

Choir Business

PLEASE NOTE THESE NEWSLETTER SCHEDULE CHANGES!

In order to keep you informed with less reading each week we are making some changes to our newsletter schedule.

Starting with the first issue of the Fall season on September 4th Part 1 and Part 2 of our newsletter will be issued separately on alternate weeks as follows:

The Choir Business Section (Part 1)

Director's & Admin Notes plus GHC, HNC, Soundings & CCLT News & Business and other submissions from the choir administration only.

The Choir Community Section (Part 2)

All submissions from past and present GHC, HNC, Soundings & CCLT members

Submission Deadline.....Wednesday midnight of each week that this section goes out.

Please submit your Choir Community Section items to bill@gettinhigherchoir.ca

Distribution....each section will be sent out on its respective Friday as soon as possible after noon

The first Choir Business Section of the Fall season will be sent out on Sept. 4th and the first Choir Community Section on Sept. 11th. Since it is unlikely that there will be another Summer Special before Sept. 4th any choir community submission received from now on will appear in the Choir Community Section on Sept. 11th.

A REQUEST FROM THE NEWSLETTER EDITOR

Before sending your next submission for the Choir Community Section please review the "Choir Community Submission Policies & Procedures" section of our site's "Using Our Newsletter" page carefully at:

<http://www.gettinhigherchoir.ca/community-info/newsletterinfo.html#policies>

I prefer not to edit submissions because each item should reflect what the submitter intended to say not what I think was intended. Also, since editing items for submitters (or sending them back for editing) takes extra time, getting submissions that conform to the standard formats and word limits is truly a gift.

Sing in joy.

Bill

HOSTS NEEDED FOR COMMUNITY CHOIR LEADERSHIP TRAINING (CCLT) PARTICIPANTS

For details on this unique opportunity to enjoy the company of one or more of these talented visitors to our fair city please click on:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090826/cclt-hosts.pdf>

COMING FOR SOME SUMMER SINGING WITH GLORIA?

If you are a "Two Toonies for Tunes on Tuesdays" summer singer please remember to bring your binders (with your core repertoire), your name tags and your friends!

Last 2 sessions September 1st & 8th!

Choir Community Submissions

OPPORTUNITIES TO SING!!!

SINGING WORKSHOPS with SU HART...of...BAKA BEYOND

Su Hart, Baka Beyond singer and founder, will be giving two workshops in Victoria.

Saturday October 10
Church of Truth - 111 Superior St. , Victoria

Two Sessions: 10 - 1 pm and 2 - 5 pm
Although these sessions will be connected they are not the same
- in others words participants can choose to do one or both.

Registration fee is \$30 for one session or \$50 for both

Su Hart is an amazing singer, musician, teacher and workshop presenter who will be in Canada in October of 2009. She has been with *Baka Beyond* since it's beginning and brought to it the songs and vocal techniques of the Baka Pygmies that she learned on her travels.

When not touring or recording she teaches about the life and music of the Baka.

For additional information and to register please check out:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090826/su-hart.pdf>

Highly recommended by Shivon Robinsong and Denis Donnelly

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

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

KINKOLOGY:

RAY DAVIES' 65TH BIRTHDAY CONCERT (Aug 27)

Some members of the Victoria Symphony and others are putting on an evening of Kinks music Thursday August 27th (rock and classical). As I am a huge Kinks fan, I am working with them to promote the event, which I think will be great.

For dates and other details please visit:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090826/kinks.pdf>

To view the event poster click on:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090826/kinks-poster.pdf>

Recommended by Ian McLachlan GHC Tenor

CHECK THIS OUT...

Qi Zhang's electrifying organ performance on the "TED Talks" web site:

http://www.ted.com/talks/qi_zhang_s_electrifying_organ_performance.html

Recommended by Bill Hanson GHC Bass etc.

DEAR FRIENDS,

This on-line petition seemed to me to be something the choir would respond to. And my hope is it will make folks reflect on the wonders of our own system and do everything possible to maintain it.

"Obama's movement for change in the US is at risk of collapsing -- in large part because of lies about the Canadian healthcare system! American corporations are spreading lies about Canadian health care to kill

Obama's health plan -- and with it his whole movement for change. Sign a message to Americans about how Canada's system really works - and how much we value it. Let's set the record straight!"

~ part of an email being forwarded around the internet

For more information and/or to sign the petition please visit:

http://www.avaaz.org/en/reform_health_care/?cl=298316903&v=3811

Recommended by Kathy Coster GHC Thursday Soprano

A personal note from the editor:

I recently forwarded this message to my contacts. I don't know that signing such a petition will help Obama build a better health care system for our American cousins but I know for sure that not signing it definitely won't help! I think it is worth a try.

THE PRICE OF SILENCE (MUSIC VIDEO)

This note & link came to me from a member of my choir - pretty fantastic.

Dear All,

In some way each of us can relate ourselves to the music in one way or another. It merges us with power of love, uplifts us and motivates us. Here is a line from 2009 Numerology forecast by Nam Hari Khalsa: "There will be waves of new music for us to enjoy, as well as increasing influence of artists vocalizing their concerns for humanitarian issues".

This video just a proof of this statement. Just wanted to share this video compiled by Amnesty USA (6 min 52 sec). I found it very moving and getting into my bones and soul.

<http://www.youtube.com/watch?v=zmkc7JxCc5w>

Whatever you do - keep the music of your heart going.

Recommended by Maggie Wheeler CCLT 3 - 2006/7
and co-director of The Golden Bridge Community Choir (Los Angeles, CA)

ONE WORLD - CHRIS DEBURGH (MUSIC VIDEO)

A good one!

<http://www.youtube.com/watch?v=96lpQDQf2HA>

Reommeded by Bill Hanson GHC Bass etc.

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

PHOTOGRAPHY GROUP COURSES SCHEDULE UPDATED

Hello Friends, Former and Prospect Students!

I hope you have a great summer! If you just came back from your vacation, and you are not completely happy (or completely unhappy!) with your photos . . . please check these upcoming courses in the events section below!

Practical Digital Photography For Beginners (starts Sep 1)

Photographing People And Events.

Introduction To Portraiture And Photo Stories. (starts Sep 27)

I also accept new one-on one and one-on-two students at all levels on an ongoing basis. Check [schedules and rates](#).

For more information call Andrew: 250-884-4012 or email: info@goingdigital.ca

Please also forward this message to anybody who can be interested in my classes.

Many Thanks,

Submitted by Andrew Kielbowicz former GHC Bass and Choir Photographer

COMMUNITY NETWORKING

LOOKING FOR A PLACE TO STAY IN VANCOUVER

I need a place to stay in Vancouver, including my electric wheel chair for 3 or 4 nights, September 30 and Oct. 1, 2 & 3. In the Christ Church Cathedral area or Tom Lee music hall area.

A courageous little girl named Kanae; whom I met in Tokyo, will be performing during the second annual 2009 Vancouver International Piano Festival for persons with a disability. It is a very special event for her and her family; I look forward to giving fan support to Kanae.

If you know anyone that might be willing to put me up, please contact me at:

Phone 250-383-5981, Email: danielartsali@gmail.com

Submitted by Dan Sali, Tenor High Noon Choir,

ACCOMMODATION AVAILABLE & WANTED

ROOM TO RENT OR SMALL BACHELOR WANTED

Shelbourne/McKenzie area. Up to \$525 a month. Non-smoker. Quiet. Employed full time.

Contact Nancy at 250-383-1847 or Johnathan at 250-415-6948

Submitted Nancy Hum returning GHC Tuesday 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.

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

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, 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

**KINKOLOGY:
RAY DAVIES' 65TH BIRTHDAY CONCERT** (Aug 27)

Some members of the Victoria Symphony and others are putting on an evening of Kinks music Thursday August 27th (rock and classical). As I am a huge Kinks fan, I am working with them to promote the event, which I think will be great.

For dates and other details please visit:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090826/kinks.pdf>

Submitted by Ian McLachlan GHC Tenor

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

PRACTICAL DIGITAL PHOTOGRAPHY FOR BEGINNERS (starts Sep 1)

Tuesdays and Thursdays, from September 01 to September 17, 2009.
Classes start 6:00 p.m. at Emily Carr Public Library, 3500 Blanshard Street. Victoria BC
Eight 2.5 hrs sessions including two guided photo walks on Sundays: September 06 and 13, 2009.
Total 20 hours. Group limited to 8 students. Cost 400\$*. (\$380* if fully paid before the end of August).
Laptop with Photoshop Elements 6/7 or CS3/4 is required for this program. *plus GST

Submitted by Andrew Kielbowicz former GHC Bass and Choir Photographer

**GET IN TUNE WITH:
THE WORLD AT COUGAR ANNIE'S GARDEN** (Sept 4 to 7)

with Denis Donnelly and Royal Roads University

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!

Only two seats left!

To get some background on Cougar Annie plus rates and other details and to register please visit:

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

Submitted by Hilary Leighton former GHC Alto

"DIRECT SELF-INQUIRY" RETREAT (Sep 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

**TREASURY OF
EASTERN EUROPEAN LITURGICAL MUSIC** (Sep 6)

Victoria Choral Academia is inviting you to a choral concert Treasury of Eastern European Liturgical Music. The concert is a culmination of the VCA choral course on sacred music of Eastern Europe, and it will feature some of the best examples of the genre from Russia, Ukraine and Bulgaria (Rachmaninov, Tchaikovsky, Bortniansky among others).

Immerse yourself in the mystery of Slavic voices!

Sunday, September 6, 2009

7:30 p.m.

St. Nicholas Ukrainian Church

For more concert information:

<http://www.victoriachoralacademia.net>

To view concert poster:

<http://www.victoriachoralacademia.net/Site/Treasury.html>

For more information on VCA visit:

<http://www.victoriachoralacademia.net>

Submitted by Bill Hanson, GHC Bass

UNITY WORLD DAY OF PRAYER (Sep 9)

Your presence at this inspiring event would be most welcome as Sufi, Baha'i, First Nations, Christian, Hindu and Jewish people share our perspectives on peace, b'ezrat Hashem (with God's help).

Wednesday September 9, 7 - 9 p.m. at the Alex Goolden Hall on Pandora and Quadra in Victoria.

Please feel free to post this poster and/or forward this message. Thanks.

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090826/unity.pdf>

With blessings

Submitted by Shoshana Litman HNC member

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

A Nurturing, Playful 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 to register - 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:
with AUDREY MAIRI**

(Sep 12 to 13)

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

FLOWER OF LIFE WORKSHOP (earlybird Sept 18)

Learn about sacred geometry, the Mer-Ka-Ba & Unity Breath Meditations in this experiential four-day workshop. Facilitated by Dania KalTara, trained by Drunvalo Melchizedek. October 23-26. www.floweroflife.org, www.spiritofmaat.com
Local contact: Robin (250) 384-4642.

To register, email Dania: fol@netidea.com,
Tuition: \$377. Only \$333 if you register before Septmeber 18.

Submitted by: Robin Gillmor, GHC last Winter's Thursday night Soprano

COMMUNITY RESPONSE NETWORK (CRN)
WORKSHOP ON NONVIOLENT COMMUNICATION (Sep 24)

I hope you can attend and would appreciate it if you would distribute this informative flyer:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090826/crn.pdf>

Namaste,

Submitted by Rosa Goldstein 2006 GHC Summer Singer

**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

**PHOTOGRAPHING PEOPLE AND EVENTS.
INTRODUCTION TO PORTRAITURE AND PHOTO STORIES.** (starts Sep 27)

New program! Photographing People and Events. Introduction to Portraiture and Photo Stories. Sundays, starting September 27th at 1:00 p.m., at Simply Computing Store, 2639 Quadra Street. Six 2.5 hours sessions including guided photo walk. Total 15 hours. Group limited to 8 students. Some practice with model included. Cost \$300 plus GST

Submitted by Andrew Kielbowicz former GHC Bass and Choir Photographer

"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

JUST FOR FUN

A reward of laughter for reading this far

THIS IS SOOOO TRUE IT HURTS!!!!

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090826/forgetter.pdf>

Submitted by Audrey Glynn GHC Monday Soprano

===== 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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