiser Headphones-12 foot cord

Kitchen Appliances Toaster West Bend Electric Grill Blender Coffee Grinder  
4 cup Coffee Maker Dishes Mixing Bowls Bakeware 16x20 Plastic Cutting Board  
Rice Cooker Pots Pans Cutlery etc.

6 Plants Jade Fern Two 'Anonymous'  
Well stocked Tool Box

All is ready to go the last weekend of August—Saturday 29th and Sunday the 30th

Viewing by appointment only visionimages@hotmail.com

\$3800.00 Cash or Certified Cheque Only will be accepted  
A receipt will be issued

Submitted by Lori Westman former GHC Tuesday Tenor

## 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)

See Updated listing under "Community Member Life Announcements" above for details - Check out added links

Submitted by Marnie Miiller (former and future tenor GHC)

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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](mailto: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

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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](mailto:chandrac@shaw.ca)

Submitted by Linda Lake former GHC Monday/Tuesday Alto

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VIVA-RAW VEGAN RAW POTLUCK WITH JOY THOMPSON (August 16)

Guest Speaker: Joy Thompson, Natural Vision Educator will give an interactive talk "Nutrition and Other Practices to Naturally Improve Your Eyesight". Join us on Sunday, August 16 at the Archie Browning Sports Centre, 2<sup>nd</sup> Floor, 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: \$5.00 to \$3.00 per adult (Sliding Scale) Bring your family and friends. Children welcome with parental supervision.

Upcoming Raw Community Events and Happenings: <http://vivaraw.rd123.ca/?p=161>

Info: <http://vivaraw.ca>. or Linda (250) 380-6383

Submitted by: Linda Chan, GHC Soprano

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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

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WHAT A SONG AND DANCE (Aug 26)

To be held at First Unitarian Church  
across from The Red Barn on West Saanich  
Sunday, August 16th at 2 p.m

Tickets are only \$10 for Adults, \$5 for kids and are available at:

Mediterranean Specialty Foods, Quadra and Reynolds  
Gorge Pointe Pub (come on: you know where that is!)  
Bubby Roses's Of the, 313 Cook St. in the village  
And in Brentwood at Breadstuff Bakery

It will be an exciting and interesting mix of entertainment for a summer'safternoon, and by coming you'll be helping fight AIDS in Africa. 100% of the ticket sales will go to the Stephen Lewis Campaign: Turning the Tide of HIV / AIDS in Africa.

In the show you will enjoy : a ballet dancer trained at the National BalletSchool and a West-African dancer are choreographing a piece especially forthis concert, Linden Singers, a group of five saxaphone players called Euphoria, a budding piano player, etc

To see, and possibly print & post our poster click on:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090812/song&dance.pdf>

I would be pleased if you would forward this item including the link to the poster to your friends.

Submitted by Claire Ebendinger GHC Monday Soprano

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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

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TWO GREAT SHOWS YOU DON'T WANT TO MISS (Aug 28 & 31)

[http://www.nicklariviere.com/NickLaRiviere/Intro\\_.html](http://www.nicklariviere.com/NickLaRiviere/Intro_.html)

Submitted by Greg and Elaine La Riviere

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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

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WRITE YOURSELF HOME  
WITH JUNE SWADRON & NATHALIE VASCHON (Sep 12)

A Nurturing, Playing One-Day Writer's Retreat

This workshop will explore timed writings, poetry, stories, memories and some of the fundamentals of getting past the head and into the heart of writing. We will go gently and more deeply into story and into the soul's inner landscape – where clarity, originality and truth are revealed. With feedback, encouragement and the freedom to jump in - you will open to the joy of where writing can take you. Everyone welcome – Seasoned and novice writers alike.

I have the privilege of co-facilitating with Nathalie Vaschon, a renowned Toronto based writer and storyteller.  
[www.nathalievashon.com](http://www.nathalievashon.com)

Saturday, September 12<sup>th</sup> 9:30 – 5  
Church of Truth, 111 Superior Street, James Bay  
\$85.00

Call: June – 250 – 385-2205  
[june@juneswadron.com](mailto:june@juneswadron.com)  
[www.juneswadron.com](http://www.juneswadron.com)

Submitted by June Swadron former GHC member Alto

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

WRITE YOUR LIFE STORIES  
& CELEBRATE YOUR LIFE JOURNEY (starts Sep 26)

A deep and powerful process that acknowledges and honours your life's journey in a sacred circle of trust, humour, compassion and support. Prior writing experience not necessary.

"June Swadron is both a guide and a muse. Grounded in personal experience, her techniques catalyze the deep authenticity possible to us all."

Julia Cameron, author of *The Artist's Way*

Saturday Afternoons –September 26<sup>th</sup> – 1 – 4 p.m.  
\$365.00 - Early Bird - \$340.00 by Sept. 12<sup>th</sup>  
10 Wks

Tuesday Afternoons –September 29<sup>th</sup> 2 – 5 p.m.  
\$365.00 – Early Bird - \$340.00 by September 15<sup>th</sup>  
10 Wks

\* Special payment arrangements available

Further information & to register - 250- 385-2205  
[juneswadron@shaw.ca](mailto:juneswadron@shaw.ca)  
[www.juneswadron.com](http://www.juneswadron.com)

Submitted by: June Swadron, former GHC Alto

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

Submitted by Catherine Harvey former Monday/Tuesday Alto

## JUST FOR PUN

*A reward of laughter for reading this far*

**Try not to groan too loudly.**

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

1. The roundest knight at King Arthur's round table was Sir Cumference.. He acquired his size from too much pi.
2. I thought I saw an eye doctor on an Alaskan island, but it turned out to be an optical Aleutian.
3. She was only a whisky maker, but he loved her still.
4. A rubber band pistol was confiscated from algebra class because it was a weapon of math disruption.
5. The butcher backed into the meat grinder and got a little behind in his work.
6. No matter how much you push the envelope, it'll still be stationery.
7. A dog gave birth to puppies near the road and was summonsed for littering.
8. A grenade thrown into a kitchen in France would result in Linoleum Blownapart.
9. Two silk worms had a race. They ended up in a tie.
10. Time flies like an arrow. Fruit flies like a banana.
11. A hole has been found in the nudist camp wall. The police are looking into it.
12. Atheism is a non-prophet organisation.
13. Two hats were hanging on a hat rack in the hallway. One hat said to the other, "You stay here; I'll go on a head."
14. I wondered why the baseball kept getting bigger. Then it hit me.
15. A sign on the lawn at a drug rehab centre said: "Keep off the Grass."

16. A small boy swallowed some coins and was taken to a hospital. When his grandmother telephoned to ask how he was, a nurse said, "No change yet."

17. A chicken crossing the road is poultry in motion.

19. The short fortune-teller who escaped from prison was a small medium at large.

20. The man who survived mustard gas and pepper spray is now a seasoned veteran.

21. A backward poet writes inverse.

22. In democracy it's your vote that counts. In feudalism it's your count that votes.

23. When cannibals ate a missionary, they got a taste of religion.

24. Don't join dangerous cults: Practice safe sects!