

Choir Business

HOSTS NEEDED FOR COMMUNITY CHOIR LEADERSHIP TRAINING PARTICIPANTS

It's that time again when I am looking for friendly homes for our 2009-2010 CCLT participants while they are here in Victoria.

If you feel you might have the space and the inclination to host one (or perhaps two) people we (Shivon, Denis and I) would be most appreciative.

As you may know we now have around 35 choirs across North America who are doing the work of building community through singing. If you've already hosted, then you have been an integral part of the success of this work. We love that you have been so generous. This year we again have people coming from many places including, Saskatchewan, Louisiana, Washington, Ontario, Nevada, and BC.

The dates for this session (and the committment at this time is only for the first session) - the second session will be your choice.

Session One: Sunday, September 20 through Saturday, October 3, 2009.

Session Two: Sunday, January 24 through Sunday, January 31, 2010

Please get back to me by email or phone at 250-995-8731. I can discuss the details and answer any questions you may have.

We then make the appropriate assignment based on such details as allergies, ground transportation, etc. and have the individual(s) contact you directly to complete the process.

Here's some additional information:

Hosting CCLT participants

The criteria to be a host includes:

Providing a spare room.

Providing kitchen access - this could mean sharing your meals or having your guest do their own cooking in your kitchen- the participant(s) will cover their own food costs either way.

Providing bathroom access.

Living somewhere near the Church of Truth in James Bay, or within 20 - 30 minutes driving time.

The benefits are:

Getting to meet and know someone from another place in North America - who has started, or wants to start, a choir based on the Gettin' Higher Choir model.

Participating in a few social events - pot-lucks, parties with lots of singing, etc. with the participants and other hosts.

Helping to spread the joy of singing in community.

Much thanks in advance

Gloria B.N.Hansen, Registrar, CCLT

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.

A Unique Opportunity

GETTING IN TUNE WITH THE WORLD AT COUGAR ANNIE'S GARDEN

with Denis Donnelly and Royal Roads University

In 1915, Ada-Annie Rae-Arthur, later known as "Cougar Annie", settled a homestead with her husband and three children in Boat Basin, 50 or so kilometres north of Tofino in Clayoquot Sound on the far reaches of the west coast of Vancouver Island. There, having pre-empted 120 acres within the traditional lands of the Hesquiat peoples, she lived for seventy years and created a garden that today is a centre of beauty and interest.

Today, Cougar Annie's Garden offers highly unusual educational wilderness opportunities to small groups. Accessible only by boat or float plane, Denis Donnelly, Rick Kool, Hilary Leighton and other musically, artistically, and environmentally inclined folk will adventure for three nights over Labour Day weekend for a rare trip into the nature of music on the wild west coast!

**This area is not intended as a tourist destination and those who visit must be motivated, physically fit and independent. Rustic but beautiful and comfortable room and board and return travel from Tofino will be included with registration fees as well as all other learning activities, hikes, lectures, etc.. We meet on Friday September 4th in Tofino at noon.*

Dates:

Friday, September 4, through Monday, September 7, 2009 (3 nights)

Cost:

\$ 695 + GST includes all room, board, return transportation from Tofino to Boat Basin, hikes, learning activities and lectures.

Only two seats left!

To register:

<http://www.royalroads.ca/NR/exeres/13511F05-79F5-4C80-8839-C471ED33BEF9.htm>

Submitted by Hilary Leighton former GHC Alto

Choir Community Submissions

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, 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

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.

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

A CAT, A FAWN & LOUIS

A friend sent me this touching, heart softening video clip with Louis Armstrong singing....

<http://www.gettinhigherchoir.ca/community-info/video/20090819/cat-fawn-louis.wmv>

Enjoy,

Submitted by Claire Ebendinger, Monday Soprano

ADOPT THESE DOGS?

This is really funny

<http://www.youtube.com/watch?v=rDpEyuWVVQ4>

Enjoy!

Submitted by Daphne Maclain GHC Tenor

CHECK THIS OUT

<http://www.worldsciencefestival.com/video/notes-neurons-full>

Submitted by Deb Thiessen former GHC Thursday Tenor

COMMUNITY NETWORKING

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 Let me know if you wish them. 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.

Pease 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 GHC Alto

SERVING EACH OTHER

COMPUTER SERVICES

Reasonable rates. Very thorough, with 8 years experience.

Virus removal, Hardware & Memory upgrades, Consultations for Windows users.
I am also a Linux expert.

Tune up and cleaning of your computer.

Learn how to better protect your computer, against phishing, viruses and hackers;

Sales of New and rebuilt computers.

Pickup and drop-off service: 1711 Coronation Ave.
call: 250-472-0530 or email: wakefieldcomputers@shaw.ca

Submitted by: Thomas Wakefield, Soundings Baritone.

ACCOMMODATION AVAILABLE & WANTED

NOTICE:

Wanted - I am a mature person looking for a one bedroom condo to rent or buy in Victoria. I have a cat. A one bedroom den combination would be ideal.

Contact echurchi@shaw.ca

Submitted by: Elizabeth Church former HNC member

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.

BRINGING BEAUTY

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

Hello everyone,

We are pleased to announce 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

or

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. Please drop by.

Submitted by Katrina Pavlovsky GHC Soprano

**A GAY (Meagley) DAY OF YOGA
including LUNCH**

Date: August 21st - Friday

Time: 10-4:30

Suggested Donation: \$ 60 - \$75

All Proceeds go to the Steven Lewis Foundation for the African Grannies

Place: The Gatehouse
Stoll Lake Farm
190 Reynolds Road
Salt Spring Island

For More Information and to Register please contact
Gay (out of town til the 17th) 250..653.2390
or: Laureen 250.748.6955

Pease pass this on to anyone you know that might be interested !

Thank You !

Submitted by Ann Jacob past alto

**MAITREYA PROJECT'S HEART SHRINE
RELICS RETURN TO VICTORIA** (Aug 21 to 23)

A unique and precious collection of sacred Buddhist relics are travelling around the world. These relics were found among the cremation ashes of Buddhist masters. They resemble beautiful pearl-like crystals.

The Victoria Shambhala Meditation Centre is pleased to host "The Maitreya Project Heart Shrine Relic Tour" on August 21, 22 and 23rd. An Opening Ceremony will be held at 7 pm on Friday August 21st, and the relic show will be open to the public from 10 am to 7 pm on Saturday 22nd and from 10 am to 4 pm on Sunday. Cost: Free.

Information: <http://www.shambhala.org/centers/victoria/>

Submitted by Linda Chan, GHC Soprano

ECKHART TOLLE VIDEO NIGHT (Aug 23)

Please Note Change in Venue

The next Eckhart Tolle Video Night will be on Aug. 23rd and every other Sunday thereafter in the Garry Oak Room at the Fairfield Community Place, 1330 Thurlow St. from 7:00 to 9:00 p.m. Agenda: Watch an Eckhart Tolle Video "The Secret of Happiness" (part 2). The cost is \$2.00 and all are welcome.

Submitted by Linda Chan, GHC Soprano

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 saxophone 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

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

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

http://www.nicklariviere.com/NickLaRiviere/Intro_.html

Submitted by Greg and Elaine La Riviere

“DIRECT SELF-INQUIRY” RETREAT (Sept. 4-6)

A weekend retreat on the power of direct self-inquiry with acclaimed advaita teacher Mooji, on DVD and live with Mooji himself via the internet/Skype; at the beautiful Swanwick Centre in Metchosin (www.swanwickcentre.ca); contact swanwick@shaw.ca or 250-744-3354 for more information.

Submitted by Ralph Tiller, HNC Bass

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

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

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

Call: June – 250 – 385-2205
june@juneswadron.com
www.juneswadron.com

Submitted by June Swadron former GHC member 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

TRAGER® INTRODUCTORY WORKSHOP: (Sep 12 to 13) **with AUDREY MAIRI**

12 Credits CMTBC

Description: This hands on workshop uses table work and Mentastics® self-care movement explorations to experience some of the fundamental Trager principles such as: Hook-Up, imagery, weight, elongation, elasticity, questioning and wave of motion to access a feeling experience that goes beyond mere manipulation of muscles, ligaments, tendons and joints to a conscious connection to the quantum field of energy.

Level: Can be used as a prerequisite for Trager Professional Training.
Open to the general public.

Pre-registration required.

Date: September 12 – 13, 2009

Cost: \$250.00

Location: 1720 Fairfield Road, Victoria, BC

Contact: Audrey Mairi, www.audreymairi.com

Email: contactme@audreymairi.com

Phone: 250-595-6418

1720 Fairfield Road, Victoria, BC, V8S 1G3

Submitted by Audrey Mairi, Thursday Alto.

STRATEGIES FOR ACHIEVING OPTIMAL HEALTH (Sept 13)

Take advantage of this unique opportunity to spend an evening with [Dr. Douglas Graham](#), an inspiring speaker who can help you find the answers to improve your health, energy and zest for life. He will share his extensive expertise in the arena of health and wellness and will truly motivate, educate and entertain you.

Sept 13th, 6-10 p.m. at the Ambrosia Conference Event Centre, 638 Fisgard Centre. Tickets (Cash Only) – Advance \$20.00 at Café Bliss, 566 Pandora or at the door: \$25.00. Tickets also available online. Information: <http://vivaraw.ca> or Anthony Sanna at (250) 480 6828

Submitted by Linda Chan, GHC Soprano

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

“WRITE” WHERE YOU ARE (earlybird Sep 17)

A 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.

Thursday Evenings Beginning October 1st
6:30 – 9:30

10 weeks - \$365.00 Early Bird - \$340.00 by September 17th

* Special payment arrangements available

Call: June 250-385-2205 or 250-813-0183
juneswadron@shaw.ca

www.juneswadron.com

Submitted by June Swadron former GHC Alto

GARY RENARD
EVENING TALK & BOOK SIGNING (Sep 18)

Int'l ACIM teacher & best-selling author of "The Disappearance of the Universe" speaks about Fearless Love, Quantum Forgiveness & Non-duality.

Friday September 18, 7:15 PM
Victoria Truth Center, 1201 Fort St.
\$ 30/Adv @ Instinct or Ivy's Books, \$ 35/door
Or via Jewel 250-370-1380 or www.OnlyLovels.org

Submitted by Jewel - possibly reappearing alto

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 26th – 1 – 4 p.m.
\$365.00 - Early Bird - \$340.00 by Sept. 12th
10 Wks

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

* Special payment arrangements available

Further information & to register - 250- 385-2205
juneswadron@shaw.ca
www.juneswadron.com

Submitted by: June Swadron, former GHC Alto

“THE ART OF PRESENCE” RETREAT (Oct. 2-4)

A weekend retreat with “Power of Now” author Eckhart Tolle on DVD; at the beautiful Swanwick Centre in Metchosin (www.swanwickcentre.ca); contact swanwick@shaw.ca or 250-744-3354 for more information.

Submitted by Ralph Tiller, HNC Bass

THE HIDDEN PROMISE OF OUR DARK AGE: (Oct 8)

The Wisdom, Strength & Beauty We Are Discovering
- *an evening talk with Joanna Macy*

"As we free ourselves from the delusions and dependencies bred by the industrial growth society, something wonderful can happen to us. If we manage to steer clear of panic, we may well find at last the wild power of our creativity and solidarity." - Joanna Macy

The ecological and social crises we face are inflamed by an economic system dependent on accelerating growth. This self-destructing political economy sets its goals and measures its performance in terms of ever-increasing corporate profits--in other words by how fast materials can be extracted from Earth and turned into consumer products, weapons, and waste. A revolution is underway because people are realizing that our needs can be met without destroying our world! To see this as the larger context of our lives clears our vision and summons our courage. Joanna Macy provides this context in an inspirational evening talk. Please join us for this precious and hope-filled opportunity! (Joanna will continue on to The Haven on Gabriola Island for a long weekend retreat October 9 through 12, 2009 . For more information please visit the Haven website: <http://www.haven.ca>)

Date: Thursday, October 8, 2009

Time: 7pm - 9pm

Location: Quarterdeck, The Grant Bldg, Royal Roads University

Cost: \$15.00 + GST

Course Code: GLEL1769-Y08

Please Register By: Friday, September 25, 2009

<http://www.royalroads.ca/NR/exeres/86C30856-9DE8-4302-8CD6-DF80F33779CE.htm>

Submitted by Hilary Leighton former GHC Alto

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

ONE DAY WORKSHOP WITH GARY RENARD (Sep 20)

in Vancouver Sunday Sept 20

Info: vision8@telus.net or 604-298-4011

Submitted by Jewel - possibly reappearing alto

JUST FOR FUN

A reward of laughter for reading this far

THE BIKER AND THE LORD

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

A man was riding his Harley along a California beach when suddenly the sky clouded above his head.....In a booming voice, the Lord said, "Because you have tried to be faithful to me in all ways, I will grant you one wish. "The biker pulled over and said, "Build a bridge to Hawaii so I can ride over anytime I want."

The Lord said, "Your request is materialistic. Think of the enormous challenges for that kind of undertaking; the supports required to reach to bottom of the Pacific and the concrete and steel it would take! It will nearly exhaust several natural resources. I can do it, but it is hard for me to justify your desire for worldly things. Take a little more time, and think of something that could possibly help mankind."

The biker thought about it for a long time.

Finally, he said, "Lord, I wish that I, and all men, could understand our wives; I want to know how she feels inside, what she's thinking when she gives me the silent treatment, why she cries, what she means when she says nothing's wrong, and how I can make my woman truly HAPPY."

And the Lord replied.....

"You want two lanes or four on that bridge?"