

"Every Road Leads Home"
at the Alix Goolden Concert Hall,
Special guest: Shari Ulrich
Cost: \$20 & \$15 students/seniors
All proceeds go The Power of Hope <http://www.powerofhope.org>

Concert tickets are available through choir members or by contacting Gloria at 250-995-8731 and...

...are also now available at the following locations:

Munro's Books - 1108 Government
Ivy's Books - 2188 Oak Bay Avenue
James Bay Coffee and Books - 143 Menzies
Larson Music - 1833 Cook St
Dig This - Broadmead Village

Submitted by Gloria Hansen, GHC, Directors Assistant, HNC, Registrar and Power of Hope, Canadian Board Chair.

Editor's Note

Remember the "Donated Ticket Program!" We invite you to donate a ticket (or more or part of one) for someone who can't afford to come otherwise or to pick up a ticket for such a person. They will be given out in the order requested as they become available. See the ticket sellers at the break.

IT'S SINGER CENSUS TIME!

For the next two weeks at choir I will be passing Singers Sign-Up Sheets around in each section for you to fill in.

The Fire Marshall has set a maximum number of people (audience plus performers) allowable in the concert hall and these sign-up sheets will tell us how many tickets we can sell. We need to know:

Whether or not you expect to be singing in each concert

~ or ~

If you are not singing in either concert, whether you want a complementary ticket for your own use which and night you want it for.

Please be sure to fill in the information requested on your section's sheet as soon as possible. If you can't sign-up at choir please email the information to me at bill@gettinhigherchoir.ca or phone it to me at 920-4160 (7 a.m. to 8 p.m.).

If you are currently unsure of whether or not you will be singing please fill in whatever you currently think is most likely. You are welcome to contact me right up to concert time if you change your mind. It's not a problem, just let me know as soon as you can.

~ Bill

AFTER PARTY UPDATE

Well folks...you have spoken...63.5% in favour of partying at Floyds.

In one case the reason given was that Floyd's is less expensive. The reasons offered by the rest of the responses were pretty evenly divided between Floyds proximity to the concert hall and expressions of loyalty.

More details will be in the traditional "Concert Special" email that will go out sometime in the next week.

UPCOMING HOME SECTIONALS

Jan. 17 - Altos @ Patricia Houston's

I will be having a sectional for the Altos at my home,
691 Richmond Ave. corner of Gonzales on Sunday
January 17th. from 3 - 5 P.M. followed by our now legendary pot luck dinner.
All Alto's welcome, stay a little or stay long.

Submitted by Patricia Houston GHC Thursday Alto

THERE IS STILL TIME TO HOST A HOME SECTIONAL!

***** EXTRA PRACTICE! ***** EXTRA SOCIABILITY! ***** POTLUCK? *****

Just pick a date and time that works for you, let me (Bill) know and I will:

1. add your sectional to the "Home Sectional Invitations" list in the appropriate issues of the newsletter
2. email a special advance announcement to everyone in your section (just your night or all nights)
3. email you a call list of names and phone numbers for members of your section who are not on email

I can be contacted at 920-4160 (8 to 8, Mon to Fri) or bill@gettinhigherchoir.ca

THE CHOIR HONOURING FUND - Collection starting this week.

Between now and the concerts we will be collecting money for the choir member's Honouring Fund as we do every concert. For some background information about what and why please visit:

<http://www.gettinhigherchoir.ca/honoring-fund.htm>

The funds raised will be donated to the Power Of Hope, in honour of our directors and guest performers, to provide Scholarships for youth to attend the Power of Hope summer camps. These Scholarships make a huge difference in the lives of youth who otherwise could not afford to attend. The Power of Hope Camps provide a way to empower youth to make a difference in their lives and in the lives of the communities where they live.

The Power Of Hope

<http://www.powerofhope.org/>

Power to the Kids ~ A Photo Essay

<http://www.gettinhigherchoir.ca/community-info/honoring2004poh.htm>

Last week there was a link in the newsletter to a PoH video that didn't work. The following link will take you to that video on the PoH web site:

<http://powerofhope.org/media/videos/power-hope-funder-video>

PRACTICE CDs

I still have a few Soprano, Alto & Tenor practice CDs on a while they last basis. Come and see me at choir this coming week or contact me at 250-920-4160 (8 to 8, Mon to Fri) or bill@gettinhigherchoir.ca to arrange a mutually convenient time to pick one up at my place (Gorge Rd. West near Tillicum).

~ Bill

MAXIMIZING JOY! (Reminder)

Getting ourselves "off book" by memorizing our lyrics before our end of session concerts will enable us to get into the heart of the songs and maximize our joy in singing them at our performances and the joy of our audiences on hearing them!

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

Don't wish it were easier, wish you were better.

Jim Rohn, Self Help Guru

Submitted by:Chris Gower Rees

COMMUNITY MEMBER'S SUBMISSIONS

Any time you want to support a choir community member's offering that includes a link to a poster, flyer or brochure it is easy to pass on the link to your contacts or to print copies to post on home, local or work bulletin boards

COMMUNITY MEMBER LIFE ANNOUNCEMENTS

If something of note is happening in your life, or in the life of another community member, that you would like the choir community to know about please send in a brief announcement for this section. Life arrivals or passings, celebrations or sadnesses, travels or returns, etc. Be sure to include your, and their, community affiliation (ie GHC, HNC, etc.) and, if GHC, the night and section.

A WEB LAUNCH ANNOUNCEMENT

My husband Jack and I have recently launched web sites that offer a variety of books, articles and stories.

<http://www.nikkibasuk.com> <http://www.jackbasuk.com>

Enter and be intrigued, amused or entertained. We wish you well on your journey.

Submitted by Nikki Basuk former HNC Alto

APPRECIATIONS

THANKS FOR THE FEEDBACK

Much appreciation to Mary Lasovich, Thursday Soprano for letting me know about the following errors in a couple of the "Lyrics Only" sheets posted in the "Current Singers Only" section of our web site.

Irish Heartbeat

And he's standing **outside** your door
(NOT "at" your door)

Shower the People

If it feels **right**, don't think twice
(NOT feels "nice")
Things are going to be **just fine** if you only will
(NOT going to be "all right")

If you have printed out and have been learning from these two lyrics files please go to the sit and print the corrected versions (that match the music handed out at choir) so we can all be on the same page learning the same words.

Sing in joy anyway

Bill

THANKS

Jack and Nikki Basuk (<http://www.nikkibasuk.com> & <http://www.jackbasuk.com>) wish to thank warmly and recommend Bill Hanson for his web design talent. He is knowledgeable, easy to work with, kind and competent. He charges fair rates. We love our new websites. Thank you Bill.

Submitted by Nikki Basuk former HNC Alto

OPPORTUNITIES TO SING!!

'LEARN TO SING' CLASS AT PANORAMA RECREATION

I'm hoping to take the 'Learn to Sing' class at Panorama Recreation this session starting on Wed. Jan. 13, running for 8 weeks from 7-8 pm cost \$109.

Unlike many in our choir, this is my first time singing in a group and I think there may be more to learn about it. This class only needs 4 people to run and it was cancelled last session due to lack of enrollment. I'm hoping there will be a couple of people in choir interested so the class will run.

Contact Panorama Recreation at 250-656-7271 or <http://www.panoramarecreation.ca>.

Submitted by Lorraine Butler, GHC Monday Alto

A FAMILY CHOIR? WHAT A CONCEPT!

[Winter season starts Jan. 13th](#)

You and the kids you love singing for fun with dance, musical games, body percussion and story play. No audition. Open to all voices. Join us for a trial session any Wednesday afternoon or evening. For details: <http://www.harmoniousfamilychoir.com>, sing@harmoniousfamilychoir.com or 250-385-SING (7464)

Submitted by Doug Paterson CCLT 5 and lapsed GHC Bass & Bill Hanson GHC Bass etc.

COMMUNITY EVENTS ITEMS THAT INVITE YOU TO SING!

Taize Service (Jan 15)

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

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

Happiness is not achieved by the conscious pursuit of happiness; it is generally the by-product of other activities.

Aldous Huxley (1894-1963, British author)

Submitted by Patricia Houston, GHC Alto

WORD OF MOUTH / RECOMMENDATIONS

ONE WORLD

156 Countries Sing Together for the Starbucks Love Project

Be part of one world. See a great video and contribute to aids in Africa through Starbucks

<http://www.youtube.com/watch?v=Nh7D2g5v-Sg>

On December 7th, 2009 at 1:30 pm GMT Starbucks invited musicians from all over the world to sing "All You Need is Love" together at the same time to raise awareness for AIDS in Africa.

Watch streaming video from countries around the world and then join in by singing All You Need is Love yourself at <http://StarbucksLoveProject.com>. For each video submitted, Starbucks will make a contribution to the Global Fund to help fight against AIDS in Africa.

Submitted independently by Patricia Houston GHC Alto and Shivon Robinsong (with their respective items smushed together by your fearless editor)

SOMETHING TO THINK ABOUT

I found this riddle in "Zanesville" a weird but interesting romp of a novel by Kris Saknussemm and offer it here for anyone who wants to take a crack at it:

What is the beginning of eternity, the end of time and space, the beginning of every end and the end of every place?

Make a note of your answer(s) and keep it handy.

I will give the you the answer in my Admin Notes next week

Recommended by Bill Hanson GHC Bass etc.

WHY WE SING ~ DERRICK ASHONG

This article was forwarded to me by a friend who thought that I, and members of my choir community, might enjoy it.

<http://www.gettinhigherchoir.ca/community-info/singing/general-sources/why-we-sing.pdf>

Submitted by Anu Patel GHC & Soundings Alto

Editor's Note

A link to this article has also been added to all the other singing related article, video and web site links on the "Singing?!" page of our web site. If you haven't done so lately, you can check out what that page has to offer at:

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

A (DELAYED) CHRISTMAS WISH TO ALL!

Recognize the music?

http://www.gettinhigherchoir.ca/community-info/pps/20091218/winter_finland.pps

Recommended by Susan Lea Tuesday Alto

REMEMBER PACHELBEL'S CANON?

This is a comedian's take on it...

<http://www.youtube.com/watch?v=JdxkVQy7QLM>

Alison Miller

HI ALL,

Got this from Diane Rae and am happy to know that our schools are already progressive in this area!

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

Submitted by Anu Patel GHC & Soundings Alto

IMAGINE!

I certainly appreciated this and would like to share it...

<http://www.gettinhigherchoir.ca/community-info/video/2010/0108/imagine.wmv>

Happy New Year

Submitted by Susan Smith Tuesday Soprano

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

It is an eternal obligation toward the human being not to let him/her suffer from hunger when one has a chance of coming to his assistance.

Simone Weil (1910-43, French Philosopher, Mystic)

Submitted by Patricia Houston GHC Alto

COMMUNITY NETWORKING

HOUSESITTING OR REASONABLE RENTAL SOUGHT

A friend, Gaylen Ogletree is looking for a house-sitting opportunity or a bright, airy, reasonable place to live with no cats ASAP. She has a little dog, Teddy. If you are, or know of someone, seeking a reliable and caring person to housesit or have a rental at a reasonable rate, please contact marylmccay@shaw.ca, or 250- 477-8526.

Submitted by Maryl McCay Monday Soprano

SERVING EACH OTHER

NEW DIGITAL PHOTOGRAPHY AND PHOTOSHOP CLASSES!

Practical Digital Photography (PDP), and Photoshop Image Editing (PIE), for beginners at Juan de Fuca Branch of Public Library, 1759 Island Highway

PDP: Thursdays, Jan 28, (Sat, Jan 30 2:00 p.m. - photo walk) Feb 4, Feb 11, 18,
Fee: 280\$ plus gst.

PIE: Thursdays, Feb 25, Mar 4, Mar 11, Mar 18, Mar 25.
Fee: \$300 plus gst.

2.5 hour sessions. Total 25 hours. Groups limited to 9 students.

\$550 plus gst for all 10 sessions.

All classes, except photo walk, start at 6:00 p.m.

<http://www.goingdigital.ca>

Submitted by Andrew Kielbowicz, official choir photographer, former CHC Bass

GERMAN FOR ALL YOUR NEEDS: TRAVEL, BUSINESS, COLLEGE AND MORE

German tutor with 10 years of academic and private teaching experience in Germany and Canada - MA in German Language & Literature and Pedagogy - currently offering private classes.

If you want to visit Germany, write letters to your friends or just speak the language better - I can help.

Lessons take place at the suitable location and are structured around your goals. All ages and ability levels. Cost - \$25 for 1 hour

If you are interested please feel free to send an email to joanka@shaw.ca or give me a call 250.382 0309.

Submitted by: Joanna Schaller, former GHC Alto

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

A SPECIAL BODY WORK OFFER

Hope the holiday season was filled with laughter, love and good chocolate ;)

As some of you know I've been a body worker for the past 15 years in Reflexology, Reiki II, massage, Jin Shin Do and counselling. As a way to give back to my community for its support I have decided to do something new. From now to January 30th, 2010 when you pay for 2 - 1 hr sessions of Reflexology @ \$60 each (\$120)...you get the 3rd session free. Any, and or all of these sessions can be used AFTER January 30th, however, they must be paid beforehand.

For more info - please email or call me at 250-384-3895.

Many blessings, belly laughs and wonderful community in 2010.

Submitted by Karasima intermittant GHC Tenor and Registrar Emeritus

COMMUNITY MEMBERS WEB SITES

Check out the sites listed here and add them to your favourites if they are of on-going interest.

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.

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 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.

DO YOU HAVE A PERSONAL OR BUSINESS WEB SITE?

If you are a current or past member of any choir in our family of choirs and you have a web site feel free to submit the URL plus a 50 word (or less) capsule description for inclusion in this section. Your listing will be kept on file and 2 - 5 of them will be rotated through this section (in the order received) of the Choir Community Member's Issue that goes out every second week. This will give your site periodic exposure to 1200+ people and offer readers different web sites to check out each week.

COMMUNITY MARKETPLACE

FOR SALE

Heintzman Piano in practically mint condition, ca 1909. Beautiful sound, but it needs a new home where it will get played more. Please come by and check it out. Asking \$500.

Contact Kitty in Brentwood Bay

250-652-8392

kelloyd@telus.net

Submitted by Kitty Lloyd GHC Monday Alto

EMPLOYMENT AVAILABLE OR WANTED

RENOVATIONS AND FINE CABINetry

Full design and estimations for any interior or exterior construction. Call Richard 250 818 3134

Submitted by: Richard Acoma, GHC Tuesday Bass (Baritone).

ACCOMMODATION AVAILABLE OR WANTED

ACCOMMODATION AVAILABLE

Furnished one bedroom 750 sq ft purpose built for guests in Cook/Maplewood area.

Available between January until June 30, 2010. Will entertain shorter term rentals or later rental start of Jan 1.

Rent is \$750/month incl. all utilities. No pets.
Close to amenities, bus stops, off street parking.
Light and garden oriented

Contact jane at jdewing@islandnet.com or tel 250 385 5873

Submitted by Jane Dewing, GHC Tuesday/Thursday Soprano

VACATION RENTAL ON RATHREVOR BEACH

2 bedroom condo in Parksville -spectacular ocean views, fully furnished, gas fireplace weekends (\$160), mid-week special 3 nights \$150 - \$500 a week or \$1000 month available to June 15th at these rates. wonderful retreat or romantic get away.

Contact jane at jdewing@islandnet.com or tel 250 385 5873

Submitted by Jane Dewing, GHC Tuesday/Thursday Soprano

VACATION RENTAL

Please tell your out of town friends, family and associates about this Cozy, One Bedroom Suite for Rent in Royal Oak, Victoria, February 1 to September 1, 2010

Quiet, Warm, Furnished Garden suite with Private parking and entrance. 900 sq. ft. suitable for single person to come home to.

This hide-away is Near Shopping and Recreation Centres., walking and biking trails, beach, and bus.

Utilities include hydro, cable and internet. New stove, fridge, bathroom and bed are all yours for \$875 per month.

Please contact me at thegoddessworks@shaw.ca for e-mail Photos of suite or call 250-658-8770

Submitted by Ann-Rosemary Conway for High Noon Choir.

HOUSESITTING OR REASONABLE RENTAL SOUGHT

A friend, Gaylen Ogletree is looking for a house-sitting opportunity or a bright, airy, reasonable place to live with no cats ASAP. She has a little dog, Teddy. If you are, or know of someone, seeking a reliable and caring person to housesit or have a rental at a reasonable rate, please contact marylmccay@shaw.ca, or 250- 477-8526.

Submitted by Maryl McCay Monday Soprano

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

Believe that life is worth living, and your belief will help create the fact.

William James

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.

EMBRACING THE WISDOM OF OUR DREAMS (Jan 12 to Feb 2)

With Mary Jane Wilson CND, MA, ATh, Psychosynthesis, Counsellor, Cert. A Th. Exploring your inner world of dreams and their value.

Date: Jan 12—Feb 2 (4 Tues)

Time: 10:00 am to 12:00 pm

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

ADVANCED 'A COURSE IN MIRACLES' STUDY GROUP (Jan 12 & 26 +)

w/ Jewel

bi-weekly on Tuesday evenings

7:15 at 214 - 2186 Oak Bay Ave.

** Please call or email first if you are planning to attend for the 1st time **

Meeting: Jan 12, 26; Feb 9, 23; Mar 9, 23; Apr 6, 20; May 4, 18; June 1, 15

<http://www.OnlyLoves.org>

Submitted by Julia Day, disappeared Alto

BRIAN SWIMME'S, EARTH'S IMAGINATION, DVD SERIES (Jan. 13 to Feb 17)

With Gertie Jocksch SC DMin. In *The Earth's Imagination*, cosmologist Brian Swimme places the human psyche within the fifteen billion year cosmic process in order to highlight the directions in which human consciousness is evolving today and into the future.

Date: Jan. 13—Feb 17 (6 Wed)

Time: 7:00pm—9:00 pm

Cost: \$40.00 series or \$7.00 drop in.

Location: #321 2623 Richmond Rd.

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

Submitted by Gertie Jocksch, Monday Soprano

MAYHEM RETURNS! (Jan 15)

Trombone Mayhem is back at Hermann's Jazz Club. Friday, January 15th at 8:00 PM. Cover charge \$12. It's a Jazz set followed by Ultimate Dance Party! See <http://www.nicklariviere.com/NickLaRiviere/Intro.html>

See you there!

Submitted by Greg and Elaine La Riviere (Soundings Bass and Alto)

PUBLIC LECTURE:
"LIVING ON EARTH AS IF WE WANT TO STAY" (Jan 15)

With Mike Nickerson

Issues of climate, energy and economic stability are all related to the fact that human activity has now grown to touch planetary limits. Mike Nickerson has spent 35 years studying cultural evolution, in particular, how our societies might make the transition to sustainability. More at: www.SustainWellBeing.net

Date: Friday, January 15, 2010

Time: 7:00 – 9:00 pm

Location: Friends Meeting House, 1831 Fern St. Victoria, BC

Admission free, donations welcome

Sponsors: Green Party and Programs in Earth Literacies

Submitted by Gertie Jocksch, Monday Soprano

JEWEL'S NEW WEEKLY
'A COURSE IN MIRACLES' STUDY GROUP (Jan 15, 22 & 29)

~ drop in by donation ~

Friday mornings 10 AM - The Truth Centre, 1201 Fort St, chapel

Support w/ Workbook lessons & personal integration, all through 2010.

Aiming for a direct experience of Oneness with pure & perfect Love within.

Beginners & all faiths welcome.

<http://www.OnlyLoves.org>

Submitted by Julia Day, invisible Alto

TAIZE SERVICE (Jan 15)

The first Taize service for this season will be on Friday, January 15 at Grace Lutheran Church at 1273 Fort Street 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.

Anne Forester, Monday Soprano

COMMUNITY WINTER WASSAIL CELEBRATION (Jan 16)

A Wassail is a centuries old tradition with pagan origins practiced in cider regions of England. Intended to awaken the orchard from its winter slumber, the trees are blessed for an abundant harvest. Enjoy period inspired winter food such as venison stew, along with Swedish candles, song & dance, and add a wish or blessing to our Wish Tree. Tours of the cidery with history of cider and Wassails every half hour. Mummer's Play and blessing of the trees at sunset.

Sat Jan 16th 11- 6pm Sea Cider Farm & Ciderhouse

Free event with complimentary beverage.

2487 Mt. St. Michael Rd, Saanichton.

<http://www.facebook.com/home.php?#/event.php?eid=386911795270&index=1>
www.seacider.ca

Submitted by Dionne Jennings Soprano on Sabbatical

CELTIC VESPERS

with DENIS DONNELLY AND LANNY POLLET (Jan 17)

If you missed hearing the beautiful sounds of harp and flute on New Year's Day, you have another chance.

Denis and Lanny will be playing at *Celtic Vespers by Candlelight* Sunday, Jan. 17th at 7pm.
at St. Johns United Church. 10990 West Saanich Rd. (opposite Deep Cove School)

An evening of calm respite in our busy lives.

Submitted by Eva Kerr, GHC Monday Alto

SUNDAYS

GUEST ADDRESSES ON ONENESS (Jan 17, 24 & 31)

w/ Jewel:

11 AM, free or donation

Jan 17 'Heaven Is Within' - Victoria Truth Centre, 1201 Fort St

Jan 24 'Living in the Heart' - The Church of Truth, 111 Superior St

Jan 31 'God is in Everything I See' - Victoria Truth Centre, 1201 Fort St

<http://www.OnlyLoves.org>

Submitted by Julia Day, sleeping Alto

PFLAG

(Jan 17, Feb 7)

Confidential support for parents, family, and friends of lesbians, gays, bisexuals, transgender and two spirited individuals

Meetings September through June, every 3rd Sunday of the month at 2:00 PM

St John the Divine Lounge – 1611 Quadra Street – Look for the rainbow flag in the back parking lot.

For more information phone 250 592-0305

2:00 PM Every 3rd Sunday (Jan 17, Feb 7)

Submitted by Sharon Schaan – Soundings Soprano and former GHC Soprano

COMMUNITY EVENTS COMING WEEKS

QIGONG

(Jan 20)

"Expanding the Heart and Balancing the Blood Practice" 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 Jan. 20th, 2010 on Weds, 7:30-8:30 pm, for 8 weeks
in the Gary Oak Room, at Fairfield Community Association, 1335 Thurlow St.
To enrol call 382-4604.

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

Submitted by Dennis Murphy GHC Bass

FROM DISCORD TO HARMONY (Jan 20 & 27)

"How can I get so angry with someone I love?" Drop in to find the answer and transform the situation. Based on "The Anatomy of Peace" by the Arbing Institute and facilitated by Esther Hart, author of Journey to Personal Freedom.

Everyone Welcome! Oneness Wednesday from 7 – 8:30 p.m. at Church of Truth, 111 Superior St. Free or by donation.
Information: Linda (250) 380-6383 or <http://cotvictoria.ca>

Submitted by Linda Chan, Former Tuesday Soprano

MOVIE NIGHT - THE SHIFT WITH WAYNE DYER (Jan 22)

Arrive at 6:30 p.m. for (potluck) refreshments and conversation; Movie at 7:00 p.m. followed by discussion; By donation
Church of Truth, Community of Conscious Living, 111 Superior St. By donation. Information: Linda (250) 380-6383 or <http://cotvictoria.ca>

Submitted by Linda Chan, Former Tuesday Soprano

PAINTINGS BY CORRE ALICE (Jan 29)

Open Studio on January 29th. from 6:30 till 9:00 p.m. at 544-1/2 Fisgard (in a very coool in Chinatown).

Everyone welcome. For details ask Winnie Cooper, Tues/Thurs Alto, at choir.

Please pass on to arts lovers

Submitted by Corre Alice former GHC Alto

**"WRITE" WHERE YOU ARE
WORKSHOP IN CREATIVE WRITING:** (earlybird Feb 11)

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 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, hone your writing skills, deepen your self-awareness & have fun!

Thursday Evenings - 10 Weeks

Begins February 25th

\$295.00 or \$270.00 by February 11th

* Special payment arrangements available

Call: June Swadron – 250 – 385-2205

Full details - www.juneswadron.com

june@juneswadron.com

Former GHC member Alto

RE-WRITE YOUR LIFE – 10 WEEKS

with June Swadron

Write your life stories using a deeply rich, empowering and unique process. A totally transformational experience that honours you in a sacred circle of trust, joy, compassion and support. See full details: www.juneswadron.com

“June Swadron’s classes are outstanding!”

Christie Eng, Alison Miller, Amy Robertson, Marya Nijland -
(GHC members or former members)

Special 2010 Rates (\$70.00! off regular price of \$365.00)

Saturday Afternoons – 1-4 begins February 13th
\$295.00 or \$270.00 by Jan. 30th

Tuesday Afternoons – 2 – 5 Begins February 16th
\$295.00 or \$270.00 by February Feb. 2nd

* Special payment arrangements available

Call - 250- 385-2205

Full details – www.juneswadron.com

june@juneswadron.com

Submitted by: juneswadron, former GHC Alto

17 PIECE SWIFTURE BIG BAND DANCE, WITH MIRANDA SAGE, VOCALIST (Feb 17)

Feb.13/10 at the Edelweiss Club, 108 Niagara St., 8 to 11:30
Swing, jive, fox trot, waltz, latin, quickstep and more.

\$20 per person in advance or \$25 at the door.

5 locations to purchase tickets:

Long and McQuade Music, 756 Hillside

Option's Framing, 2651 Douglas St

Tom Lee Music, 105-2401 D Millstream Ave.

Sidney Musicworks, 9773 Fifth Ave., Sidney

More Info. call Rob Pearce, 250 812 3354

Submitted by Alan Clarke

