



<http://www.gettinhigherchoir.ca/community-info/misc/conductor.htm>

~ Bill

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## A NEWSLETTER REMINDER...

...of the advantages of reading the PDF version of the newsletter that is always available at:

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

(This link can also be found in the masthead of both parts of the newsletter)

- ◆ It looks exactly the way I send it out. (Formatting, fonts, colours, indentations, etc.) It is, therefore, easier to read for those of you whose email programs accept text only.
- ◆ It can be searched by names and key words or phrases (ctrl F in the IBM world and Apple F for Mac users). For example: you might want to find your own item quickly or any item for which you know the submitter's name or you might want to search for all items containing a specific word such as "concert" or "workshop."
- ◆ It is usually available even if the cyber gremlins eat up the copy I email to you.

~ 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!

## APPRECIATIONS

### TEAM GETTIN' HIGHER CHOIR & THE RUN FOR THE CURE

I am humbled and deeply grateful for the enthusiastic response of Team Gettin Higher Choir for the Run for the Cure. We brought our voices, our energy and great spirit to a wonderful and inspiring event. In spite of aching backs, sore knees and broken bones { one hand} you all showed up and finished the 5 kms. We had fun, we supported a great cause and left with new friends and a sense of satisfaction. We also raised over \$3500.00 through our efforts. We will be back next year even stronger and who knows? We might even have some men join us. { We know for a fact they like breasts!} The wonderful news this week from the BC Cancer Agency of exciting new research published in Nature Magazine proves that we are indeed getting close to the cure for breast cancer.

Photos: <http://www.gettinhigherchoir.ca/community-info/pdftemp/2009/1009/team-ghc.pdf>  
(these photos are also accessible from our site'd "Choir Photos" page)

Gratefully,

Submitted by Patricia Houston GHC Alto

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### DEAR GHC, HNC AND SOUNDINGS FRIENDS,

I know a lot of you would like a current report of how I'm doing, and it feels like I should write you an epic as long as Tolstoy's War and Peace, but I will try to give you the Reader's Digest version.

I finished my chemo on Aug 7th which is a date I will always remember. I was pretty sick for the whole thing and then I had a radiation treatment at the beginning of September that seemed worse than chemo! Anyway, that is all behind me,

and now I am working on "recovering from chemo" and am concentrating on building up my health. In ten days, I will be leaving for a month to go south and rest. When I get back I look forward to working with you all.

But now for the results. My latest CAT scan from this week said the lesion on my liver had "dramatically reduced" and the doctors were very happy. There was also a tumor on my hip that had shrunk as well. Very good news.

We are still working on pain management and getting my appetite back.

I realize these wonderful results aren't just a product of a hospital (we have an amazing cancer clinic here) but of the hundreds of prayers and good intentions that have moved forward on my behalf since I shared the news of my diagnosis. You have all been a huge part of that for me and I want to thank you from the bottom of my heart. I also want to say a special thank you to the wonderful team of people who gave up their time to help me to keep my sanity by keeping things at my home in order.

I know that you all too, are carrying forward all the good work we've done together and I look forward to seeing you when I get back from my time away. I'm not sure what the future holds, so I guess it qualifies as an adventure, and I will be so happy to be sharing part of it with you.

Much love,

Deborah Millar

## OPPORTUNITIES TO SING!!

**HAPPENING TOMORROW!**

**SINGING WORKSHOPS**

**with SU HART...of...BAKA BEYOND** (Updated)

**You are welcome to register today as described below or at the door!**

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

Saturday October 10

Church of Truth - 111 Superior St, Victoria

First session: 10 - 1 pm

~ and ~

Second session: 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.

**Baka Beyond website:**

<http://www.bakabeyond.net/>

**Baka Beyond on YouTube (Su Hart is the blonde singer):**

<http://www.youtube.com/watch?v=mBezNxj2NS8&feature=related>

<http://www.youtube.com/watch?v=NuzpcQDLik4>

plus lots more Baka Beyond video performances

**Baka Rainforest People Yodellers:**

<http://www.youtube.com/watch?v=XWEpnHZ9XFE&feature=related>

For additional information and to register please check out:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/20090904/su-hart.pdf>

Submitted by Gloria and highly recommended by Shivon and Denis

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## **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](http://www.davidhatfield.ca/pro-singingsoul.php)

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

Kind regards,

David Hatfield Facilitator

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## **FREE YOUR VOICE!**

Learn better breathing technique, ear training, and how to relax the voice and body when singing. This can allow you to find the power and expressive capacity of your voice, singing the songs you want to sing.

This classically trained teacher (BMus, MA in music), who loves singing in many other styles including especially vocal improv, will work to help you find the voice you always knew and never imagined you had.

My only requirement is that students be willing to practice at least twice a week.

Contact Tamara at [tamara@conbriomusic.ca](mailto:tamara@conbriomusic.ca), or call 250-381-3773.

Submitted by Alison Miller Tuesday/Thursday Tenor

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## **JOURNEYING WITH VOICE AND WRITING:**

Journey into voice, vocal expression, authentic writing and creative exploration

A blend of exercises in sound, rhythm, breath, melody and harmony combined with freewriting, dialogue writing, mapping, memoir and story. Explore creativity, deepen inner awareness, strengthen connections with self and others and find joy and freedom through self expression, in an atmosphere of trust and open heartedness, cultivating community, connection and mindful presence.

Date: Saturday, November 7, 2009

Venue: The Church of Truth (111 Superior Street)

Time: 10 am – 4 pm

Cost: \$80 – 100 (sliding scale)

To register, contact:

Ella Topaz @ 250.653.4261

Wendy Judith Cutler @ 250.653.4286

Submitted by Ella Topaz CCLT 3 - 2006/7

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### THE VICTORIA GILBERT & SULLIVAN SOCIETY...

...needs Basses & Tenors for the chorus of *The Sorcerer*

The show runs in March

Rehearsals start Nov 22

Please email [producer@gilbertandsullivanvictoria.ca](mailto:producer@gilbertandsullivanvictoria.ca)

Submitted by Joy Broomfield former GHC Thursday Soprano

## WORD OF MOUTH / RECOMMENDATIONS

### DOO WOP HORSES

Put your computer's sound on and have a laugh! A little slow to load but worth the wait. Click on the link below and wait for the entire screen to load up with all four horses and a fence in front of them. Then click on each horse to start and a single click will stop each one.

Re-click on any horse to make it turn off or turn it back on again. Somebody did some real wizardry of programming to coordinate this! Try clicking on the horses from left to right then right to left then just one or two at a time...

It's fun and a good stress reliever.

[http://svt.se/hogafflahage/hogafflaHage\\_site/Kor/hestekor.swf](http://svt.se/hogafflahage/hogafflaHage_site/Kor/hestekor.swf)

Recommended by Jean Jordan GHC Monday Alto

#### Editor's Note:

This has run in the newsletter before but, what the hey, when it's good it's worth repeating.

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### ALL IS ONE

A cute and acute video everyone should see and think about.

<http://www.youtube.com/watch?v=lhyH3MpgZDo>

It has been in the newsletter at least once before but like the Doo Wop Horses item above it is worth repeating.

Recommended by Bill Hanson GHC Bass etc.

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## MUSIC OF THE WHALES

Hi All

I thought the newsletter might appreciate this clip... I did

<http://www.gettinhigherchoir.ca/community-info/video/2009/1009/music-whales.wmv>

Recommended by Susan Smith GHC Tuesday Soprano

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## A CASE AGAINST PLASTIC WATER BOTTLES

I have been hearing more and more negative news about our use of plastic bottles. The latest information to come my way came from a cousin of mine in the form of this PowerPoint presentation:

<http://www.gettinhigherchoir.ca/community-info/pps/20091009/water-disaster.pps>

I recommend it as something for us all to think about.

Recommended by Bill Hanson GHC Bass etc.

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## COOL GARAGE DOORS

<http://www.gettinhigherchoir.ca/community-info/pdftemp/2009/1009/cool-garage-doors.pdf>

Recommended by Chris Gower Rees former GHC & Soundings Tenor

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## WHY THEY DIDN'T NEED GYMS IN THE 1950S

<http://www.gettinhigherchoir.ca/community-info/video/2009/1009/50s.wmv>

Recommended by Bill Hanson GHC Bass etc. (from a cyber forward from his cousin Casey)

\*\*\*\*\* QUOTE BREAK \*\*\*\*\*

As a bee seeks nectar from all kinds of flowers, seek teachings everywhere; like a deer that finds a quiet place to graze, seek seclusion to digest all you have gathered. Like a madman, beyond all limits, go wherever you please; and live like a lion, completely free of all fear.

A tantra of Zoggen

Taken from the footer of an email from:  
Alison Miller GHC Tuesday/Thursday Tenor

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## COMMUNITY NETWORKING

### INFORMATION WANTED: FINDHORN

I am hoping to go to Findhorn next summer and would appreciate hearing from anyone who has been there in the not too distant past.

If you wouldn't mind sharing your experience and/or answering some questions please phone me at 250 598 5177 or email me at magnificats@shaw.ca

Submitted by Daphne Maclain Tues./Thurs. Alto/Tenor

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### JOIN THE GET JANET TO CHOIR TEAM! (Repeat)

We could still use a couple more people

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](mailto:bill@gettinhigherchoir.ca) or by calling 250-920-4160 (8 a.m. to 8 p.m.)

Submitted by Bill Hanson

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### SEEKING HOME FOR 2 FAMILY DOGS - LABS - TRAINED

We are moving overseas and have to find a new home for Cookie and Coco before Oct. 19.

Photo and details:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/2009/1009/dogs.pdf>

Even if you can't take these dogs, please pass this item and link along to everyone in your email list & maybe they will find a home. (Please don't forward after Oct. 19/09)

Submitted separately by Cindy Stevenson GHC Monday Alto & Margot Pinvidic former GHC Alto

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### PIANO SERVICE

Greg Joly Piano Service  
Professional tuning, repairs, refinishing.  
Recommended by Dennis Donelly  
250 475 1106  
webwind2001@yahoo.com

Submitted by Greg Joly, Uncertain GHC Thursday Tenor.

\*\*\*\*\* QUOTE BREAK \*\*\*\*\*

Character is simply habit long continued.

Plutarch, 46 - 120 CE,  
Greek Essayist & Biographer

Editor's Collection

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## SERVING EACH OTHER

### HOLISTIC PET SERVICES

I provide the following services:

- .Holistic cat vacations in my home, both short and long-term (indoor cats only )
- .Drop-in visits to your home to care for your companion animal (up to one hour). James Bay-Downtown vicinity preferred
- .Relief James Bay dog walking

Bondable - Experienced - References

Please phone 250-384-5721 for further information.

Submitted by Bernadine Sperling, HNC Alto, former GHC Alto.

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### LADY BUG ECO-CLEANING AND HOME SERVICES IS LOOKING FOR NEW CLIENTS!

Hi, my name is Magdalene Joly and I am a new GHC member singing Alto on Thursdays.

I provide eco-sensitive home cleaning services and fantastic meal creations. My cleaning products are home made in small batches using only non-toxic ingredients and can be custom made and infused with the aromatherapy oils of your choice. My cleaning services are intended to revitalize and bring harmony to your home space. As well, I provide meal creations with a wide variety of menu ideas, special diet needs, and to support optimum and joyful nourishment. Please contact me if you are interested in meeting me and learning more about what i can provide. [oakandcamas@gmail.com](mailto:oakandcamas@gmail.com) or (250) 380-9245. Thanks.

Submitted by Magdalene Joly, New Thursday night Tenor

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### 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](mailto:info@goingdigital.ca)

Submitted by Andrew Kielbowicz, choir photographer and former GHC Bass

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## **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 250-891-0854 or email me at: [michelbourque@gmail.com](mailto:michelbourque@gmail.com)

Submitted by Michel Bourque Tuesday night GHC Bass

## **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.

**AMAIAH PARADINE**, former Tuesday GHC Alto

<http://www.mandalawellness.ca>

Amaiah Paradine (Mandala Massage and Fitness) now offers deep relaxation massage (Swedish, Zen Shiatsu, CranioSacral and Reflexology) at Simple Remedies Herbal Solutions (Cook and Rockland). To tone and strengthen your muscles and improve your posture for signing she also offers personal fitness training through Oak Bay Recreation Centre or in your personal studio. 10% discount on services (except OBRC) to current choir members!

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**LOWELL ANN FUGLSANG**, GHC Tenor

<http://www.workstyle-lifestyle.com>

Lowell Ann Fuglsang (Fullsang) is a workstyle-lifestyle coach who specializes in mid-life career coaching and third age retirement planning.

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**JUNE SWADRON**, former GHC Monday, Alto

<http://www.juneswadron.com>

Coaching, Counselling, Creative/Cathartic Writing Workshops and "Writine Our Life Stories Workshops

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**KAREN LEDGER**, GHC Tenor

<http://www.at-one.ca>

## FREE STUFF

### VOLVO 240 MANUAL

I have an automotive repair manual for the Volvo 240 series, 1974 thru 1990 (gasoline engine models) If you would like it, phone me at 250-472-1012.

Submitted by Susan Lea Tuesday alto

## COMMUNITY MARKETPLACE

### FUNDRAISER YARD SALE (Saturday, October 10th)

*I'm having a yard sale to raise funds for a donation I must make to my Zen Temple for my Tokudo ceremony, where I will become a Zen Buddhist Nun, in November. The yard sale is this Saturday from 9:00 until 3:00, at 107 Moss Street, blocks away from the Moss Street Market. All items (with a few exceptions) are for sale by donation, and everything was donated by friends and family. Please come by to check out the sale, or if you have items you'd like to donate, please email me at [sarajuel@gmail.com](mailto:sarajuel@gmail.com), and I can come pick them up on Friday night.*

Submitted by: Sara McLaughlin, GHC Thursday Night Alto

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### FOR SALE! (Repeat)

Vintage 'real wood' colonial white night table with brass drawer handle and storage space under in perfect condition \$40 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

### TIRED OF NOT HAVING YOUR OWN WEB SITE?

As most of you know I administer the contents the "Choir Community Info" section of our GHC web site keeping those contents consistent with the builder's original design.

Another sample of my work can be seen at: <http://www.harmoniousfamilychoir.com> which I designed and built around the rainbow masthead that was supplied by that choir's director Doug Paterson, GHC Bass & CCLT5 - 2008/09.

Other samples of my work are available on request.

If you would like to create a web site, or you need help with your existing one, at very competitive rates please contact me at 250-920-4160 (8 to 8, Tues to Fri) or at [co-admin@crucible.ca](mailto:co-admin@crucible.ca)

If you know of someone else who might need my services I would appreciate your passing this item on to them.

Submitted by: Bill Hanson, GHC Bass etc.

## ACCOMMODATION AVAILABLE OR WANTED

### LOOKING FOR PLACE TO RENT FOR A FAMILY MEMBER

I am looking for a place ASAP for my sister and her partner who are relocating here. They are interested in finding a cabin in a rural location or a suite in a house in Victoria. They are skilled farmers and are open to a work trade or house sitting situation. They have good references and are good communicators. Please contact me [oakandcamas@gmail.com](mailto:oakandcamas@gmail.com) or (250) 380-9245 if you have any leads or know of a potential situation. Thanks!!

Submitted by Magdalene Joly. Thursday Tenor

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### ACCOMMODATION NEEDED

Saanich choir members! Home/accommodation needed near Spirit Gate Farm, West Saanich Road & Beaver Lake Road. <http://www.spiritgate.ca>

Purchase, rental, or happy to house sit. One woman, excellent references, horse lover, music lover.

250-202-3498 or [olj@orianelee.com](mailto:olj@orianelee.com)

Submitted by Shivon (Oriane lee is a good friend of mine)

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### SUBLET HOUSE FOR DECEMBER

Artsy , private, updated no step house on acreage, with hardwood floors, antiques, hot tub and a cat. Just walk in. Close to Elk Lake, and Cordova Bay beach and golf course. I am headed to Bolivia to volunteer at an orphanage for the month. I will donate your rent to that project. \$1200. Lets talk. sherri 250-658-5891

Submitted by Sherri Hohert GHC Monday Tenor

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### ARE YOU LOOKING FOR AN ALTERNATIVE LIVING SITUATION?

Don and I are selling our: Luxurious Living: 5th Wheel Big Sky Montana, located Lot 711 at the Oceanside RV Resort in Saanichton. Ready for someone to move in with an insulated skirting and a deck and a shed for storage. (pending approval of the Resort.) There is a monthly pad rental and it is a beautiful peaceful alternative to living in the city. Price \$69,900 Call 250-886-5091 or 250-881-6075 to view.

Submitted by Christine Atkins former GHC Tuesday Alto

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### SPEND WINTER IN BEAUTIFUL VICTORIA

7 months from OCT 23 to MAY 17th, 2010

[Awesome 1 Bedroom Condo Rental](#)

Overlooking the Ocean and Mountains on Dallas Rd - Beautiful sunrise and sunset and walks along the Sea. 5 minute walk to Downtown Victoria, Odgen Point breakwater/cafe, Beacon Hill Park Peaceful, A Serene and A Modern... Beautifully furnished, new queen size bed, wonderful ocean views Includes all utilities/phone/internet/cable/heat/hydro/parking/laundry/rooftop lounge/bike \$1400 month inclusive

pictures available - sorry no pets/no smoking ~ suitable for 1 person or couple

Contact: Catherine at 298-8191 or [reikivictoria@gmail.com](mailto:reikivictoria@gmail.com)

Submitted by Catherine Harvey former Tuesday Alto

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### **HOUSE FOR RENT IN JAMES BAY**

5 week rental Oct 21st to Nov 30  
Price negotiable ~ possible longer term...

Call Bonnie for further details 250 360-1449

Thanks

Submitted by Bonnie Hardy, lapsed Thursday Tenor

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### **WANTED-3 BDRM HOME**

My daughters and grandson are seeking a 3 bdrm home for Nov 1st. They're quiet responsible people, highly skilled in gardening and maintenance.  
Call Greg Joly 250 475 1106  
[webwind2001@yahoo.com](mailto:webwind2001@yahoo.com)

Submitted by Greg Joly, Uncertain GHC Thursday tenor.

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### **ACCOMMODATION WANTED**

2 professional women from Nelson B.C. need a sublet/ house sit / house exchange from November 9 to 16.

Responsible catlovers and great gardeners. reply to [liquidpulse@gmail.com](mailto:liquidpulse@gmail.com)

thanks, Diane Taylor

Submitted on Diane's behalf by Bill Hanson GHC Bass etc.

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### **Condo to Rent: DOWNTOWN VICTORIA, CONDO with MOUNTAIN VIEW**

7th floor condo in well-maintained, security-conscious building,  
2 beds, 2 baths, all appliances within the condo with access to sauna,  
gym, and jacuzzi. Southern view over to Olympic Mountains. No smoking, no pets.  
Centrally located at Vancouver and View. Available for three months from February 1, 2010.  
\$1,595 per month.

Contact: [geoffhar22@hotmail.com](mailto:geoffhar22@hotmail.com)

Submitted by Bev Norman, temporarily lapsed tenor.

\*\*\*\*\* QUOTE BREAK \*\*\*\*\*

Compassion is not religious business, it is human business, it is not luxury, it is essential for our own peace and mental stability, it is essential for human survival.

His Holiness the Dalai Lama

Submitted by Patricia Houston GHC Alto

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## 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.

### TIBETAN MONKS TO CREATE SAND MANDALA AT ART GALLERY (now to Oct 25)

A group of 5 Tibetan monks from India will be creating a sand mandala and butter sculptures at the Victoria Art Gallery between October 3 and October 25. They will be constructing the mandala daily during Gallery hours and the event is open to the public as part of an exhibition called Sacred Arts of Tibet. Once completed, the Mandala will be on display until December 6. For more information please contact the Gallery.

Submitted by Kathie Putt, GHC alto on temporary leave.

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### NIA DANCE CLASSES FOR EVERY BODY (now to Oct 30)

New-to-Nia students welcome. A range of ages, sizes and abilities in all classes.

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

When: ongoing 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 register for 1 or more classes per week by session; pro-rated, start anytime.

Free Parking

Contact Karen at 250 478 1076 or [karenia@shaw.ca](mailto:karenia@shaw.ca)

<http://www.niac.ca>

<http://www.nianow.com>

Submitted by Karen Boissonneault, HNC, Soprano

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### THE DANCES OF UNIVERSAL PEACE (Oct 9)

In Victoria

The Dances of Universal Peace are simple meditative circle dances in which we sing sacred chants come from many traditions, including Buddhist, Sufi, Native, Hindu, Christian, Jewish, Russian. They are danced in circles all around the world, in 28 different countries. No Experience Necessary! We teach each dance each time.

When & Where: Second Friday of each month at the Unity office, 838 Pandora (near the corner of Quadra & Pandora), 7-9 pm. By donation. Next meeting will Friday, October 9th. Come dance with us, all are welcome! For more info, contact Khrystie 250-598-8243.

Submitted by Khrystie Phoenix, Monday Alto

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## **DRAWING FROM DREAMS** (Oct 10)

Dream Interpretation Workshop

October 9 and October 10th, and 4 Wednesday sessions to follow.

Friday 7-10 and Saturday 10-1 P.M. and Weekly Wednesdays . 250-658-8770

Fee \$150. Registration \$50 deposit by mail to:

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

Learn to Interpret your own dreams for warnings of emotional , physical and spiritual stress. Use Dream programming to solve problems. Create your own visual and verbal symbol dictionary, and Program Dream Recall.

Ann-Rosemary has taught Tools to Recreate your Life by understanding your Personal Symbology since 1979. Start a dialogue with your heart today.

6 Sessions of instruction.

Submitted by Ann-Rosemary Conway High Noon Choir.

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A Retreat to:

## **REDISCOVER MEANING IN THE SECOND HALF OF LIFE** (Nov 10 & 14)

November 10 & 14, 2009

A special opportunity for those who have already journeyed far, and find themselves

• ready for a transformational process designed to enable deep personal awareness and sustained change.

Venue:

The Bethlehem Retreat Centre, 2371 Arbot Road, Nanaimo, B.C.

Registration:

by email to: [john\\_shields@shaw.ca](mailto:john_shields@shaw.ca) or call 250 247 7860 for more information

Submitted by Robin Hood Tues/Thurs soprano

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## **MEDITATIONS FOR OPENING THE HEART** (Oct 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 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

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**PRACTICAL DIGITAL PHOTOGRAPHY FOR BEGINNERS** (Oct. 15)

Thursdays, 6:00 p.m., from October 15 to November 12, 2009.

Emily Carr Public Library, 3500 Blanshard Street. Victoria BC.  
Five 2.5 hour sessions including guided photo walk. Total 12.5 hours.  
Group limited to 8 students.  
Selected topics from modules PDP01 PDP05

(check program here: <http://www.goingdigital.ca/photography-courses.html>).

Special price \$280 plus GST. Regular price \$300

<http://www.goingdigital.ca>

To register call Andrew at 250 884 4012

Submitted by Andre Kielbowicz. choir photographer and former Bass

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**TRANSITION INITIATIVE INTRODUCTORY EVENING** (Oct 15)

Are you interested in creating more resilient cities (as in the Power of Hope fundraiser in Vancouver)? Check out the Transition Town movement which started in the UK in 2005 in response to the dual challenges of peak oil and climate change and is spreading rapidly through the world, bringing communities together around issues like food security, re-skilling, increased tolerance and shrinking our ecological footprint..

The local Victoria Region Transition Initiative has organized an introductory evening at the Central Library, 735 Broughton St. called "Moving from Oil Dependence to Local Resilience".

When: Thursday Oct. 15th 6:30 - 8:30 p.m.

<http://www.transitiontowns.org/VictoriaBC>

Submitted by Anke van Leeuwen, Soprano on leave

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**HARVEST MOON CHANT DANCE** (Oct 8)

Celebrate the Mystery of the Moon with Chanting, Performance and Circle Dancing!  
Experience Moods of Self Reflection, poetically unfolding our soul's transformation  
Works by; David Embry, Chloe Goodchild, Minke de Vos, Hindu and Buddhist Chants...

Friday, Oct 16, 8 - 10 pm at Norway House

Musicians: David Embry, *Chanter*, Chris Bertin, *Percussionist* and Special Guests

Chant Dancers: Minke de Vos, Leah Muncaster, Stephanie Pintar, Darshan Takui

Tickets \$12 Advance, \$15 at the door

Tickets (cash only) available at:

Instinct Art & Gifts, 622 View St

Norway House 1110 Hillside

Doors open at 7:45 pm  
For more info. <http://www.silentground.com>

Submitted by Victor "DancingWolf" Van Buskirk founding GHC Bass

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**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](mailto:dpwoodall@shaw.ca)

Submitted by Douglas Woodall a wanna-return GHC bass

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**MASTERING YOUR SLR DIGITAL  
CAMERA AND PHOTOGRAPHY SKILLS** (Oct 18)

Sundays, starting October 18th at 1:00 p.m.,  
at Simply Computing Store, 2639 Quadra Street.

Six 2.5 hour sessions including guided photo walk. Total 15 hours.  
Group limited to 8 students.

(check program here: <http://www.goingdigital.ca/photography-courses.html>)

Cost \$360 plus GST. Special price until October 12th \$340 with GST included!

<http://www.goingdigital.ca>  
To register call Andrew at 250 884 4012

Submitted by Andre Kielbowicz. choir photographer and former Bass

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**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](mailto:contactme@audreymairi.com) or check out my website at [www.audreymairi.com](http://www.audreymairi.com) for more details.

Submitted by: Audrey Mairi, GHC Thursday Alto

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**AWAKENING YOUR DIVINE SOUL** (Oct 17)

~ A Retreat for Personal Empowerment  
with Rosanna Ienco

~ October 17,18 at Sleeping Dog Farm & Retreat Centre, Victoria

With Rosanna Ienco Author of the Renowned Book ~ "Awakening the Divine Soul: Finding your Life Purpose"

During this 2 day workshop at the delightful Sleeping Dog Farm and Retreat Centre, you will be introduced to various techniques, soul journeys, and meditations where you will learn how to hear the deepest whispers of your soul, so that you may understand who you truly are, and why you are here.

For Registration and Information please contact: Catherine at [reikivictoria@gmail.com](mailto:reikivictoria@gmail.com) or 250-298-8191

Submitted by Catherine Harvey former Monday/Tuesday Alto

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**EMOTIONAL FREEDOM TECHNIQUE  
LEVEL 1+ EXPERIENTIAL WORKSHOP** (Oct 17)

Learn this powerful but simple technique and have a self-care tool for LIFE!

Recommended by Deepak Chopra, Dr Mercola, Bruce Lipton, and dozens of other mind/body scientists and healers. By the completion of this workshop you will have the information you need to use EFT for yourself and to help others.

Saturday, Oct. 17th & Sunday Oct. 18th 9am - 4pm

Price\$ 210.00 - includes official textbook.  
Sign up with a friend and get \$25.00 off each.

For more information email [karenledger@shaw.ca](mailto:karenledger@shaw.ca) or call 250 598-4126 or visit <http://www.at-one.ca>

Submitted by Karen Ledger, Tuesday Tenor

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**"THE ART OF LISTENING WELL FOR COUPLES" WORKSHOP** (Oct 18 to Nov 8)

An opportunity for new intimacy with your partner starts on Sunday, October 18th. Much of the disappointment, conflict and emotional deprivation couples feel results from the inability, at times, to truly listen to one another. We all need to share and communicate to be heard, accepted and appreciated.

During this workshop you are invited to:  
· move away from your "same old way" of communicating  
· practice the rarely learned skills of "The Art of Listening Well" and  
· experience the wonders of each other's presence and uniqueness.

Facilitator: Therapist/Counselor and Life Coach Marina Caroulias, SEP, CH  
Four Sundays: October 18 - November 8, 1-4  
Information: Marina, 250-384-6852 or [marinac@pacificcoast.net](mailto:marinac@pacificcoast.net)  
Registration: Monterey Centre in Oak Bay, 250-370-7300  
Private sessions are also available.

Submitted by Aurelie Stirling, Thurs. Alto

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**ECKHART TOLLE GATHERINGS SERENITY NOW** (Oct 18 & Nov 1)

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

Times: 7:00 to 9:00 p.m.

Dates: Oct. 18, Nov. 1, Nov. 15, Nov. 29, Dec. 13, Dec. 27 and every other Sunday thereafter

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**

**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 am12:00 am  
Cost: \$75.00. \$20.00 drop in.  
Location: Friends Meeting House 1831 Fern St.

Submitted by Gertie Jocksch, Monday Soprano

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**QIGONG**

This type of movement known as Shuxin Pingxue Qigong (Chi Kung) translates as “Expanding the Heart and Balancing the Blood Practice”. It was developed in China by the medical profession in cooperation with Qigong masters for use as treatment for hypertension, coronary disease, anxiety, stress or low vitality, with remarkable results.

The eight slow movements are performed with breath and mindfulness four times each and take about 20 –25 minutes to complete.

Classes start Oct. 21st, to Dec. 16<sup>th</sup>, 2009 on Weds at 7:30-8:30 pm, in the Gary Oak Room, 1335 Thurlow Street. Call Fairfield Community Association, 382-4604 to register.

For more information and future classes contact instructor Dennis Murphy (35 years experience) at 250 995-1770.

Submitted by Dennis Murphy GHC Bass

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**DIALOGUE WITH SPIRIT GUIDES,  
AN INTERACTIVE EVENING** (Oct 23)

Gifted Victoria psychic channeler Jane Kennard presents an evening of interaction with spirit guides. Unlike many channelers who bring through just one guide, Jane can open to the energy of universal beings as well personal guides. This evening offers audience members the chance to ask direct questions of the guides. It’s a rare opportunity for people to be in the presence of beings of higher guidance and to receive information from them. More information at

<http://www.circleswithincircles.com>

Friday October 23, 2009 at 7:30 pm (doors open at 6:30) at U Vic’s David Lam Auditorium. Tickets \$20 in advance at Instinct Art & Gifts, 622 View Street online , or at the door.

Submitted by Joanna Pettit, lapsed GHC and HNC tenor.

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**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

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**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

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**WOMEN MYSTICS,  
MANDELA MAKING  
AND CIRCLE DANCING** (Oct 31)

Hildegard of Bingen's and Mectild of Magdeburg's understanding of humanity as part of creation is celebrated in art, dance and reflection.

Facilitators: Louise Taylor BMus, Orff 3, Dalcroze Eurhythmics & Mary Jane Wilson CND MA

Date: October 31,Sat  
Time: 9:30 am – 3:30 pm  
Cost: \$40-60 Pre-registration requested Please do not let cost prevent you from attending.  
Location: The Yurt at CorUnum, 5990 Old West Saanich Rd.

Tea and refreshments will be served at breaks,your personal bag lunch to go with the soup du jour . Wear sturdy shoes for the labyrinth and medicine wheel, soft shoes for dancing.

Call us Helen Colbeck 250-380- 9786 or Gertie Jaksch 250-220-4601

Submitted separately by Gertie Jocksch (current) & Louise Taylor (former) Monday Sopranos

(then editorially smushed together)

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**18 PIECE SWIFTSURE BIG BAND DANCE** (Nov 7)

Swing, Fox Trot. Latin, Waltz, 2 Step and much more.

Date: Nov.7/09, 8 to 11:30

Place: Pacific Fleet Club  
on the ocean in esquimalt.

Cost: \$20 per person. tickets in  
advance only.

More info: call rob pearce at 250 812  
3354 or Ken Wodlinger at  
250 479 6108

Submitted by Alan Clarke.GHC for several years & CCLT host this year

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**THE JOY OF MOVEMENT RETREAT DAY** (Nov 8)

with Nia Brown Belt, Karen Boissonneault

Sunday, November 8, 10:00 AM to 4:30 PM

The Sanctuary @ Sleeping Dog Farm and Retreat Centre  
1506 Burnside Road West, near Helmcken  
Saanich, 15 minutes from downtown

\$99 includes movement and sounding playshop, organic farm lunch  
guided moving meditation, Nia Sounding class and more.

No experience necessary. All welcome.

"The dance taught me to love myself.... to love the movement my body is capable of, regardless of shape or size.

The day is a priceless gift. I wish for every woman to give the same gift to herself." ~a participant, June, 2009

Limited to 20 participants.

For more information and to register:

Karen @ 250 478 1076

[www.niac.ca](http://www.niac.ca)    [www.nianow.com](http://www.nianow.com)

Submitted by Karen Boissonneault, Soprano, HNC

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**PHOTOSHOP COURSE** (Nov 12 to Dec 3)

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

Submitted by Andrew Kielbowicz, choir photographer and former GHC Bass

## JUST FOR FUN

A reward of laughter for reading this far

### INSTALLING A HUSBAND

Submitted by Anonymous

DEAR TECH SUPPORT,

Last year I upgraded from **Boyfriend 5.0** to **Husband 1.0** and noticed a distinct slow down in overall system performance, particularly in the flower and jewelry applications, which operated flawlessly under **Boyfriend 5.0**.

In addition, **Husband 1.0** uninstalled many other valuable programs, such as

- [Romance 9.5](#) and
- [Personal Attention 6.5](#), and then installed undesirable programs such as
- [Currie Cup 5.0](#),
- [Super 14, 3.2](#) and
- [Golf Clubs 4.1](#).

**Conversation 8.0** no longer runs, and **Housecleaning 2.6** simply crashes the system.....

- Please note that I have tried running [Nagging 5.3](#) to fix these problems, but to no avail.

What can I do?

Signed,

[Desperate.](#)

\*\*\*\*\*

DEAR DESPERATE,

First, keep in mind,

- [Boyfriend 5.0](#) is an Entertainment Package, while
- [Husband 1.0](#) is an operating system.

Please enter command: [ithoughtyoulovedme.html](#) and try to download [Tears 6.2](#) and do not forget to install the [Guilt 3.0](#) update.

- If that application works as designed, [Husband1.0](#) should then automatically run the applications [Jewelry 2.0](#) and [Flowers 3.5](#).

However, remember, overuse of the above application can cause [Husband 1.0](#) to default to [Grumpy Silence 2.5](#), [Happy Hour 7.0](#) or [Beer 6.1](#).

- Please note that [Beer 6.1](#) is a very bad program that will download the [Farting and Snoring Loudly Beta](#).

Whatever you do, **DO NOT** under any circumstances install [Mother-In-Law 1.0](#) (it runs a virus in the background that will eventually seize control of all your system resources.....)

In addition, please do not attempt to reinstall the [Boyfriend 5.0](#) program. These are unsupported applications and will crash [Husband 1.0](#).

In summary, [Husband 1.0](#) is a great program, but it does have limited memory and cannot learn new applications quickly.. You might consider buying additional software to improve memory and performance. We recommend

- [Cooking 3.0](#) and

- [Hot Lingerie 7.7.](#)

**Good Luck Babe!**

[Tech Support](#)



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 =====

**M**aking  
**U**niversal  
**S**ounds  
**I**n  
**C**ommunity

A Community Choir Crescendo, check it out!

[http://www.ubuntuchoirs.net/locator\\_coastal\\_BC.php](http://www.ubuntuchoirs.net/locator_coastal_BC.php)

