

EDITOR'S NOTES & REMINDERS

TO GRAPHIC OR NOT TO GRAPHIC

Unlike previous issues this issue has some graphic elements in it. For some of you they may cause a slowing of you email service or your copy of the email may not display properly.

One of these elements is the masthead which I would very much like to continue using. The other is the strange yellow and blue divider lines at the end of each section which I am not particularly attached to. I included them as an additional visual indication that one section has ended and another has started but I would have no hesitation to either stop using them altogether or to use a different graphic for the purpose.

Whether I use these graphic elements in future editions or not depends on how they work for you as a reader. If you find them helpful or don't care one way or the other **please don't** let me know. If you find that they slow down your email service or cause to glitch in some other way or if they get in the way of your reading experience in some way or cause you some other difficulty, **and only then**, please let me know by emailing bill@gettinhigherchoir.ca

APPRECIATIONS

THANKS FOR THE CONTRIBUTION MARNIE!

As all avid readers of the newsletter will know Marnie Miiller, former (and possibly future) GHC Tuesday/Thursday Tenor, had an exhibition of her art during the summer at which she held a draw for one of her works with the funds raised going to our Kapasseni Honouring Fund. We recently received the following report from her:

The "Self Portrait" giclee numbered print valued at 150.00 raffle was won by Peter Castely. The 5.00 donations/raffle ticket box was on display during my exhibition "Under the Undergarments", and collected 165.00 for the GIC honoring fund. This will assist in a scholarship for a student in Kapsanni.

Thank-you to all fellow choir members who contributed.

Namasta Marnie

HELLO EVERYONE

Heartfelt thank you for your thoughts during the past winter/spring term.

Namaste,

Submitted by Katrina Pavlovsky GHC Tuesday/Thursday Soprano

OPPORTUNITIES TO SING!!

CALLING ALL MEN!

I am excited about offering a short and fun workshop for men, both GHC veterans as well as those who have not been in the GHC or any choir before but who think they might be interested in singing. It will be held **Saturday Sept.19** at the Church of Truth at **10:00 - 12:00**.

This workshop will be an opportunity for men to explore their singing voices in a safe and supportive setting. For those that think they might like to try singing but have not done much of it in their adult lives, this might open them up to a new

way to connect with their voices as well as with others. For those that have been in the GHC before, we will have fun exploring some different repertoire, suitable to our wonderful and distinct vocal qualities.

So, if you know of any men who you think might enjoy such an opportunity, ***please let them know about this!*** Please notify me by email (denis@denisdonnelly.ca) if you or someone you know is coming so that I will have a chance to prepare for the number of men who will be showing up. The cost of the workshop is \$10, payable on the day.

No music-reading abilities are necessary, nor any previous experience singing in a group setting. However, if you have sung in a choir before but not the GHC, come and see something of what we do! In any case, all that is required is a desire to experience something joyful.

Please spread the word! Who do you know who might enjoy this? GHC veterans - come and sing some new men-only music!

Denis

I 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

INSPIRATA WOMEN'S CHOIR...

...starts its new season singing Classical, Jazz, Folk, Pop and International Songs.

No audition required. Come and audition us! Monday nights, 7-9:00 pm. First Night Registration: Sept. 14th at 6:30 p.m. at St. Matthias Church Hall, 600 Richmond Ave.

Director: Signi Murgatroyd.

For more information go to: <http://www.lebeau-petersen.com/inspirata.html> "

Thanks

Submitted by Marilyn Henigman former Thursday Alto

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.

AUDITIONS FOR "THE SORCERER"

The Victoria Gilbert and Sullivan Society Sept 26 & 27, 1-5pm

To book an audition and for more info please phone Joy @ 250-384-6707

<http://www.gilbertandsullivanvictoria.ca>

The Principal Roles are:

Sir Marmaduke Pointdextre (*An Elderly Baronet*) - baritone

Alexis (*Of the Grenadier Guards--his Son*) - tenor

Dr. Daly (*Vicar of Ploverleigh*) - baritone

Notary - bass

John Wellington Wells (*Of J. W. Wells & Co., Family Sorcerers*) - baritone

Lady Sangazure (*A Lady of Ancient Lineage*) - contralto

Aline (*Her Daughter--betrothed to Alexis*) - soprano

Mrs. Partlet (*A Pew-opener*) - contralto

Constance (*Her Daughter*) - soprano

Performance dates are March 13, 14, 20, 21, 27 & 28

THE SINGING SOUL: IMPROVISATIONAL A CAPPELLA

At The Haven education centre on Gabriola Island, Oct 22-25.

The course is for those wanting to explore and experience the meeting places of voice, body, soul and creativity, in a community of collaborative co-creation, and authentic expression, and to make damn fine music together!

This is the third offering of this course at the Haven. The combination of the natural sea-side setting of the Haven, the incredible acoustic and visual qualities of space dedicated to this course, and the amazing people aged 13 - 65+ who've attended, have provoked the deepest and most soulful improvised a cappella music I have ever witnessed.

The good food, forest, free time and hot tub don't hurt either!

The Singing Soul has 2 areas of focus:

- The art of improvisation - deep listening, authentic expression, working with ambiguity, fluid awareness of self & others, trusting intuition, leadership and followership, presence.
- The architecture of a cappella music - melody, harmony, bass lines, vocal percussion, genres, lyrics, soloing, ensemble skills and how to put 'em all together!

So I invite you to consider attending and/or spreading the word to your networks. Here's a link to a full description and all course details on the Haven's website:

<http://www.haven.ca/programs/the-singing-soul-improvisational-a-cappella.html>

And there is more information on The Singing Soul on my own website:

www.davidhatfield.ca/pro-singingsoul.php

Feel free to contact me with any inquires you may have.

Kind regards,

David Hatfield Facilitator

COMMUNITY EVENTS ITEMS THAT INVITE YOU TO SING!

- Taize Service (Sep 18)
- "Music of the balkans:
The mystery of Bulgarian Voices" (Sep 26 & oct 3)
- "Wet Your Toes!"
In Music Theory and Sight Singing (Sep 28)
- "i knew it!" (Oct 5)

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

WORD OF MOUTH / RECOMMENDATIONS

MONTREAL GARDENS!

For gardeners and garden-admirers in the choir - dream on!

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090911/gardeners.pdf>

Submitted by Josephine Munro. GHC Monday Tenor

A WORKSHOP ON NONVIOLENT COMMUNICATION (Sep 24)

Presented by the Victoria CRN Community Response Network

Working together to respond to and prevent abuse & neglect of vulnerable adults

Westshore Child, Youth and Family Centre, 345 Wale Road

Thursday, Sept. 24, 2009

12:00 – 2:00

Free Admission ~ Registration Required

E-mail crnrosa@hotmail.com or call 250-665-7788

See flyer for more details:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090911/crn.pdf>

Submitted by: Rosa Goldstein, 2006 Summer Singer

INSPIRATIONAL AND FUNNY

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

Submitted by Edward Butterworth former GHC Bass

THE BACH DUO

Here's an amazing video clip of four-feet, one piano for the Gettin' Highers to enjoy.

<http://www.gettinhigherchoir.ca/community-info/misc/20090911/bach-duo.wmv>

Submitted by Arlene Antonik GHC Monday Soprano

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

If thou would conquer thy weakness, thou must not gratify it.

William Penn, 1644 - 1718, British religious leader who
founded Pennsylvania

Editor's Collection

COMMUNITY NETWORKING

ONE (1) HOST STILL NEEDED FOR CCLT PARTICIPANT -

I have one CCLT participant who is still requiring a host for the up-coming program.

Here's the thing ... this fellow, Stephen Shrader, from Langley, Washington will have a 'service dog' with him. A service dog is a very well trained dog, act as a companion to Stephen and is small and loving and responds to the same kind of commands that all service dogs do.

The dog will coming with Stephen every day to the CCLT sessions and we (Shivon, Denis and I are totally supportive of this). We actually met Stephen and his partner Marcie during the concerts in June and he attended a couple of our rehearsal sessions.

Stephen's partner will also be coming for the first 2 - 3 days of the program.

Stephen is completely independent, has his own vehicle, will be driving to Victoria and back home again as well as to the from the CCLT sessions.

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

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

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

Gloria B.N.Hansen, Registrar, CCLT

HELLO GHC SINGERS AND FRIENDS!

Do you know anybody who lives in Montréal and who would perhaps like to sing every week?

I was in CCLT 2008-2009 and I am starting Les chorales Allez Chante on September 23rd and 24th!

All info on website
www.allezchante.ca

Thanks for passing this on...

Love and music,

Submitted by Evemarie Brunelle CCLT5 - 2008/09

COMMUNITY SERVICE OPPORTUNITY:

Vision impaired woman, a former GHC Alto, with Chronic Fatigue Syndrome (living in James Bay) is in need of volunteers to assist with some of the following: advocacy work in regards to landlord; shopping; organizing receipts; writing letters; possibly a bit of driving; some outdoor sporting activities and various other tasks that require assistance. If you have time and can commit to helping with any of these things, please phone Dawn at 250-381-2941.

Submitted by Dan Sali -Tenor, High Noon Choir.

PORTRAITURE and EVENT PHOTOGRAPHY

Hello All,

I've just launched new website promoting my photography services.

Please visit: YOU ARE | photography
<http://www.peoplephotography.ca/>
and spread the news...

Many Thanks,
Andrew

Submitted by Andrew Kielbowicz, choir photographer and former GHC Bass

VERY LAST CALL

Be on "Team Gettin' Higher Choir"

RUN FOR THE CURE FOR BREAST CANCER

Mark your calendars!

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

We already have about 18 people signed up or planning to for our "Team Gettin Higher Choir " That means our Tee shirts will be printed. More would be even better (specially men) and also more fun.

You can register online at <http://www.cbcf.org> or call 1800-387-9816 if you need assistance. The registration fee is \$40.00 which you can pay later or will be waived if you get \$150.00 in sign-up pledges. Please note that you register with " Team Gettin Higher Choir" not "team". at the end I am the team captain and will receive the pledge sheets and make sure you get them. You might also receive them in the mail.

Remember, you don't have to be a runner, walking as far as you can is fine. Think up all the hopeful songs we can sing to-gether starting out and along the way.

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

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

THE VICTORIA SHAMBHALA CENTRE...

...on Belmont Street (off Begbie) is looking for renters for week days only. It is a beautiful large room, wood floors, used for community meditations and talks. There is also a kitchen, chairs, meditation cushions, etc. and perhaps even other smaller rooms that can be rented.

If anyone is interested, please contact

Jack Lalonde, Director
Victoria Shambhala Meditation Centre
Tel 250.388.4239, Email jacklalo@telus.net

Submitted by: Rae Bilash, Tues/Thurs Soprano

JIVE - JAZZ

Jive is the: Jazz In Victoria Ensemble and has room for more musicians. JIVE is an amateur jazz ensemble led by Nick La Riviere.

This season rehearsals are Monday nights from 6:30 to 8:30 until November 30th. JIVE will put on a concert after that at Hermann's Jazz Club. Email Nick@NickLaRiviere.com for details.

Submitted By Greg and Elaine La Riviere current Soundings Bass and Alto

PHOTO CONTEST ~ CALL FOR ENTRIES!

Sea Cider in Saanichton is hosting a fall photography competition as part of it's community Apple Day celebration on Sunday, September 27th, in it's mezzanine gallery. Submissions accepted through Sept 23rd. No entry fee.

The Theme: the apple. This exhibition invites submissions which illustrate any and all aspects of the apple, from candied ones, forbidden ones, to the "œcrabby" ones! Please see website for further details.

http://www.seacider.ca/wp-content/uploads/2009/09/SeaCider_call_for_submissions.pdf

Dionne Jennings, GHC Soprano

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

*To be free is not merely to cast off one's chains,
but to live in a way that respects and enhances
the freedom of others.*

Nelson Mandela

Submitted by Camilla Morrow former GHC member

SERVING EACH OTHER

COMPUTERS AND MORE....

Media Integration.

Have your computer talk to your stereo, and your television.

Shopping consultation.

Let me help you find the right stuff (and price) for your needs.

Sound systems, desktop and laptop computers, video systems etc.

Outstanding vintage speakers a specialty.

Computer repairs.

Windows Vista and XP. Mac OSX

Internal and system cleaning, and optimization

Viral Infections, Data Recovery, Upgrades

Set-up and basic tutoring

Hardware and Software problems

Free Estimates

Introduction to streaming audio/podcasts and Online Video

Get the most out of your multimedia experience.

\$40 Hour at your home/office

Discounts for seniors/students/unemployed.

Matt Hutton GHC Lighting guy and Gloria's son

mattinvic@gmail.com 250-418-1322

Submitted by Gloria Hansen, GHC and HNC Tenor

HOLISTIC PET SERVICES

Specializing in Cat Vacations in my home, for indoor cats 5 years and older staying for a minimum of one week. Your cat will get a great deal of one-on-one attention and tender, loving care, have the run of my place, and may very well be the only guest. In addition, I use a number of holistic healing modalities, if and when appropriate (Reiki, Tellington Touch, Rescue Remedy, veterinary-approved feline pheromones). These help to create a smooth and rapid transition from your place to mine, and are included in the price.

Other options I provide are drop-in visits to your home of one hour duration to care for your companion animal (if you live in the James Bay - Downtown vicinity, or are within one bus trip of James Bay). I also provide relief dog walking for James Bay dogs.

You will be supplied with numerous references from very satisfied customers, many of whom are now regular clients. I

am bondable and experienced, with a current Criminal Record Check. Enquiries are most welcome. Bernadine 250-384-5721.

Submitted by Bernadine Sperling former GHC & HNC Alto

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 (chris) Wakefield, Soundings Baritone

HEALING TAIQIGONG

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

Sunday morning 10-11 am at Government House grounds. Walk down the left hand side to the totem pole. (During wet weather, at the gazebo)

Submitted by Matti Anttila, former GHC Bass

BASIC NEEDS: SENIOR SERVICES

Hello everyone

I offer personal care and companionship services to seniors as BSc. holding RCA Certified Resident Care Attendant

I have been working actively with aging adults for more than a decade, privately, in nursing homes, adult day centers and as a volunteer with Victoria Hospice.

I am mature, caring and I have excellent references.

For more information visit: <http://michelbourque.ca> or call me at 250-381-4512 or email me at: mbpc@pacificcoast.net

Submitted by Michel Bourque former HNC bass and soon to be GHC Bass

PHOTOSHOP COURSE

Photoshop CS4/Elements7 Editing and Image Enhancement

Thursdays, from November 12 to December 3, 2009.

Classes start 6:00 p.m. at Emily Carr Public Library, 3500 Blanshard Street. Victoria BC
Five 2.5 hrs sessions including guided photo walk: How to shoot for Photoshop?
Total 12.5 hours. Group limited to 10 students. Cost 300\$ plus GST

Contact: Andrew Kielbowicz at: 250 884 4012
<http://www.goingdigital.ca> info@goingdigital.ca

Submitted by Andrew Kielbowicz, choir photographer and former GHC Bass

GREG JOLY PIANO SERVICE

Tuning, repairs, rebuilding, refinishing.
Fall tuning special \$90.00
Satisfied customers since 1982.
250 475 1106
webwind2001@yahoo.com

Submitted by Greg Joly former GHC Tenor

TROMBONE LESSONS

Nick La Riviere is offering Trombone Lessons for all skill levels. Learn from an experienced professional. Flexible lesson times can suit your schedule.
www.NickLaRiviere.com - 250-704-9972

Submitted By Greg and Elaine La Riviere (current Soundings Bass and Alto)

PIANO AND VOICE LESSONS

Piano (all levels) and beginner voice lessons in the Greater Victoria area. I am a young, energetic, and focused teacher, striving for excellence in all of my students. Ages 5+. Adults are very welcome! Lessons are at a location of your choice. (Your home, my home, my studio) I charge \$40 for an hour, or \$25 for a half hour lesson. I highly recommend an hour of lessons a week. Please call or email to schedule a first lesson at the introductory rate! 250-58804017
<http://www.taylorwinfrey.com>

Submitted By Greg and Elaine La Riviere (current Soundings Bass and Alto)

LAUGHTER IS THE #1 STRESS BUSTER

Laughter Yoga is a group of folks getting together to laugh for no reason.
No yoga poses, some breathing. Lots of laughter and fun.
Laughter Yoga can improve your physical health, release negative thoughts and emotions and help get in touch with your spiritual nature. (We are non-profit, non-religious, non-political..we love everyone equally)
Email for more info victorialaughteryogaclub@gmail.com

Submitted by Matti Anttila, former GHC Bass & Certified Laughter Yoga Teacher

COMMUNITY MEMBER'S WEB SITES

Check out the sites listed here and add them to your favourites if they are of on-going interest. If you have a web site feel free to submit a 50 word (or less) capsule description plus the URL (in the format shown below). It will be kept on file for and 2 - 5 of them will be rotated through here each week (in the order received). This will give your site periodic exposure to 1200+ people and offer readers different web sites to check out each week.

MARNIE LAMB (former GHC & HNC Alto)

<http://www.songs of passage.com>

Songs of Passage is a community group of volunteers who have been offering Bedside Singing to patients and families at Victoria Hospice since August 2007. Visit our site for more information, and also to pre-register for a free orientation.

JACK HAAS (GHC Bass)

<http://www.jackhaas.org>

See my website for information about two books of mine:

Jack Haas,
Seeking Bliss: A Study of Addiction and Recovery
\$20.

Jack Haas and Wm. Shaffir,
Becoming Doctors: The Adoption of a Cloak of Competence.
\$30.

Submitted by Jack Haas, Tues, Bass

DENIS DONNELLY (GHC & Soundings Director)

<http://www.denisdonnelly.ca>

All my musical, poetry and course activities plus Soundings.

THINGS & OPPORTUNITIES WANTED

XP OPERATING SYSTEM DISK & KEY WANTED

Have you traded up to Vista and still have your old XP disk hanging about? I am trying to get an old computer upgraded a bit for donation to someone who can't afford to buy one. If you can help please contact me at bill@gettinhigherchoir.ca or 250-920-4160 (8 a.m. to 8 p.m.)

Submitted by Bill Hanson GHC Bass etc.

FREE STUFF

FREE CANON INK CARTRIDGE AVAILABLE

I have a new Canon BCI-6Y (yellow) ink cartridge available for the asking. If you use it please contact me at bill@gettinhigherchoir.ca or 250-920-4160 (8 a.m. to 8 p.m.) to arrange to pick it up or to have me bring it to choir.

Submitted by Bill Hanson GHC Bass etc.

COMMUNITY MARKETPLACE

HEINZMAN UPRIGHT GRAND PIANO FOR SALE

Lovely Singing Piano circa 1900, with deep tone. Refinished beautifully , has four chipped ivories and needs tuning.

Asking \$900.

Call Ann-Rosemary at 250-658-8770

Submitted by Ann-Rosemary Conway High Noon Choir.

HEINTZMAN PIANO FOR SALE

Elegant apt.size piano & bench.
\$1600. includes a 2yr. guarantee.

~email for photo ~ webwind2001@yahoo.com<

call Greg 250 475 1106

Submitted by Greg Joly former GHC Tenor

GOOD CAR FOR SALE!

1989 Mazda 626 four door sedan well maintained, new; brakes, radiator, clutch, exhaust system, tires, etc, etc, good rust free body, \$2000 Alpine-JBL sound system with 200 watt amp. Gets up to 45 miles per gallon on highway 30 in city. Voted "Best Car of the Year" by car magazine in 89. Reliable, safe and comfortable transportation that has served me well for 10 years but now must sell. Excellent value at \$2495 or OBO! For more information call Dennis 250 995-1770.

Submitted by Dennis Murphy, GHC Thursday bass.

FOR SALE

Fold out table with metal legs from Canadian Tire. Beige/cream coloured top with black legs. Easy to carry.

Obus back form portable support with contoured back. Black.

For more info. please call Katrina at (250)598-1846 or email:info@katrinasphotographicart.com

Namaste,

Submitted by Katrina Pavlovsky GHC Tuesday/Thursday Soprano

FOR SALE!

Vintage 'real wood' colonial white night table with brass drawer handle and storage space under in perfect condition \$40 OBO, 2 swiveling black speaker stands with CD storage shelves built in \$10 OBO, large oscillating variable speed white fan on height adjustable stand \$15 OBO, black vintage all wood night stand with drawer \$25 OBO, 15 inch color TV with remote good for child's bedroom as new \$25 OBO, 2 goose neck desk lamps \$5 each, Lap top 13 " computer with internet modem, windows 95 and Word good for writers \$75 OBO and Sony compact stereo system with 3 way speakers, double cassette, 3 CD swivel and remote as new \$150 firm. Call Dennis at 250 995-1770 for more information.

Submitted by Dennis Murphy, GHC Thursday bass.

EMPLOYMENT AVAILABLE OR WANTED

PART TIME OCCASIONAL DAYTIME BABYSITTER NEEDED

My musician neighbour is looking for occasional daytime babysitting at her home in the Thetis Heights neighbourhood of Langford for her 9 year old home-schooled son.
\$10/hour
Contact Dexine at 250-384-2799

Submitted by Karen Boissonneault, HNC, Soprano

VICTORIA CHILDREN'S CHOIR...

...is seeking a Recital Choir Manager and Assistant Manager. The Manager serves as a liason for the Recital Choir director, the Concert Choir manager and director and for the choristers' families. The applicants need to be available each Tuesday for choir rehearsals (5:15 – 7:15pm), Recital Choir concerts, events, and organizational meetings. This position is a volunteer positions, with a small honorarium paid twice a year.

Contact:
Teodora Georgieva-Gitberg
250-896-3428
www.victoriachoralacademia.net

Submitted by Shivon

ACCOMMODATION AVAILABLE OR WANTED

FURNISHED 1 BR AVAILABLE

October 1st Brand new furnished one bedroom garden suite in a house at 1234 Basil Avenue, a very quiet cul-de-sac street near Cook and Hillside. Tastefully furnished, on-street parking, private entrance, internet and cable-wired house, utilities extra (shared 1/3 with upstairs tenants). No smoking on property and no pets please. Residential references required. Contact Louisa at 250-480-1027 or by e-mail at telkin@telus.net. \$850 per month

Submitted by Louisa Elkin former GHC Thursday Alto

2 BR SUITE AVAILABLE

Available October 1st Two bedroom main floor house and beautiful decks leading into private landscaped garden (gardener included with rent). Beautiful space with fireplace, wood floors, coved ceilings, stacking w/d, built-in dishwasher and microwave, extra storage off kirchen, large closets, off-street parking for one car, house is wired for cable and internet, utilities shared 2/3 with downstairs tenants. No smoking on property and no pets please. Residential references required. Contact Louisa at 250-480-1027 or by e-mail at telkin@telus.net. \$1600 permonth.

Submitted by Louisa Elkin former GHC Thursday Alto

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

Conscience is a higher authority than obedience.

Unknown

Found in the footer of an email from:
Ocean Condon, former GHC Tuesday/Thursday Alto

COMMUNITY EVENTS ~ THIS WEEKEND TO NEXT

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.

VICTORIA COLLEGE OF ART AND DESIGN CELEBRATES 35 YEARS OF ART. (now to Sep 26)

Dozens of alumni present their art at a showing starting Friday Sept 11 from 7-9pm. until Sept 26th at the University Canada West 955 Kings Road. Open daily from 11-5.

Submitted by Matti Anttila GHC Bass Alumnus.

CHURCH OF TRUTH, COMMUNITY OF CONSCIOUS LIVING FALL GARAGE SALE (Sept 12)

9 am to 2 p.m. Church of Truth – (Corner of Superior & St. Lawrence). Rain or Shine. Fascinating and Useful items for everyone! Donation of items in good repair. Queries to Marie at (250) 652-8586

Submitted by Linda Chan, GHC Soprano

QI GONG FOR BEGINNERS WORKSHOP (September 12)

Qi Gong (pronounced "chee gong") is a practice dating back thousands of years to ancient China. Anyone can do Qi Gong, regardless of age, ability, flexibility, or activity level. It is significantly effective in improving balance and encouraging mobility. Priced to encourage you to try: \$15 for 2 hours. Please email for more details as to time and place: munrojos@shaw.ca.

Submitted and recommended by Josephine Munro: GHC, Monday Tenor

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

NIA DANCE CLASSES FOR EVERY BODY (Sep 14 to 18)

Nia is unlike any exercise you've done before. Nia combines concepts from Martial Arts, Dance and Healing to create a body, mind, spirit celebration adaptable to Your Body's Way.

Have fun, feel great, be inspired, get relaxed and get super-fit.

Where: 1110 Caledonia @ Cook Street, St Nickolas Hall at the Ukrainian Church

When: Sept. 14th to 18 classes
Monday, Wednesday, Friday @ 5:15 PM (1 hour)
Tuesday, Thursday @ 9:30 AM (1 hour)

First Class free.
Start anytime: \$15 drop-in or \$12/\$10/\$9/class when registered.
Free Parking

For more information call Karen at 250 478 1076 or
karenia@shaw.ca
www.niac.ca
www.nianow.com

Submitted by Karen Boissonneault, HNC, Soprano

MINDFUL YOGA (Sep 15)

in James Bay
Tuesdays 5:00pm-6:30pm
(ie Sep 15, 22, 29 etc.)

Church of Truth, 111 Superior st.

This gentle style of yoga is based on classical Hatha yoga asanas, which are held for a period of time to allow our body to unfold into a deeper release and opening. In this style we focus on breath and body sensations to facilitate mind-body connection and to become free from our habitual patterns, whether in the body or in the mind.

Beginners and experienced students are welcome.

Misha Gitberg is a yoga and meditation teacher as well as a mind-body psychotherapist, who combines classical Hatha Yoga teachings and Buddhist meditation practices.

Register for 10 classes: \$100.00 (started September 8)
drop-in fee \$15.00

For more information:
www.soulstir.net
778-678-0137

Submitted by Bill Hanson GHC Bass

AN EVOLUTIONARY SPIRITUALITY (Sep 15 to Oct 6)

“As a human species we are outgrowing our need for formal religion,”
~ Diarmuid O’Murchu.

Spiritually we are in a paradigm shift. We are moving from what was a familiar world view to one yet to be born.

Facilitator: Bill Wilson, SJ, PhD
Date: Sept 15—Oct 6 (4 Tues)
Time: 10:00 am – 12:00 am
Cost: \$75.00 for series, \$20.00 drop in.
Location: Friend’s Meeting House 1831 Fern St.
Register: earthliteracies@shaw.ca 250-220-4601 www.livinglanguageinstitute.org

Submitted by Gertie Jocksch, Monday Soprano

TAIZE SERVICE (Sep 18)

The first Taize service for this season will be on Friday, September 18 at St. Andrew's Cathedral on Blanchard from 6 to 7 PM.

For extra singing come at 5:30 to join the lead group that practices the songs for half an hour.

Submitted by Anne Forester, Monday Soprano

"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
New Fall Reduced Prices (was \$365.00)
Now \$295.00 for 10 Weeks
Early Bird - \$270.00 by Sept. 17th

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

juneswadron@shaw.ca

www.juneswadron.com

Submitted by June Swadron former GHC Alto

"FEARLESS LOVE" (Sep 18)

Presented by Gary Renard

Intl Teacher of Non Duality

and

Author of:

"The Disappearance Of The Universe:
Straight Talk about Illusions, Pat Lives, Religion, Sex, Politics,
and the Miracles of Forgiveness"

"Destined to be one of the most significant contributions to spiritual literature in this century, the message in "The Disappearance of the Universe" is of great importance to the healing of ourselves and our planet."

- Wayne Dyer

Friday Sept 18 - 7:15 PM

Victoria Truth Center, 1201 Fort St

Tickets \$ 30 advance (\$35 door) at Instinct & Ivy's Books,
or mail check: "Julia Day" 214 - 2186 Oak Bay Ave V8R 1G3

Info. <http://www.GaryRenard.com> & <http://www.OnlyLevels.org>

Submitted by: Jewel former Tuesday/Thursday Alto

WOMEN NATURE, MOTHER NATURE (Sep 19)

Exploring the child within, the Grown Woman as Choice Maker and the Wise Woman & the profound connections between Woman's Nature and Mother Nature.

Facilitators: Louise Taylor BMus, Orff 3, Dalcroze Crt. and Mary Jane Wilson CND MA

Date: Sept. 19 (Sat)

Time: 9:30 am – 3:30 pm,

Cost: \$60.00 Please bring your lunch. Refreshments will be served.

Location: 5990 Old West Saanich Rd (the Yurt).

Register: earthliteracies@shaw.ca 250-220-4601 www.livinglanguageinstitute.org

Submitted by Gertie Jocksch, Monday Soprano

VIVA-RAW POTLUCK (Sept 20)

Come to a delicious raw vegan potluck and a presentation "Making Raw Work For You" by Rose Vasile, Raw Foods Chef and Author of "Uncooking with RawRose". The Lounge, Archie Browning Sports Centre, 1151 Esquimalt Road (beside the Esquimalt Plaza). Doors open at 5:30 p.m. Potluck sharing at 6:00 p.m. Bring a raw vegan dish to serve 6 or more people and ingredient list, plus your own serving utensil(s), dishes and cutlery. Cost: \$5 to \$3 per adult. Bring your family and friends. Children welcome with parental supervision. Info: <http://vivaraw.ca> or Linda at (250) 380-6383

Submitted by: Linda Chan, GHC Soprano

PHOTOGRAPHY WORKSHOP (starts Sep 20)

Photographing People | Introduction to Portraiture and Street Photography

Sundays, starting September 20th at 1:00 p.m.,

at Simply Computing Store, 2639 Quadra Street.

Six 2.5 hours sessions including guided photo walk. Total 15 hours. Some practice with model included. Cost \$320 plus GST

Contact: Andrew Kielbowicz at: 250 884 4012

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

Submitted by Andrew Kielbowicz, choir photographer and former GHC Bass

COMMUNITY EVENTS – COMING WEEKS

CONVERSATIONS ON THE NEW COSMOLOGY (Sep 24)

"We are the first generation to know the Great Story of the Universe,"
~ Thomas Berry.

Our conversations focus on what it means for humans to know this story as our own story.

Facilitator: Bill Wilson, SJ PhD

Date: Sept 24, (Thurs)

Time: 12:00 pm – 1:30 pm, \$10.00 suggested donation.

Location: Friend's Meeting House 1831 Fern St.

Register: earthliteracies@shaw.ca 250-220-4601 www.livinglanguageinstitute.org

Submitted by Gertie Jocksch, Monday Soprano

TOOLS FOR TRAVEL DRAWING WORKSHOP (Sep 25 to 27)

Learn the Art of Visual Note taking and Small Book Making on a weekend at a B&B on Pender Island.

<http://www.spiritofthewaters.com>

September 25, 26, 27

\$155. includes art supplies. Mail deposit of \$50. to:

Ann-Rosemary
4515 Emily Carr Drive,
Victoria, B.C. V8X 2N5

Special Rates at B&B for workshop. Inquiries 250-658-8770.

Ann-Rosemary Conway BFA. has traveled the world sketching at the Sacred Sites of Mother Earth and developed a swift method for visual note taking . Tools include View finder, Fine Art Papers, a 'Draw-along' technique and the making of a small travel sketch book. Get ready for the journey of your life.

Submitted by Ann-Rosemary High Noon Choir

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.

New Fall Reduced Prices (was \$365.00)

Now: \$295.00 - Early Bird - \$270.00 by Sept. 12th
10 Wks

Tuesday Afternoons September 29th 2 - 5 p.m.

Now - \$295.00 Early Bird - \$270.00 by September 15th
10 Wks

Further information & to register - 250- 385-2205

juneswadron@shaw.ca

www.juneswadron.com

Submitted by: June Swadron, former GHC Alto

Workshop: STILLING THE MIND: THE USE OF MINDFULNESS IN THERAPY (Sep 26 & 27)

MIndfulness - an expanded state of awareness that slows down ones inner world, allowing space to observe thoughts, feelings, images, body sensations and memories.

September 26 & 27, 2009

Used in therapy, mindfulness brings up core, unconscious material, providing an opportunity for the client to become aware of what is "off the radar screen". Only with awareness can changes occur.

In a state of mindfulness the client is more available for new input and more able to "update the files", changes very difficult to accomplish in the "ordinary consciousness" of our fast-paced, habit-prone lives.

For counselors, social workers, bodyworkers, etc \$265. if registered by Monday, Sept. 14. \$295. afterwards

Please contact Rae Bilash, The Hakomi Institute of BC at 250-261-2045, info@raebilash.ca to register or for more info.

Submitted by Rae Bilash, Tues/Thurs Soprano

**"MUSIC OF THE BALKANS:
THE MYSTERY OF BULGARIAN VOICES"** (Sep 26 & Oct 3)

A Victoria Choral Academia & UVic Workshop

The music of the Balkan region (Serbia, Croatia, Macedonia, and Bulgaria) is among the most renowned in the world for its unusual rhythms and powerful, often shockingly bright vocal style. We will use examples to:

- ◆ Explore the strength, depth and determination of our own "nomadic" voices.
- ◆ Expand the concept of harmony beyond Western European-derived music.
- ◆ Dive into the mystery of Balkan music with our voice, our intellect and our whole body.

Curiosity and openness to exploring a new music world is the only requirement for this course.

Saturdays, September 26 and October 3, 2009

(2 sessions) 9:30 am to 12:30 pm

Fee: \$50 plus \$2.50 GST

Course Code: ASMU321 2009F W01

To register, call 250-472-4747

or register online at:

<http://www.continuingstudies.uvic.ca/courses> (and click on "The Arts")!

For more information on VCA visit:

<http://www.victoriachoralacademia.net>

Submitted by editor Bill on behalf of Teodora Georgieva-Gitberg

**"WET YOUR TOES!"
IN MUSIC THEORY AND SIGHT SINGING** (Sep 28)

A Victoria Choral Academia Workshop

Felt intimidated by the cryptic tiny dots on a page with the lyrics of your favorite song? This workshop is for you.

Date: Monday, September 28

Time: 6:00 - 8:00 p.m.

Location: Church of Truth, 111 Superior St.

Fee: \$20

To register: info@victoriachoralacademia.net

For more information on VCA visit:

<http://www.victoriachoralacademia.net>

Submitted by editor Bill on behalf of Teodora Georgieva-Gitberg

"I KNEW IT!" (Oct 5)

A Victoria Choral Academia Workshop

Concepts and skills for sight-singing and ear-training:

Need to brush up on your sight-singing skills? Suspecting there is more to what your ear can hear? Ask your questions!

Date: Monday, October 5

Time: 6:00 - 8:00 p.m.

Location: Church of Truth, 111 Superior St.

Fee: \$20

To register: info@victoriachoralacademia.net

For more information on VCA visit:

<http://www.victoriachoralacademia.net>

Submitted by editor Bill on behalf of Teodora Georgieva-Gitberg

DIGITAL PHOTOGRAPHY COURSE (Oct 8 to Nov 5)

Practical Digital Photography for Beginners

Thursdays, from October 8 to November 5, 2009.

Classes start 6:00 p.m. at Emily Carr Public Library, 3500 Blanshard Street. Victoria BC.

Five 2.5 hrs sessions including guided photo walk.

Total 12.5 hours. Group limited to 10 students. Cost 280\$ plus GST

Contact: Andrew Kielbowicz at: 250 884 4012

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

Submitted by Andrew Kielbowicz, choir photographer and former GHC Bass

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

WHEN INSULTS HAD CLASS

Submitted by Sabine Laubental GHC Alto

**These glorious insults are from an era before
the English language got boiled down to 4-letter words.**

The exchange between Churchill & Lady Astor: She said, "If you were my husband I'd poison your coffee."
He said, "If you were my wife, I'd drink it."

A member of Parliament to Disraeli: "Sir, you will either die on the gallows or of some unspeakable disease."
"That depends, Sir," said Disraeli, "whether I embrace your policies or your mistress."

"He had delusions of adequacy." - Walter Kerr

"He has all the virtues I dislike and none of the vices I admire." - Winston Churchill

"I have never killed a man, but I have read many obituaries with great pleasure." Clarence Darrow

"He has never been known to use a word that might send a reader to the dictionary." - William Faulkner (about Ernest Hemingway).

"Thank you for sending me a copy of your book; I'll waste no time reading it." - Moses Hadas

"I didn't attend the funeral, but I sent a nice letter saying I approved of it." - Mark Twain

"He has no enemies, but is intensely disliked by his friends." - Oscar Wilde

"I am enclosing two tickets to the first night of my new play; bring a friend.... if you have one." -
George Bernard Shaw to Winston Churchill

"Cannot possibly attend first night, will attend second... if there is one." -Winston Churchill, in response.

"I feel so miserable without you; it's almost like having you here." - Stephen Bishop

"He is a self-made man and worships his creator." - John Bright

"I've just learned about his illness. Let's hope it's nothing trivial." - Irvin S. Cobb

"He is not only dull himself; he is the cause of dullness in others." - Samuel Johnson

"He is simply a shiver looking for a spine to run up." - Paul Keating

"In order to avoid being called a flirt, she always yielded easily." - Charles, Count Talleyrand

"He loves nature in spite of what it did to him.." - Forrest Tucker

"Why do you sit there looking like an envelope without any address on it?" - Mark Twain

"His mother should have thrown him away and kept the stork." - Mae West

"Some cause happiness wherever they go; others, whenever they go." - Oscar Wilde

"He uses statistics as a drunken man uses lamp-posts... for support rather than illumination." - Andrew Lang (1844-1912)

"I've had a perfectly wonderful evening. But this wasn't it." - Groucho Marx



Watch for the latest Choir News & Business updates in next Friday's
CHOIR ADMIN ISSUE
Check the most current News & Business in last week's issue

<http://www.gettinhigherchoir.ca/community-info/pdf/200904nl-pt1.html>



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

Making
Universal
Sounds
In
Community

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

