



Jan 24 Sopranos @ Lauren's

I will hold a sectional @ my house on Sunday January 24th at 2:00 p.m. , the address is 1840 Crescent road (in Gonzales Bay) on the corner of Crescent road and Irving road. My phone number is 250 598 2261.....hope to see lots of sopranos here.

Submitted by Lauren Belland Tuesday Soprano

Jan. 24 - Basses @ Dennis'

You are invited to my Bass home sectional on Sunday January 24 from 2:30 to 4:00 at 905 Burdette (at Quadra). Buzz 10.

Bring your own choice of beverage to keep your voice hydrated.

If you are coming please RSVP to 250-995-1770 and if you can bring an instrument or a pitch pipe to help us with starting notes or a Bass Practice CD for us to sing along with please let me know.

Submitted by Dennis Murphy Thursday Bass

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**CONCERT HELP NEEDED:**

One or two additional ushers and CD table helpers for both concerts.

If you're not singing in the concerts and are able to come early and help at the door and the CD sales table, please let me know. Just email me and let me know which concert - i.e. Friday or Sunday or both and I'll get back to you.

[gloriabhansen@hotmail.com](mailto:gloriabhansen@hotmail.com)

~ Gloria

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**GHC CONCERT TICKETS...**

Tickets will continue to be available at break time all three nights this week.

A Reminder:

Tickets are also available at Munro's Books, Ivy's Books, James Bay Coffee and Books, Larson Music and Dig This in 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.

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**SINGER CENSUS UPDATE**

As of today the numbers are:

	Saturday		Sunday	
	Singing	Not Singing	Singing	Not Singing
Soprano	69	18	63	24
Alto	91	47	92	44
Tenor	39	12	35	15
Bass	27	8	26	9

**Totals    226                    85                    216                    92**

No Respons Yet

Saturday    95

Sunday      98

If you are one of the “No Response Yet” people please be sure to email the information to me at [bill@gettinhigherchoir.ca](mailto:bill@gettinhigherchoir.ca) or phone it to me at 250-920-4160 (8 a.m. to 8 p.m.) as soon as possible.

If you are currently unsure of whether or not you will be singing let me know whatever you currently think is most likely. You are welcome to contact me right up to Friday morning with changes. It’s not a problem, just let me know as soon as you can.

~ Bill

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## **A REMINDER**

Until further notice please replace my [bill@gettinhigherchoir.ca](mailto:bill@gettinhigherchoir.ca) address in your email program’s address book with [billh@crucible.ca](mailto:billh@crucible.ca)

~ Bill

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## **THE CHOIR HONOURING FUND**

### **Collection continuing 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>

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## **NEWSLETTER SCHEDULE & INFO**

Due to the “bizzies” and time limitations there will be no newsletter on the concert weekend. There will be a “season wrap-up” issue on February 2nd or 3rd.

## **CORRECTIONS**

### **“PROROGUE” DEMONSTRATION ITEM**

Last week we ran an item about this planned demonstration which said that it would be held "in front of the legislature" but we have since learned that [it will be at Centennial Square](#).

A link to an a Economist article sent in by Ron Samborski, GHC Bass.

[http://www.economist.com/opinion/displaystory.cfm?story\\_id=15213212](http://www.economist.com/opinion/displaystory.cfm?story_id=15213212)

A link to additional information

<http://noprorage.ca/victoria-info-events>

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

It's nice to know that we don't need to wait till tomorrow, we can start to change the world today!

Wil Rose

Submitted by Patricia Houston

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## 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.

### HELLO ALL

I'm on my way to South Africa on January 14th where I'll be working in an orphanage.

I'll be in a small place called Dwars River, Limpopo, SA and I'll be back the beginning of March.

Regards,

Submitted by Ann Chaland Monday Alto

## PAST OR DISTANT VOICES

### CLAIRE EBENDINGER & YVES PARIZEAU

Claire and I are still travelling and I thought you might be interested to know something about our trip especially about our time spent in Israel / Palestine Territories. I'm afraid it is a wee bit long for the newsletter so click on this link...

<http://www.gettinhigherchoir.ca/community-info/pdftemp/2010/0122/claire-yves.pdf>

Thanks so much!

Take care,

Submitted by Yves Parizeau GHC Monday Tenor

## **GHC CAR POOLING WANTED & OFFERED**

To arrange car pools you can announce your request/offer at break time at choir (GHC or HNC). You can also email me at [bill@gettinhigherchoir.ca](mailto:bill@gettinhigherchoir.ca) with your name, contact information, where you start from, whether you need a ride or are offering one and which choir you are in. I will put a listing under the appropriate Car Pool heading for you in the next newsletter. Dont be shy about repeating your request in subsequent weeks at choir or in the newsletter if you dont connect the first time.

### **JANET AND THE CONCERTS**

We need a volunteer to get Janet Hawksley, our senior member, to and from the Alix Goolden Hall for the Sunday concert.

She lives at Amica House at 50 Douglas (at Niagara).

If you are interested in helping out please contact me at [bill@gettinhigherchoir.ca](mailto:bill@gettinhigherchoir.ca) or 250-920-4160 (8 to 8, Mon to Fri)

~ Bill

## **APPRECIATIONS**

### **A MESSAGE TO SHIVON, DENIS AND THE GHC COMMUNITY:**

THANK YOU, from the bottom of my heart, for enriching my two-year experience in Victoria in uncountable ways!

I am returning to the Lower Mainland tomorrow to prepare for two or three months of work in Whistler as System Supervisor of Transportation Services Management. I loved the '88 Olympics when volunteering in Calgary, and hope the 2010 Winter Games will bring just as much to Vancouver and BC as the '88 Olympics did to Calgary. More importantly, I will be anchoring myself and setting directions for unknown paths to unfold ahead.

When my Olympics adventure is complete in April, I'll be open to career opportunities anywhere – well, almost anywhere - with people or organizations needing my skills in project management, community development, health promotion, bilingual communication or team-building. Should you know of someone needing help, please don't hesitate to contact me by phone or e-mail, or share my number or address with them.

I know you'll have a spectacular concert, and I'll share that feeling with you, wherever I am. (I MAY fly back to do it with you on Friday, but it's rather unlikely now.)

Thank you again. Connections and harmonies like this are an incredible gift at a time like this, and we become so much stronger, just by singing, don't you find?! And yes, *Every Road Leads Home*.

As Bill says, "Sing in Joy!" I do it all the time now because you gave me the power. Thank you!

Love and hugz,

Submitted by Susan Lowe, Tuesday Alto

## **OPPORTUNITIES TO SING!!**

### **THE SACRED WORLD SONG PROJECT**

"Calm the mind. Heal the body. Enrich the spirit."

Nancy Watters, CCLT 1 Grad (2004/5), hosts free community chant circles, one Sunday each month from 3-5 pm, 1531 Yale St., Oak Bay. Details listed on [http://www.nancywatters.com/sacredworldsong/events\\_calendar.php](http://www.nancywatters.com/sacredworldsong/events_calendar.php)

She is also available by invitation for sacred song gatherings, concerts and workshops. For details please visit <http://www.sacredworldsong.com> or call 250-595-2142

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### **WILD VOICE EXTRAVAGANZA:**

Get your juice going with Edwin Coppard. A one-day party starring your voice

Saturday February 6th, 2010 - 9am to 8pm & Sunday February 7th 2010 1pm to 4pm at St. Margaret's School, Victoria.

#### Discover

singing, laughing, and sharing your own music as the ultimate celebration of life! Wake Up amazing physical and creative energy during this all day experiential event. You are born with a natural beautiful voice and a need to express yourself. This event is for everyone.

#### Edwin Coppard

has been traveling the globe for over 30 years empowering people to share their gift of music.

#### Price:

\$125 plus GST by check, master card or visa.

#### Contact

[realpeplemusic@me.com](mailto:realpeplemusic@me.com)

#### Call:

250 655 3060

#### Web:

[www.realpeplemusic.com](http://www.realpeplemusic.com)

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### **A FAMILY CHOIR? WHAT A CONCEPT!**

Winter season started Jan. 13th

You, and the kids you love, are invited to sing for the fun of it 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](mailto:sing@harmoniousfamilychoir.com) or 250-385-SING (7464)

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

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

If you are not willing to risk the unusual, you will have to settle for the ordinary.

Jim Rohn, Self Help Guru

Submitted by:Chris Gower Rees  
former GHC & Soundings Tenor

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## **WORD OF MOUTH / RECOMMENDATIONS**

## ROLLING RIVER

This inspiring description of Shari's song "Rolling River" is from her website at <http://www.shariulrich.com/index.php>

"I scored a film recently called "The River of Life", about the women breast cancer survivors who paddle in the Yukon River Quest" every year - the longest canoe and kayak race in the world. I was so inspired and moved by their stories, their courage, and the strength require to tackle the challenges, both in and out of the boat. The women were surely working in me when I found the lyrics to this song."

Shari Ulrich

Recommended by Ernie Sketchley, GHC Bass

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## PROROGUE DEMONSTRATION

This Saturday January 23rd is a national day of action being organized by the group Canadians Against Proroguing Parliament (CAPP) an online facebook group that today boasts over 200,000 members across the country. Events and protests are being organized across Canada with nine events scheduled in British Columbia. Close to 50 cities in Canada are holding rallies and our rally in Victoria takes place at Centennial Square, next to City Hall at 1 P.M. We are encouraging all concerned Canadians to join this grassroots effort to hold Stephen Harper accountable and to stand up for our democratic institutions and traditions. Please bring non-partisan signs if you wish.

Recommended by Patricia Houston Tues. Alto

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## HOW WE DON'T WANT TO LOOK ON STAGE

Usually by this point in the choir season Shiron has mentioned some do's and don'ts about posture on stage. No doubt that is coming this week. Standing straight with shoulders back and hands by our sides etc rather than hips cocked, legs crossed, arms folded and/or in the notorious fig-leaf pose. For an example of what you might look like on stage in the fig leaf pose click on:

<http://www.gettinhigherchoir.ca/community-info/images/figleaf.jpg>

Thanks again to Daphne Maclain, GHC Tenor, for submitting this photo a year or two ago

Recommended by Bill Hanson GHC Bass

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## A RESPONSE TO THE PACHELBEL RANT

The recent publication of the 'Pachelbel Rant' led me on a grand musical journey beginning with these brilliant comedic musicians.....

[http://www.youtube.com/watch?v=j\\_dKCrKJR7Y&NR=1](http://www.youtube.com/watch?v=j_dKCrKJR7Y&NR=1)

Followed by a very talented solo cello. I'd love to hear Yo-Yo Ma play this arrangement....

<http://www.youtube.com/watch?v=f3mx0Czyk2A>

And let's not forget the great Welsh harpist Glenda Clwyd

<http://www.youtube.com/watch?v=7y1sVuYSZ3Y&feature=related>

Thanks for the fun.

Cheers,

Recommended by Paddy Herson former GHC & Soundings Bass

Editor's Note:

Here is the link to the "Pachelbel Canon Rant" that Paddy refers to above:

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

Submitted in the last "community" issue by Alison Miller, GHC Tenor

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## MERCADO EN ESPAÑA

This is another one of those pieces that make you smile. Patricia

<http://www.youtube.com/watch?v=Ds8ryWd5aFw>

Recommended by Patricia Houston GHC Alto

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## DEAR CHOIR MEMBERS,

Just letting you know about an Indian dinner for Haiti on Sat Jan 30 at the Ambrosia Centre in Victoria. My friend, Dr. Surinder Kumar, will be donating the food and cooking a delicious 5 course meal as a fund-raiser for Haiti relief. Tickets are only \$20.00!! This is the 4th charity event Dr. Kumar has cooked for this year and all dinners sold out. There will be an article in tomorrow's T-C so avoid disappointment by getting your tickets before the rush! Surinder's dishes are exotically but delicately spiced so don't worry about a burning palate. To reserve, call Vecima Networks at 250 881 1982, dial 0 and ask for Carmen. If you can't make it on Jan 30, please pass this message on to anyone who may be interested. Hope to see you there :-)

Recommended by Nancy Harrison, Tues Soprano

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## IMAGINE

This is a clip from the TV show, Glee, and I know members will enjoy it. Watch for the way the leader shows his appreciation at the end.

<http://www.gettinhigherchoir.ca/community-info/video/2010/0122/glee-imagine.wmv>

Recommended independently by Lynne Crawshaw, Tues/Thurs Tenor & Debbie Scarfone Tuesday Alto

Editor's Note:

There was a link, submitted by someone else, to this video to the last Choir Community Issue on Jan. 8 but it's worth checking out and I'm letting it go in again in case someone missed it.

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## SUPERB SAND DRAWING

Dont dare to miss this amazing Video Clip...but first read the following ..

<http://www.gettinhigherchoir.ca/community-info/pdftemp/2010/0122/sand.pdf>

...then see the video...

[http://www.youtube.com/watch\\_popup?v=vOhf3OvRXKg](http://www.youtube.com/watch_popup?v=vOhf3OvRXKg)

Please take time out to see this amazing piece of art.

Recommended by Penny Pattison GHC Tuesday Tenor

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## AMAZING GRACE BY A 2 YEAR OLD

Very cute....some might not like the subliminal text underneath though!

<http://www.youtube.com/watch?v=MS93Q4jQAO0>

Recommended by Anu Patel GHC & Soundings Alto

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## TOTO'S AFRICA BY PERPETUUM JAZZILE

A friend in Serbia sent this. It's worth sharing with the choir I think:

<http://www.youtube.com/watch?v=yjbpwlqp5Qw>

Recommended by Lowell Ann Fuglsang GHC Thursday Tenor

### Editor's Note:

This is a multi-repeat item but it is in again because it is excellent and there are probably a few of you who missed it the first 5 or 6 times.

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## CHORAL SINGING IS GOOD FOR YOU

Here is a link to an excellent article on the benefits of choral singing.

<http://www.seniorlivingmag.com/articles/singing-for-health-and-happiness>

Recommended by Diana Pedersen former GHC Tenor

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## ERNIE & THE KID

Now here's a fan really getting in the mood - GHC concert-goes next week, please note!

<http://www.gettinhigherchoir.ca/community-info/video/2010/0122/ernie-ford.wmv>

Watch the little boy to the right of Ernie Ford - this will lift your spirits.

Recommended by Josephine Munro, "resting" GHC tenor

### Editor's Note

In the black & white days of live broadcast anything could happen.

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## KOURAJ CHERIE

A January 19/10 update from Haiti

<http://www.gettinhigherchoir.ca/community-info/pdftemp/2010/0122/kouraj.pdf>

Submitted by Anne Caldwell former GHC Tuesday/Thursday Soprano

### Editor's Note:

Anne tells me Sasha Kramer, originator of the email, sent it to members of Sustainable Organic Integrated Livelihoods (SOIL) <http://www.oursoil.org/believe#mission>

From there Alice Walker (yes, the writer) got a copy and sent it to a friend who forwarded it to Anne. That's only 3 degrees of separation between us and the source which is unusual since most email "forwards" have been passed on by multitudes of people and many of them have been floating around in cyberspace for years.

I hope all that was of interest to someone besides me.

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### **EDWIN COPPARD'S WILD VOICE EXTRAVAGANZA**

Out of your natural voice come songs that are compelling, powerful, full of beauty & poetry. The Wild Voice Extravaganza allows *your* songs to bubble forth. Tony Robbins, mega-motivational speaker, says: "*Edwin is a Master at bringing people together with singing.*"

Saturday February 6th 9am to 8pm, Sunday February 7th 1-4pm. St. Margaret's School, 1080 Lucas Ave. \$125 plus GST by check, cash, master card or visa Call: 250 655 3060 [register@realpeoplemusic.com](mailto:register@realpeoplemusic.com) [www.realpeoplemusic.com](http://www.realpeoplemusic.com) Attend a *free* workshop: try it out first: Sunday January 24, 2010. 1-4 pm. Register: Kristina 250-383-5222: Tom Lee Music, 2401 Millstream.

Submitted by Matti Anttila, GHC Bass Alumnus

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

We become what we think about.

Earle Nightingale

Editor's Collection

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## **COMMUNITY NETWORKING**

**NEEDED:  
VOLUNTEER CHARTERED PUBLIC ACCOUNTANT  
...PLUS A VOLUNTEER BOOKKEEPER FOR THE CAIA CONNECTION**

The Caia Connection is looking for a CPA to do our Year End Financial Report to Revenue Canada. I have been keeping the financial records since the organization moved it's base from Kelowna to Victoria in March of 2009.

I am also looking for a volunteer to handle the bookkeeping for 2010 - this involves banking, receipting, and record keeping (approximately 1 -2 hrs/week).

The Caia Connection is a grassroots organization based in Victoria, which fundraises and provides support to health, education, and development projects in the Caia district of Mozambique. Our focus is on the The Ray of Hope project in the town of Caia, and the Kuwangisana home-based care project in the town of Sena. Please have a look at the website for more details.

<http://www.caiacconnection.com>

Please contact me if you are interested, or if you know someone who might take this on.

Gloria Hansen, Treasurer, The Caia Connection Board

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### **SHOES FOR HAITI**

Softmoc has mobilized their stores across Canada to accept gently used shoes which they will be sending to Haiti. The last day to make large quantity or institutional donations is today, Friday, Jan. 22. You still have a week, however, to make personal donations of 1 - 5 pairs since the deadline for that is Friday, January 29.

In Victoria, Softmoc is located at the Mayfair Mall. For more information go to <http://www.softmoc.com>

Submitted by Mary Lasovich former GHC Thursday Soprano

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### **STELLY'S SECONDARY HAITI RELIEF CONCERT AND FUNDRAISER**

The students at Stelly's Secondary School will be holding a benefit Concert and Auction for Haiti on Tues Feb. 9, from 5 to 9 pm. Tickets: \$10 at the door. Features entertainment, appies, auction. All proceeds go to help victims of earthquake.

How you can help:

- 1 Join us on this evening of fun and giving.
- 2 You can donate items/services for the auction (weekend at your cabin, cruise on your boat, a bike, a guitar, laser surgery, etc.)
- 3 Spread the word.

Tim Storm, Global Perspectives, Amnesty International, Performing [Arts\\_tstorm@sd63.bc.ca](mailto:Arts_tstorm@sd63.bc.ca)

Submitted by Anu Patel GHC & Soundings Alto

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### **ANYONE FOR SOCIAL BADMINTON?**

If you haven't played badminton since high school, perhaps it is time to renew your enjoyment of this fun sport. It's a great way to get some exercise.

We need more players, especially women, but men, too. Beginners are welcome.

Place: Selkirk Montessori School gym  
2970 Jutland Road (part of the Selkirk Development on Gorge Road)  
The Gym entrance is on Jackladder Road.

Day: Mondays

Time: 5:15 pm to 7:00pm

Cost: \$4:00 per session.

Contact Catherine 479-1888

OR just come and check us out. Racquets are available if needed.

Submitted by Catherine Scorey Thursday Soprano

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### **STUDIO SPACE FOR A PAINTER REQUIRED**

A painter friend is new to Victoria and would like studio space for a few months.

If anyone knows of such a place will you please email me at [contactme@audreymairi.com](mailto:contactme@audreymairi.com) and I will forward on the information.

Submitted by Audrey Mairi, Thursday Alto

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### **ART OF ALL SORTS SHOW AND SALE**

Attention all Singers, Musicians, Guitarists, Flutists or Violinists who are able to donate their time and skills for a Fundraising Benefit

What:

Emily Carr Fundraiser for a Bronze Statue

Where:

Empress Hotel has donated the Library

When:

Feb 8th - 18th , 2010

Musicians:

are required afternoons &/or evenings over ten days

Facility:

beautiful heritage room with fireplace, comfy sofas and wainscoting, with windows overlooking the harbor awaiting musicians to Complete / Create the musical atmosphere

To sign up for a time slot ~

Please call Bonnie at 250 360-1449

Submitted by Bonnie Hardy lapsed GHC Tenor

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## **GARDENING OPPORTUNITIES & MENTOR WANTED**

Hello, my name is Chloe and I am a student at UVic who is really interested in getting dirt under my nails and learning more about gardening through hands-on experience and a helpful teacher. I was wondering if anyone would be interested in taking on an apprentice this upcoming spring? I am hardworking and would be able to help out with any type of gardening and outdoor work in exchange for the opportunity to learn and work in the garden. I am available to start helping out right away and am free on some weekday afternoons and on the weekends. If this sounds like it might be a good fit please get in touch. My email is [cdonatel@uvic.ca](mailto:cdonatel@uvic.ca) and my phone number is 778-678-7118.

Thanks!

Submitted by Chloe Donatelli GHC Thursday Alto

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## **RELIEF OF HAITIAN DEBT**

Like millions of people around the world, I've been shocked by the terrible events in Haiti.

Only now is the true scale of the Haitian disaster emerging. The work ahead to recover from this tragedy is immense. So here's our goal: \$1 billion for Haiti. That's how much Haiti owes to the International Monetary Fund, the Inter-American Development Bank, and a handful of others.

Sign the petition below to ask Haiti's creditors to act quickly and cancel Haiti's debts:

<http://one.org/us/actnow/drophaitiandebt/index.html?rc=haitidebtconfemail>

As Haiti begins to rebuild we can help by lifting this debt.

Together as ONE we can make a difference!

Recommended by Mary de Zwager GHC Thursday Alto

## **SERVING EACH OTHER**

**NIA CLASSES** (ongoing)

Nia is a dynamic fitness and lifestyle practice that leaves you feeling recharged and blissfully alive!

All classes one hour. Nia is for all fitness and experience levels.

1) Church Hall

1110 Caledonia Ave  
Corner of Cook and Caledonia

M-W-F 5:15 PM, T-Th 9:30 AM [karenia@shaw.ca](mailto:karenia@shaw.ca) or 478-1076

2) Breathing Space Mind & Body Studio

7167 West Saanich Rd.  
Brentwood Bay

Th 1:00 PM 250-813-3254

3) Oak Bay Recreation Centre

Windsor Pavilion  
2451 Windsor Rd.

Tues 5:00 PM 250-595-7946

Move to great music, love your body and live a passionate, joy-filled, healthy life. [www.niac.ca](http://www.niac.ca)

Submitted by Karen Boissonneault, HNC Soprano

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**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](mailto:mattinvic@gmail.com) 250-418-1322

Submitted by Gloria Hansen, GHC and HNC Tenor

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**NEW DIGITAL PHOTOGRAPHY  
AND PHOTOSHOP CLASSES!**

**(Repeat)**

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

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**GERMAN FOR ALL YOUR NEEDS:  
TRAVEL, BUSINESS, COLLEGE AND MORE (Repeat)**

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](mailto:joanka@shaw.ca) or give me a call 250.382 0309.

Submitted by: Joanna Schaller, former GHC Alto

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**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 intermittent 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.

**NIKKI BASUK** (HNC Alto) & her husband Jack

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

We love to write and we invite you to read. Enter and be intrigued, amused or entertained. We wish you well on our journey.

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**Marilyn Henigman** (GHC Alto)

<http://www.searchwise.ca>

SearchWise - Work Search Assistance. Helping you find rewarding employment. Affordable. Professional. Personalized. Flexible Appointment Hours. Ph. 250-413-3142

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**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.

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**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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## **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.

## **THINGS & OPPORTUNITIES WANTED**

### **WANTED: WORKSHOP SPACE...**

...for a weekend workshop (Saturday and Sunday).

Will be holding Certified Laughter Yoga Leader training.

Contact Matti Anttila 250.477.8608 e: [freedombalance@shaw.ca](mailto:freedombalance@shaw.ca)

Love, Leaps and Laughter,

Submitted by Matti Anttila, GHC Bass Alumnus.

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## HALOGEN LAMPS WANTED

I'm looking for a couple of halogen living room lights for my mom, who has low vision, and finds them the brightest light available. If you have one you would like to get rid of or sell, please call Tracy at 778-430-4606.

submitted by Tracy Deobald, Thursday Alto.

## EMPLOYMENT AVAILABLE OR WANTED

### EXPERIENCED, RESPONSIBLE, LOVING NANNY

Available to work PT.

I have a background in music, art, children's literature, nature studies and creative play, and enjoy bringing these skills into my work with children. References available. Call Pamela at (250) 727-7401, or email [sweetpvine@yahoo.ca](mailto:sweetpvine@yahoo.ca)

Submitted by Pamela Vine (former GHC and Soundings Soprano)

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### YOUNG HEALTHY COUPLE SEEKING WORK

Both currently have part time jobs but not enough to live on, one is finishing high school part time.

Also seeking decent low cost accommodation between "Uptown" area and Stelly's school, close to buses. Shared kitchen and bath O K, furnished would be nice but not required.

Please email to [RobynArias@hotmail.com](mailto:RobynArias@hotmail.com)

Thanks!

Submitted by Robyn Arias Monday Alto

## ACCOMMODATION AVAILABLE OR WANTED

### SUITE FOR RENT IN DUNCAN

Bright ground level one-bedroom suite in Duncan for rent. Lovely architect-designed home in a semi-rural location and quiet neighbourhood. Single person only. Non-smokers; references required. \$725 including utilities. Please call Laesha or John at 250-748-9473.

Submitted by Laesha Berry - former GHC Alto

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### YOUNG HEALTHY COUPLE SEEKING ACCOMMODATION

Decent low cost accommodation wanted between "Uptown" area and Stelly's school, close to buses. Shared kitchen and bath O K, furnished would be nice but not required.

Also seeking work. Both currently have part time jobs but not enough to live on, one is finishing high school part time.

Please email to [RobynArias@hotmail.com](mailto:RobynArias@hotmail.com)

Thanks!

Submitted by Robyn Arias Monday Alto

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## **CENTRALLY LOCATED APARTMENT IS AVAILABLE**

Hello Beautifuls,

I just got notice that the women who were subletting my apartment are moving.

It is a 2 bedroom with 1 & 1/2 half bathrooms, in suite laundry, dish washer, full size stove and fridge, 2 balconies, lots of closet space, fully furnished. No pets and no smoking indoors please. Please email me at [brilliantpath@curesociety.com](mailto:brilliantpath@curesociety.com) to set up a viewing with my good friend who will see you on my behalf, as I am travelling.

\$1150 plus utilities, enough room for 2 or 3 people.

I have a place to stay when I return, so there is an option for the sublet to become long term.

Thanks kindly,

loveAll

Submitted by Ocean Condon former GHC Alto

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## **APARTMENT AVAILABLE IN ARTISTS HOME**

Please tell your out of town friends, family and associates about this Cozy, Colorful, One Bedroom Apartment for Rent in Royal Oak, Victoria.

Cozy, Quiet, Colorful, Furnished Garden suite with Private parking and entrance. 900 sq. ft. suitable for single person to roam around in.

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 billowy new bed are all yours for \$ 800. per month.

Please contact me at [thegoddessworks@shaw.ca](mailto:thegoddessworks@shaw.ca) for e-mail Photos of apartment or call 250-658-8770

Submitted by Ann-Rosemary Conway HNC Alto

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## **HOUSE SIT WANTED:**

As soon as possible; as long as possible!

63 year old woman wait listed for subsidized housing - is quiet, tidy, non-smoker, meditator, vegetarian, excellent with plants and dogs but not so good with cats. Excellent references.

Please contact Corrinne at 250-686-9601 or email her at [corrinne99@islandnet.com](mailto:corrinne99@islandnet.com)

Submitted by Mary Lynch, Monday Soprano (on a break)

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## **NEED TO RENT? HOW ABOUT A CONDO!**

This cozy second floor, one bed, one bath condo is in a quiet, well maintained and cat friendly building in the Mayfair area. The unit features a spacious 12x11 kitchen, not your standard galley! This east-facing, bright, condo is located on the quiet side of the building. Other features include parking spot, stove, fridge, dishwasher, in-unit storage, extra large deck

where you can BBQ, and free common laundry. If you have company visiting you may be able to book one of the guest suites through the strata council. Unit is located close to parks, buses, and shops. This unit and property is a non-smoking.

[cturnbull1@shaw.ca](mailto:cturnbull1@shaw.ca)

Submitted by Carol Turnbull former GHC Tuesday Soprano

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## **AWESOME CONDO TO RENT with MOUNTAIN VIEW: DOWNTOWN VICTORIA**

7th floor beautifully furnished 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 four months from Jan 15-May 15, 2010. \$1,495 per month, inclusive.

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

Submitted by Bev Norman, temporarily lapsed tenor.

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

It's a funny thing about life: if you refuse to accept anything but the best, you very often get it.

W. Somerset Maugham

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.

### **EMOTIONAL FREEDOM TECHNIQUE ~ EFT (Now to Feb 1.earlybirds)**

A Weekend Workshop

Professional Introductory Level 1+ Open to all  
Sat. Feb 6th & Sun. Feb. 7th ~ 9am - 4:40pm  
Instructor, Karen Ledger RN BScN accredited trainer

Cost \$210

\* Special Rate for GHC Members \$190.00 if paid in full by Feb. 1st

EFT is a gentle but powerful, quantum healing technique that can be used for oneself or others. It is one of the most powerful self-care tools available to promote well-being - body, mind and spirit. It can eliminate fears, phobias, love pain, Post Traumatic Stress, physical pain and more. Visit <http://www.at-one.ca> for more information and view the YouTube video on my home page.

Email: [karenledger@shaw.ca](mailto:karenledger@shaw.ca) or call 250 598-4126

Submitted by Karen Ledger, Tuesday Tenor

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**EMBRACING THE WISDOM OF OUR DREAMS**

(Now 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](mailto:earthliteracies@shaw.ca) 250-220-4601 [www.livinglanguageinstitute.org](http://www.livinglanguageinstitute.org)

Submitted by Gertie Jocksch, Monday Soprano

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**BRIAN SWIMME'S,**

**EARTH'S IMAGINATION, DVD SERIES**

(Now 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](mailto:earthliteracies@shaw.ca) 250-220-4601 [www.livinglanguageinstitute.org](http://www.livinglanguageinstitute.org)

Submitted by Gertie Jocksch, Monday Soprano

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**HOMELSS AWARENESS**

(Now to Feb 27)

An excellent exhibit started January 15 and runs to February 27, 2010 at 705 Johson Street - hours (free to public)are Wednesday to Saturday 11:a.m. to 5:00 p.m.

The artwork of people who have experienced homelessness - many pieces already sold and all proceeds to the artist. More information at available at [www.victoriafineartfestival.org](http://www.victoriafineartfestival.org)

Recommended by Mary de Zwager GHC Thursday Alto

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**SUNDAYS**

**GUEST ADDRESSES ON ONENESS**

(Jan 24 & 31)

w/ Jewel:

11 AM, free or donation

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.OnlyLovels.org>

Submitted by Julia Day, sleeping Alto

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**ECKHART TOLLE DVD NIGHTS** - (Jan 24, Feb 7 & 21)

Eckhart Tolle DVDs will be shown every two weeks in the Fairfield United Church, 1303 Fairfield Rd

Next Showing: Sunday, Jan 24 - 7:00 to 9:00 p.m. and every other Sunday thereafter

Subsequent showing dates: Feb 7 & 21

All are Welcome! Cost: \$2.00 per person.

Submitted by Linda Chan, Former Tuesday Soprano

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**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 Arbinger 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

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**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

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Kapasseni Project  
**"SHARE THE LOVE"** (Jan 24)  
Benefit Concert

Our friends at the Kapasseni project are between funding grants and need to raise funds to support Joseph Alfazema's mission work in Mozambique for 2010 and they are holding a Benefit concert to do so on Jan. 24th at the Isabelle Reader Theatre (1028 Goldstream in Langford).

The concert will include:  
a photostory of Joseph's work in the field  
entertainment by Eric Dozier and the One Human Family Gospel Choir.  
An African cloth, crafts and CD market

For tickets please call or email Carol Kerr (info on the poster)

<http://www.gettinhigherchoir.ca/community-info/pdftemp/2009/1211/kapasseni-poster.pdf>

Tickets are also available for purchase at Westside Instaprint and at the door if not sold out but Carol says they plan to sell out!

To view the Kapasseni Projects latest newsletter or for more info on the project go to <http://www.kapasseni.org>

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**ADVANCED  
'A COURSE IN MIRACLES' STUDY GROUP** (Jan 26 & Feb 9 +)

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 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

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**QIGONG** (Jan 27)

“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. 27th, 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

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**CONVERSATIONS ON THE NEW COSMOLOGY,** (Jan 28)

With Bill Wilson, SJ PhD.

“We are the first generation to know the Great Story of the Universe,” Thomas Berry.

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

Date: Thursday Jan 28, 2010

Time: 12:00 am – 1:30 pm

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

Cost: \$10.00 suggested donation

Register: [earthliteracies@shaw.ca](mailto:earthliteracies@shaw.ca) 250-220-4601 [www.livinglanguageinstitute.org](http://www.livinglanguageinstitute.org)

Submitted by Gertie Jocksch, Monday Soprano

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**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

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**JEWEL'S NEW WEEKLY  
'A COURSE IN MIRACLES' STUDY GROUP** (Jan 29)

~ drop in by donation ~

Friday morning 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

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**COMING HOME - AN ECOFEMINIST WAY** (Jan 30)

With Gertie Jocksch SC, DMin.

Rosemary Radford Ruether speaks of ecofeminism as a union of 'deep ecology' and feminism. Our experience brings new insights to an ever evolving way of knowing "Coming Home" to self, to earth, to spirit."

Date: Saturday Jan 30, 2010

Time: 9:00 am – 5:00 pm

Location: Royal Roads University

Cost: \$95 + GST

Register: [www.royalroads.ca/continuing-studies](http://www.royalroads.ca/continuing-studies) or 250-391-2600 ext 4801

Submitted by Gertie Jocksch, Monday Soprano

## COMMUNITY EVENTS COMING WEEKS

**CALLING ALL WRITERS, POETS & NOVICES  
FOR A MAGICAL EVENING OF CREATIVITY** (Feb 1)

with June Swadron

Dear June:

"I am rejoicing because of the gift I gave myself in attending your workshop. I broke through my writer's block which is nothing less than a miracle! Thank you for your encouragement, humour, and all the excellent teaching tools you use. I loved the exercises!"

Love,  
Sandy Gordon

Full description at: <http://www.juneswadron.com>

Monday Feb. 1st, 2010 6:30 – 9:30 p.m. \$45.00

Church of Truth , 111 Superior Street , James Bay

Call 250 385- 2205 to Register  
juneswadron@shaw.ca

Submitted by: June Swadron former GHC Alto

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**Public Lecture,**  
**TAR SANDS SHOWDOWN:** (Feb 1)

*Canada and the New Politics of Oil in an Age of Climate Change.*

With Tony Clarke, DMin, Author

Canada's oil patch is booming. The Alberta tar sands have become the next big oil source for the United States, replacing Saudi Arabia. The tar sands are key to the claim that Canada is the new "energy superpower."

Date: Monday February 1, 2010

Time: 7:00 – 9:00 pm

Location: First Metropolitan United Church, 932 Balmoral Road

Cost: \$10.00

Register: [earthliteracies@shaw.ca](mailto:earthliteracies@shaw.ca) 250-220-4601 [www.livinglanguageinstitute.org](http://www.livinglanguageinstitute.org)

Submitted by Gertie Jocksch, Monday Soprano

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**MINDFUL YOGA** (Feb 3, 10, 17 & 24)

This gentle style of yoga will be led by Misha Gitberg, Yoga and Meditation Teacher and will be practiced on a mat or in a chair. The focus will be on respectfully working with the edge of your ability. This form of yoga is idea for seniors, those new to yoga and also those who would like to learn chair yoga. Please bring your own mat or blanket.

Everyone Welcome! Oneness Wednesday from 7 - 8:45 p.m. Church of Truth, Free or by donation. Information: Linda (250) 380-6383 or <http://cotvictoria.ca>

Submitted by Linda Chan, Former Tuesday Soprano

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**THE WILD VOICE EXTRAVAGANZA** (Feb 6 & 7)

A perfect day to Party, starring your voice. Go deep inside for a wild ride. It's about the transformations we go through to find our music! Out of your natural voice come songs that are untainted by commercial expectation. They are storytelling in its simplest and most potent form. They are compelling, powerful, and full of beauty and poetry. Edwin Coppard is back in Victoria teaching. All are welcome.

Saturday February 6th & 7th

Call: 250-655-3060 for info to register

Web: [www.realpeoplemusic.com](http://www.realpeoplemusic.com)

Email: [edwin@realpeoplemusic.com](mailto:edwin@realpeoplemusic.com)

Submitted by Monique Oleschuk, lapsed Tues. Alto\*

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## **EMOTIONAL FREEDOM TECHNIQUE ~ EFT** (Feb 6 & 7)

A Weekend Workshop

Professional Introductory Level 1+ Open to all  
Sat. Feb 6th & Sun. Feb. 7th ~ 9am - 4:40pm  
Instructor, Karen Ledger RN BScN accredited trainer

Cost \$210

\* Special Rate for GHC Members \$190.00 if paid in full by Feb. 1st

EFT is a gentle but powerful, quantum healing technique that can be used for oneself or others. It is one of the most powerful self-care tools available to promote well-being - body, mind and spirit. It can eliminate fears, phobias, love pain, Post Traumatic Stress, physical pain and more. Visit <http://www.at-one.ca> for more information and view the YouTube video on my home page.

Email: karenledger@shaw.ca or call 250 598-4126

Submitted by Karen Ledger, Tuesday Tenor

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## **METAPHYSICAL ORIGINS & A COURSE IN MIRACLES** (Feb 7)

How Did I Get Here? & How Can I Wake Up ?

~ Laughing all the way home ~

Sunday Feb 7  
1:15 - 5:45 ish  
Church of Truth 111 Superior St

\$ 33 by Feb. 1 or \$40/door (sliding scale)

ACIM guides us through a mystical journey of awakening to the awareness of Love's Presence, or Oneness with pure Spirit.

Contact: Jewel [www.OnlyLoveIs.org](http://www.OnlyLoveIs.org) 250-370-1380

Submitted by Julia Day (longing to be an Alto again)

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## **“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 11<sup>th</sup>

\* Special payment arrangements available

Call: June Swadron – 250 – 385-2205

Full details - [www.juneswadron.com](http://www.juneswadron.com)  
[june@juneswadron.com](mailto:june@juneswadron.com)

Former GHC member Alto

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**17 PIECE  
SWIFTSURE BIG BAND DANCE,  
WITH MIRANDA SAGE, VOCALIST (Feb.13)**

Feb.13 at the Edelweiss club, 108 Niagara St., 8 to 11:30  
Swing,jive,foxtrot,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  
Roger's Jukebox, 1048 Fort  
Option's Framing, 2651 Douglas  
Tom Lee Music, 105 2401 D Millstream Ave.  
Sidney Musicworks, 9773 Fifth Avenue, Sidney  
More info. call Rob Pearce, 250 812 3354

Submitted by Alan Clarke (Previous Member)

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**PFLAG (Feb 21, Mar 21, April 18)**

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

Meetings September through June, every 3<sup>rd</sup> 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 (Feb 7)

Submitted by Sharon Schaan: former Soundings Soprano and former GHC Soprano

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**RE-WRITE YOUR LIFE – 10 WEEKS (Starts Feb 23)**

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](http://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 13<sup>th</sup>  
\$295.00 or \$270.00 by Jan. 30<sup>th</sup>

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

\* Special payment arrangements available

Call - 250- 385-2205

Full details – [www.juneswadron.com](http://www.juneswadron.com)

[june@juneswadron.com](mailto:june@juneswadron.com)

Submitted by: juneswadron, former GHC Alto

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## **THE ROCKY HORROR SHOW TICKETS** (early bird by Feb. 21)

As a fundraiser for Kaleidoscope Theatre, Lawyers on Stage Theatre is doing a production of the Rocky Horror Show!

Please contact Marian by Feb. 21 at [marianfoucault@gmail.com](mailto:marianfoucault@gmail.com) or (250) 216-2700 for a ticket voucher at the cast price of \$35 (compared to \$48.50). Tickets include a gala reception and a silent auction.

### Performances

April 9th and 10th, 2010

Auction 7pm, show starts at 8pm

McPherson Playhouse

(She has to sell at least 10 vouchers before February 21st, so she needs your help!)

Kaleidoscope Theatre Productions Society is a Charitable Non-Profit organization dedicated to providing quality professional theatre for young audiences in Victoria, provincially, nationally and internationally.

Thank you for your support!

Submitted by Marian Foucault (Tuesday soprano)

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## **THE MYSTIC SPIRAL: A JOYFUL JOURNEY OF CHANT, DANCE AND MORE** (Feb 21)

Khrystie Phoenix will lead "Dances of Universal Peace." No experience needed, just an open heart and adventurous spirit. Church of Truth, Community of Conscious Living, 111 Superior Street. Sunday, February 21st from 2-4 p.m. By donation. Patti Huot 250-385-0941 or <http://cotvictoria.ca>

Join us the 3rd Sunday of each month where we will be either chanting, dancing, toning, singing, and/or moving in the service of raising the vibration of universal consciousness.

Submitted by Linda Chan, Former Tuesday Soprano

## **JUST FOR FUN**

A reward of laughter for reading this far

### **A TRICKY OLD DOG**

Submitted by Bill Hanson GHC Bass

from a forward received from wife #2 Kim Lyon of the Sunshine Coast

A wealthy old Gentleman decides to go on a hunting safari in Africa , taking his faithful, **elderly** Jack Russell named Killer dog, along for the company.

One day the old Jack Russell starts chasing rabbits and before long, discovers that he's lost. Wandering about, he notices

