



The September 25, 2009

CHOIR COMMUNITY ISSUE

of the GHCs Extended Choir Community Newsletter



For a PDF Version of this weeks issue plus last weeks Part 1 and other archived issues go to:

<http://www.gettinhigherchoir.ca/community-info/newsletters.html>



SPECIAL NOTES!!

1. REFER TO LAST WEEKS ADMIN ISSUE FOR:
HNC Fall Season Info (Starts Tuesday, Sept. 29th)
Newsletter Info

To open a copy click on:

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

2. ROYAL ROADS SWAT

For details on the Saturday, Sept. 26th Royal Roads SWAT please click on:

<http://www.gettinhigherchoir.ca/community-info/#swat>

3. RETURNING VETERANS PLEASE NOTE

If you havent already registered with your payment at choir and you want to be part of our Fall season please contact me right away by emailing bill@gettinhigherchoir.ca or by calling 250-920-4160 (8 a.m. to 8 p.m.) Both Gloria and I need to know who is in this session as accurately as possible as soon as possible and if you are not registered with me you are out of the communications loop (special email notices, Contact List, Current Singers Only section access codes, etc.). Thanks

4. SINGING WORKSHOPS WITH SU HART OF BAKA BEYOND

Find the details in the Opportunities To Sing section below!

ADMIN NOTES & REMINDERS

PLEASE BE SCENTS-ITIVE

Please be aware that a number of people in the choir are very sensitive to scents. As we are all breathing deeply in close quarters even those who aren't scents-itive may find various scents hard to take. This includes all perfumes, deodorants, after shave, hair spray and tobacco. If you regularly use any of these products a non-scent set of clothing for choir would be a very considerate act.

No scents makes sense!

REMINDERS RE: BINDERS

Put a label with your name and possibly your phone number on it. Inside or out, but out is best as makes it less likely for anyone to pick it up by mistake. It also increases its chances of coming back to you if you happen to leave it somewhere other than choir.

Keeping your name tag in the inside pocket, or with its cord locked in the rings, so it is available to wear everytime you come to choir is also a good idea.

NAME TAGS

There will be name tags available at choir this coming week for those that don't already have them.

MORE ON NAME TAGS

If you've got them please wear them even if you have been in the choir so long that everybody should know you. It not only makes things easier for our new singers, it also makes things easier for memory challenged people like me.

~ Bill

COMMUNITY MEMBERS SUBMISSIONS

When reading (skimming) the contents of this newsletter keep in mind that what your choir companions are requesting or offering may be of interest to one or more of your non-choir contacts. Support each otherpass the word!

FEB. 26TH SWAT CAR POOLING

RIDES OFFERED TO/FROM FROM SIDNEY

I can pick up, to a max of 3, enroute the Royal Roads SWAT

Work number 250-721-8143 or cell 250-893-4057

Thanks

Submitted by Cindy Stevenson

WILL DRIVE OR RIDE FROM FERNWOOD

I'm willing to drive, but would be happy to be a passenger if someone else prefers to drive. I'll come to your house if you live reasonably close by.

Location: Fernwood (near the Belfry Theatre on Vining Street)

250-592-6959

Submitted by Frances Backhouse Tuesday Alto

LOOKING FOR LIFTTOSWAT

I live on Pembroke st. near the Crystal Pool.

Address; 1020 pembroke #229,
Tel #: 250-978-0031,

Submitted by David Usher GHC Bass

OPPORTUNITIES TO SING!!

SINGING WORKSHOPS with SU HART...ofBAKA 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 its 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! Mondaynights, 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

[The Fall season has started!](#)

[New Singers Always Welcome!](#)

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 PatersonCCLT member, Dance Caller and music educator

Our songs are multi-generationalmulti-culturalssome oldsone new sung in unison, rounds and multi-part harmonies. We also include somebody percussion musical gamesand 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 inquiries you may have.

Kind regards,

David Hatfield Facilitator

COMMUNITY EVENTS ITEMS THAT INVITE YOU TO SING!

"Music of the Balkans: The mystery of Bulgarian Voices"	(Sep 26 & Oct 3)
"Wet Your Toes!" In Music Theory and Sight Singing	(Sep 28)
Super Soul Sister	(Sep 30)
Musical Skills Course	(starts Oct 2)
"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

HI ALL

In case you have not seen this, here is the Belfast choir Dennis mentioned at practice last Tuesday night singing Love Rescue Me on YouTube. This is a super video. I much prefer this choir's version to the original by U2. What a great song for GHC.

<http://www.youtube.com/watch?v=z1ohx398P7I>

Cheers,

Recommended by Judy Walker Tuesday Alto

Editor's note:

Here is a U2 Version with guest Ziggy Marley

<http://www.youtube.com/watch?v=68De1d2bJHM&feature=related>

POWER OF HOPE PRESENTS

Express Yourself! Creative Facilitation 1

October 24 and 25 at Royal Roads University

Working with youth is an intensely creative endeavor demanding a high level of improvisation - and the arts can be one of your greatest allies.

This two-day intensive training is designed for youth workers, artists, teachers, and other adults, and is based on the belief that you don't have to be a professional artist to use the arts in working with young people.

Register early and bring a friend.

Poster: <http://www.gettinhigherchoir.ca/community-info/pdftemp/20090918/expressyourself.pdf>

Recommended highly by Gloria Hansen, GHC and HNC tenor and Canadian Chair, Power of Hope

REMARKABLE PHOTOGRAPHY!

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090925/remarkable.pdf>

Recommended by Karen Smith former Tuesday/Thursday Soprano

I CHOOSE LOVE

This video link came to me in CorUnum Yurt News and I think that many of you will enjoy it and some will find it inspirational.

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

The Corunum Yurt, located at 5990 Old West Saanich Road, is a unique, life affirming community workshop, retreat and event centre in a beautiful rural setting in Central Saanich. More information about CorUnum, which means One Heart, and its Yurt can be found at <http://www.corunum.ca>

Recommended by Bill Hanson, GHC Bass etc.

RUMI: THE WAY OF ECSTASY

A workshop with Andrew Harvey & Banafsheh Sayyad

Shivon told me that Andrew Harvey is amazing and the workshop is excellent for those who want a deeper connection with the Sufi way of the Heart. My understanding is that there might be some scholarships available for this workshop for those who are called but are financially challenged.

For details see the poster:

Recommended by Dennis Murphy GHC Bass

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

We will have to repent in this generation not merely for the hateful words and actions of the bad people but for the appalling silence of the good people.

Martin Luther King Jr.
1929-1968, American Civil Rights leader
1964 Nobel Prize winner

Submitted by Patricia Houston GHC Alto

COMMUNITY NETWORKING

PSSSST! PASS IT ON!

Networking involves connecting people you know, or know about, who have potential value for with each other. Even if you are not personally interested in some of the items in this section of this newsletter (or in another section) there may be information in them of value to someone you care about a home or a tenants job or an employees need or an opportunity pass it on in joy!

~ Bill

JOIN THE GET JANET TO CHOIR TEAM!

Our oldest member, Janet Hawksley (Alto) likes to come both Tuesday and Thursday each week. I try to spread the rides around the team so that none of us need to do it more than once or twice a month.

She lives at Amica House at 50 Douglas street (at Niagara). Whoever drives her need to go into the lobby to get her and stay with her until she gets in on the return trip. She is good about being ready and waiting but on the return there is sometimes a bit of a wait for the duty nurse to open the door if Janet doesn't remember the door code.

To avoid confusing her I make the calls to people on my list until I find someone able to give her a ride on a given night and then I let her know who it will be and when. If someone needs to cancel it is best if they call me so I can arrange for a replacement ride.

If you would like to be on the team please contact me by emailing bill@gettinhigherchoir.ca or by calling 250-920-4160 (8 a.m. to 8 p.m.)

1. I'm looking for a cat lover to sublet my beautiful, bright, spacious 2 bedroom suite from February to July-ish (2010).
2. Im lookingfor a trusted research assistant.
3. Also, any fundraising ideas/donations for my research is most appreciated ;)

For details please contact me at goddesswoman@shaw.ca

Thanks for assisting her.

Submitted by Rosa Goldstein former Summer Singer & wife of cHumi founding Monday Bass

HELLO GHC SINGERS AND FRIENDS! (Repeat)

Do you know anybody who lives in Montré 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: <http://www.allezchante.ca>

Thanks for passing this on...

Love and music,

Submitted by Evemarie Brunelle CCLT5 - 2008/09

COMMUNITY SERVICE OPPORTUNITY: (Repeat)

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.

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

So live that you wouldn't be ashamed to sell the family parrot to the town gossip.

Will Rogers, 1879 - 1935, humorist & actor

Editor's Collection

SERVING EACH OTHER

COMPUTER SERVICES

Reasonable rates. Very thorough, with 8 years experience.

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

Tune up and cleaning of your computer.
Learn how to better protect your computer, against phishing, viruses.

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.

TROMBONE LESSONS (Repeat)

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)

PHOTOSHOP COURSE (Repeat)

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

JIVE - JAZZ

(Repeat)

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

HOLISTIC PET SERVICES

(Repeat)

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

PIANO AND VOICE LESSONS

(Repeat)

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)

COMMUNITY MEMBERS 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.

RAE BILASH (GHC Soprano)

<http://www.raebilash.ca>

Through gentle movement and touch, Trager bodywork imparts deep relaxation to the body/mind while releasing patterns of pain, trauma, stress and tension.

Trager is also a tool to help embody more fully in oneself, bringing deeper awareness to living in the present moment.

BRUCE BATCHELOR (GHC & HNC Tuesday Bass)

Agio Publishing House.

<http://www.agiopublishing.com>

We offer expert book editing, design and marketing services, working in collaboration with positively-oriented authors.

AUDREY MAIRI (GHC Thursday Alto)

<http://www.audreymairi.com>

Through my book, CD, workshops, seminars, and sessions I help people foster the connection to our energetic source using principles of the Trager Approach.

THINGS & OPPORTUNITIES WANTED

SEEKING GORTEX JACKET

I'm looking to buy a gortex jacket in good condition for a reasonable price. Women's small or medium, any colour. Call Pamela at (250) 727-7401, or email sweetpvine@yahoo.ca

Submitted by Pamela Vine, former GHC and Soundings Soprano

WINDOWS XP OPERATING SYSTEM DISK & KEY WANTED (Repeat)

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.

COMMUNITY MARKETPLACE

PIANO SERVICE

Greg Joly Piano Service
Professional piano tuning, repairing, and service.
Pianos bought & sold.
27 yrs. satisfied customers.

webwind2001@yahoo.com
250 475 1106

Submitted by Greg Joly, Thursday Tenor

GOOD CAR FOR SALE! (Updated)

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!
or without stereo price is \$1695 OBO

For more information call Dennis 250 995-1770.

Submitted by Dennis Murphy, GHC Thursday bass.

FOR SALE! (Repeat)

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, 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

SEEKING PART-TIME EMPLOYMENT

Hello friends

A constellation of unexpected events has left a lot of folks with less paid work than anticipated this

Fall. I'm one of them.

So I'm putting the word out that I am in search of a part-time job of one kind or another, effective immediately....

My skills include film editing and production, research, writing, transcription, project management, event planning, teaching, administrative, office and secretarial skills and much else besides.

I would be grateful if you would keep me in mind if you hear of any opportunities. You can contact me at (250) 385-3003 or mleith@islandnet.com

All offers considered, skilled or unskilled. The universe will provide...

with thanks

Submitted by Mandy Leith former GHC Thursday Soprano

BASIC NEEDS: SENIOR SERVICES AVAILABLE

Hello everyone

I am a Certified Resident Care Attendant offering personal care and companionship services to seniors.

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

ACCOMMODATION AVAILABLE OR WANTED

HOUSE-SIT WANTED

In the victoria-metchosin-sooke area for winter of 2009/2010

My mother is coming to our area (from Winnipeg) next winter for several months and would like to house sit. She is a senior, extremely fit, and highly responsible. Her name is Rosemary and she looked after a farm for years. She adores pets and farm animals and would be very happy to look after yours and keep them company. A house-sit in the city is also very attractive.

If you know of someone who might be interested in having a preferred housesitter for some or all of the coming winter, please get in touch with me. A partial rental arrangement is also possible, if that

makes more sense.

(250) 216-8686
martin@netidea.com

Please forward this note.

Submitted by Martin Carver Soundings/GHC Tenor

FULLY FURNISHED SHORT-TERM RENTAL IN JAMES BAY

Bachelor available September 23rd to November 30th with the possibility of an extension.
\$625.00/month all inclusive: heat, hot water, hydro, cable, phone, internet, linens, dishes etc.
Possible reduction in rent in exchange for simple tasks.

(250) 385-1109
Submitted by Danielle Lavoie, former GHC Soprano

ACCOMMODATION FOR SALE:

One bedroom plus a den, Cadboro Bay.

For more info on this small independent seniors complex, contact one of its residents!
Email: munrojos@shaw.ca.

Tel (250) 721-3071

Submitted by Josephine Munro, Monday tenor.

SEEKING A SUITE

in a house with a compassionate landlord who is open to having a wireless-free house.

Due to a recent severe electric shock, my body has become extremely sensitive to chemicals and wireless signals, so I need to rent a suite in a house with wooden floors, wooden cupboards, hot water or electric heat. I am requesting the house to be free of wireless technology (without cordless phones, cell phones, nor wireless routers, where corded phones, and cable computers are used instead). I am happy to pay for conversion costs, and am a respectful, non-smoking, professional woman, without pets and with good references.

Please leave a message for Laxmi at: 250-384-3030 or laxminow@yahoo.com

Submitted by Grace Golightly, lapsed GHC alto

PLEASE PASS THIS ON TO ANYONE WHO MAY BE INTERESTED.

I am moving out of my spacious, bright 2 bedroom apartment (with two 4-piece baths) on Dallas Rd. in James Bay on Oct. 7.

The current rent is \$1435/mo. I am responsible for the rent until the end of Oct. I am looking for someone to rent the apartment.

If you are interested, contact the manager at 250 384 4832 after Sept. 19.

If you rent the apartment in Oct., I am eligible for a refund. I would be willing to share it with you. If there are any questions, please contact me after Sept. 19.

Email: marylou.hess@hotmail.com

Phone: 250 590 2993

Submitted by Mary Lou Hess HNC soprano, CCLT 2007

VANCOUVER SUITE TO SUBLET

3BR Furnished sublet near Nanaimo Skytrain
Oct. 2009 - Apr. 2010, \$1750/month (hydro, cable and internet included)

My brother and family are moving to Winnipeg for 6 months and need to sublet their home. This comfortable two-level suite features high ceilings, lots of light, and a fenced backyard. Two bedrooms have queen-sized beds; the third is an office.

Other highlights: 2 full bathrooms, washer/dryer, dishwasher, lots of parking, late-season backyard garden produce, a park behind the house, and a peaceful place to live during the winter Olympics.

Pictures available upon request. Please email Lauren and Gary for more information:

laurenandgary@telus.net

Submitted by: Frances Backhouse, GHC Tuesday Alto

JAMES BAY 2-BEDROOM, FULLY FURNISHED

One Block from Dallas Road, condo conversion with everything (including wireless internet, cable); available for several months through to the spring.

For more details, please email me: khoffman49@gmail.com

Submitted by: Kitty Hoffman, HNC tenor/baritone

SUITE AVAILABLE

Beautiful, brand new, bright 1 BR + den ground level suite. Private

garden entrance and patio for NS, available immediately. \$1150.00 includes wireless internet, utilities and cable. Free on-street parking. One block from main buses, 5 min. drive to downtown. Please call Azula Houghton at 250 477 2977 or 250 704 6837. Alternate # Merrie Christoff 250 652 2703

Submitted by Azula Houghton, former GHC Tuesday Tenor

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

Be yourself, everyone else is taken.

From a sign at the Church Of Our Lord,
Blanchard & Humbolt, Victoria, BC

Editor's Collection

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.

AN EVOLUTIONARY SPIRITUALITY (now to Oct 6)

As a human species we are outgrowing our need for formal religion,
~ Diarmuid OMurchu.

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: Friends 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

WIND HARP AT CLOVER PT. (Sep 26)

Hello everyone,

I am contacting you to invite you to see and hopefully hear the walk-in wind harp this Saturday from 11 am -2pm, at Clover Pt. It's supposed to be sunny, so I'll be there, unless it's rainy.

Hope to see you there,

Greg

Submitted by Greg Joly, Thursday GHC Tenor.

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

A deep and powerful process that acknowledges and honours your lifes 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

APPLE DAY (Sep 27)

Sea Cider invites you to join us in appreciation of our favourite fruit of the fall--the apple!!

From our "humble crumble" to apple pizza from Pizzeria Prima Strada, to, of course, apple cider, there will be plenty to nibble and sip at Apple Day. We will have several of our heritage cider making apples on hand and look forward to chatting about--and celebrating-- all things apple!!

We welcome everyone for a complimentary cider cocktail:
on Sunday, September 27th between 11 am-6 pm
at Sea Cider Farm & Cider House, 2487 Mt. St. Michael Road, Saanichton

Live music courtesy of Devon McCagherty & Ken Hall of the Stomp Club.

More info:

<http://www.seacider.ca/2009/09/sea-cider-presents-apple-day-sunday-september-27>

Contact info, directions and map:

<http://www.seacider.ca/find-us>

Submitted by Dionne Jennings, GHC Soprano

"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

SUPER SOUL SISTER

(Sep 30)

is kicking off the season with Connie Lebeau and Danielle Lebeau-Petersen.

On three consecutive Wednesday evenings, 7:00 - 9:00 p.m., and a weekend in October, enjoy the camaraderie of other women as you learn some classic R&B material, complete with coreography and full band. Dates: Wednesdays, September 30th, October 7th and 14th with a wind-up party on the weekend of October 16th - 18th, exact time and location TBA.

Come join the fun!!! Please contact Connie at inspirata@shaw.ca or call Ally at 250-370-5058.

Submitted by Connie Lebeau

MUSICAL SKILLS COURSE

(starts Oct 2)

Singers, have you ever wanted to improve your musical skills, but been intimidated or unable to find the time?

This fun, supportive 8-week course will integrate basic theory, sight singing, vocal technique, and ear training through simple group improvisation as well as traditional methods.

Dates: Friday evenings

Oct. 2 to Nov. 27

6:30 - 8:30 pm

(no class Oct. 23)

Cost: Sliding scale \$240 - \$360

Includes materials

Limited space!

Instructor Tamara SunSong

BMus, MA in music with extensive experience teaching ear training, sight singing, and voice. She is an experienced choral singer, soloist, improvisational singer (a student of master teacher Rhiannon) focusing on vocal improvisation as a way to connect music skills to heart expression.

Submitted by Alison Miller GHC Alto (and mother of Tamara)

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THE WILD SALMON CIRCLE* (Oct 3)

Rally in Vancouver on Oct. 3rd to stand up for our wild salmon!

Where: Vancouver Art Gallery (on Georgia between Hornby and Howe)

When: October 3, 2009, 1:00 p.m.

We recognize there are many factors affecting wild salmon, but salmon farms have been proven by research to result in disastrous collapses for wild salmon, everywhere they have been placed.

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* The Wild Salmon Circle is a group of BC citizens committed to the future of wild salmon

J. Scott will organize a car-pool to Vancouver on October 3rd.

Contact her at: treehouse2@telus.net or 250-391-1129

Submitted by J. Scott, Thursday night Alto

ECKHART TOLLE GATHERINGS SERENITY NOW (Oct 4 & 18)

Eckhart Tolle DVDs will be shown every two weeks in the Garry Oak Room at the Fairfield Community Place, 1330 Thurlow St

Next Showing: Sunday, October 4 7:00 to 9:00 p.m. and every other Sunday thereafter

Subsequent showing dates: Oct. 18, Nov. 1, Nov. 15, Nov. 29, Dec. 13, Dec. 27

All are Welcome! Cost: \$2.00 per person. Free parking in the Sir James Douglas School lot.

Submitted by Linda Chan, Former Tuesday Soprano

COMMUNITY EVENTS COMING WEEKS

"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

**COURAGE TO LEARN:
EDUCATION FOR AFGHAN WOMEN & GIRLS (Oct 5)**

An evening with *Jamila Akbarzai* - Kabul-based advocate for Afghan womens advancement, *Marjan Nazer* and *Qudsia Karimi* - Afghan students at UBC, and *Mohammad Ishaq Faizi* - human rights activist, author and legal advocate for abused Afghan women. The evenings moderator will be Canadian *Lauryn Oates*, who has directed many projects in support of women'srights and peace building in Afghanistan, the Middle East and Central Asia.

Monday, October 5, 2009, 7:00 p.m.
St. Aidans UnitedChurch,
3703 St Aidans Street (Richmond & Cedar Hill X Road)

Co-sponsored by Canadian Women for Women in Afghanistan, St. Aidans United Church and the Canadian Federation of University Women Victoria

Submitted separately by Helen Durie, Soprano Tues/Thurs & Maryl McCay, Monday Soprano

**SEA SICK:
THE HIDDEN CRISIS IN THE GLOBAL OCEAN (Oct 7)**

Sea Sick is the first book to explain how the global ocean 99 per cent of the planet's living space is undergoing vast chemical changes at the hand of humanity and why that matters.

Speaker: Alanna Mitchell, author and journalist
Date: Oct 7, Wednesday
Time: 7:30 9:00 pm
Cost: \$20.00, \$15.00 low income.
Location: Metropolitan United Church, 932 Balmoral Road
Register: earthlitteracies@shaw.ca 250-220-4601 First Met Parish office
www.livinglanguageinstitute.org

Submitted by Gertie Jocksch, Monday Soprano

MEDITATIONS FOR OPENING THE HEART (Oct 7, 14, 21 & 28)

Rev. Cedona Holly will share little known meditation techniques from her brand new book: Meditation Manual for the Modern Day Mystic as well as tried and true ways of Opening the Heart. Cedona is a Spiritual Counsellor and Mentor, a CoreLight graduate and Minister, and has been meditating since 1980.

Everyone Welcome! Oneness Wednesday on October 7, 14, 21 & 28 from 7 8:30 p.m. Free or by donation. Information: Linda (250) 380-6383 or <http://cotvictoria.ca>

Submitted by Linda Chan, Former Tuesday Soprano

DIGITAL PHOTOGRAPHY COURSE (starts Oct. 8)

So, you have your perfect digital SLR or extended zoom camera, you came back from your vacation, and you are not completely happy (or completely unhappy!) with your photos . . . Check this course!

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

to get more info please call Andrew Kielbowicz at: T: 250 884 4012

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

Submitted by Andrzej Andrew Kielbowicz Choir Photographer and former GHC Bass

OUR BODIES AND THE WORLD: (Oct 16 to 18)

A Seminar in New Developments in Process Work Psychology. Body symptoms are a collection of unresolved conflicts that reflect the outer world conflicts. We can learn how to heal the world by learning to work with our body symptoms and heal our body symptoms by working on world issues. Symptoms as the training ground for facilitation; transforming tension into vitamins; applying body wisdom to local and world conflicts.

October 16 (eve) to Oct. 18, 2009 - \$265. Consideration of reduced fee for choir members.

Request flyer or information from 250-385-1665 or dpwoodall@shaw.ca

Submitted by Douglas Woodall a wanna-return GHC bass

THE POWER OF PRESENCE: (Oct 16 to 18)

Certified Trager Elective workshop. 15 credits with CMTBC
Companion to my book, Trager for Self-Healing.

Tap into the infinite well of energy and creativity.
Gain stability, clarity, and peace wherever you happen to be.

October 16 - 18, 2009

We will take 2 1/2 days to learn what presence feels like in our body through movement, meditation, discussion and playful exercises. We will anchor this connection to Source for increased health, well being and personal power.

Contact me at: 250 595 6418 or contactme@audreymairi.com or check out my website at www.audreymairi.com for more details.

Submitted by: Audrey Mairi, GHC Thursday 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

***EARTH COMMUNITY, SACRED COMMUNITY,
REFLECTIONS AND CONVERSATIONS
ON THE WORK OF THOMAS BERRY*** (starts Oct 20)

Thomas Berrys teachings and writings have inspired a generations thinking about humankinds place in the Earth Community and the Universe.

Facilitator: Gertie Jocksch, SC DMin
Date: Oct 20 Nov 17 (4 Tues)
Time: 10:00 am-12:00 am
Cost: \$75.00. \$20.00 drop in.
Location: Friends Meeting House 1831 Fern St.

Submitted by Gertie Jocksch, Monday Soprano

FASHIONISTAS FOR BRIDGES

(Oct 24)

Join local women for a day of self-indulgence, shopping *and* generosity in support of abused women and their families. At this women-only event, you can purchase (by donation) a wide variety of new and gently experienced womens clothing and enjoy live entertainment. Various services, including massage and manicures, will also be available by donation.

Saturday, October 24, 2009

11am 4pm, Queenswood, 2494 Arbutus Road, Victoria

To make a donation, drop off clean, fashionable, gently-used womens clothing, accessories or shoes at Bridges office, 320 1175 Cook Street, Monday Thursday, 9am 6pm, until Wednesday, October 21. If you require an alternate drop-off time, please call 250-385-7410.

Submitted by Helen Durie, Tues-Thurs Soprano

POWER OF HOPE PRESENTS:

(Oct 24 & 25)

Express Yourself! Creative Facilitation 1

October 24 and 25 at Royal Roads University

Working with youth is an intensely creative endeavor demanding a high level of improvisation - and the arts can be one of your greatest allies.

This two-day intensive training is designed for youth workers, artists, teachers, and other adults, and is based on the belief that you dont have to be a professional artist to use the arts in working with young people.

Register early and bring a friend.

Poster: <http://www.gettinhigherchoir.ca/community-info/pdftemp/20090918/expressyourself.pdf>

Highly recommended by Gloria Hansen, GHC and HNC tenor and Canadian Chair, Power of Hope

JUST FOR FUN

A reward of laughter for reading this far

THE RARELY SEEN AFRICAN BLONDE ANTELOPE

<http://www.gettinhigherchoir.ca/community-info/video/20090925/antelope.wmv>

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

~ and ~

For a any ladies of the blonde persuasion out there who are a little miffed by the above a here is my favourite blonde joke to sooth the sting

Why are blonde jokes so short and simple? Click the link below for the answer:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090925/blonde.pdf>



Watch for the latest Choir News & Business updates in next Fridays

CHOIR ADMIN ISSUE

Check the most current News & Business in last weeks 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

