

Be among the first in the world to see and hear the January 29/10 video of Victoria's Getting' Higher Choir perform Amazing Grace, arranged and conducted by Stephen Hatfield. Go to:

<http://web.mac.com/hdieno/iWeb/Site/Amazing%20Grace%20-%202.html>

You'll be glad you did!

DIRECTOR'S NOTES

SHIVON

DEAR GHC

Do you have any idea what a joy it is to direct you in song at a concert? Your presence, your focus, your willingness to give up your singularity to the group mind/voice, and to my leadership, makes us truly become one voice, one spirit, surrendering to the mystery. For that, and for all the hard work in the weeks leading up to the concert, I thank you from the bottom of my heart. You sounded great - here are some comments I have heard from audience members:

"I heard every word" - this came from two different people who wore hearing aids, and were so thrilled to be able to understand all the words.

"The choir is sounding better than ever" - from various people, including Deborah Millar, who was really thrilled with your sound. And I wholeheartedly agree!

~ Shivon

DENIS

Well, what a feast of music and emotion! You all outdid yourselves in your singing and in your welcoming of our guests. It is hard (and not really appropriate) to compare one concert with others but I can say for sure that I have never felt *more* elation than I felt from the two concerts that we gave last weekend.

And Shari really enjoyed herself as well. Here is a quote from Shari from an email to us:

Now I'm back to my life - still glowing, as I will be for SOME time - with the tremendous experience of working with you both and those bright lights in your choir... From a longer perspective, I was so honoured to play a part in bringing funds to the Power of Hope and LOVED LOVED LOVED the spirit of the choir - each and every member. You are making such a difference in the world... All of this is a lead up to what I really want to say....which is THANK YOU. There are not words enough to convey the fullness of my gratitude. And please convey this to the choir as well. They were all so gracious and kind.

I think she had a good time!

~ Denis

ADMIN TEAM NOTES

GLORIA

I wonder if those of you who were singing in the concerts for the first time were as delighted with the feeling of joy that I (and most of us) remember feeling when it was our first time.

There is, of course, much anxiety ...will I remember all the words, will I come in at the right time, will I remember by part, will my family love the concert, etc. etc.

As if by some magic everything we've practiced for and everything we've hoped would happen, does. We get over our what if's and we come together and sing in community like never before.

Now here's the kicker - (and I speak for many of us I'm sure) - we veterans still feel like that for every concert. It's my fondest wish you'll feel the same.

See you soon in the singing circle. I wonder what Shivon and Denis have planned for us next...stay tuned.

~ Gloria

BILL

I went to 13 different schools in 3 different countries from grade 1 to 12. All told in my life I have moved more than 50 times from one residence to another, moves which often included one city to another and 6 times to different countries. I have been one of life's grasshoppers bouncing from place to place never settling down anywhere. Over the last 10 years, however, it has become continually clearer and clearer to me that my ramblin' days are done. I will be here in Victoria until my toes turn blue for the simple reason that I can't conceive of living anywhere that the Getting' Higher Choir isn't!

~ Bill

Gettin' Higher Choir Info

GHC NEWS & BUSINESS

GOOD NEWS...

...Beside everyone I've talked with loving the concerts...the additional good news is...

Although I don't have all of the final accounting done it looks like the total net we will have raised will be over \$20,000 for the Power of Hope.

This includes:

Ticket Sales, The Honouring (Scholarship) Fund, The Busking 'team', Donations from CD sales (25% of the sale of the GHC's, Niel, Bill's and Shari's CDs). In addition donations to the project via the envelopes in the programs will continue to come in.

Your generous Scholarship Fund donations came to: **\$1015**

Thanks to all of you for getting the word out there.

Gloria

SPECIAL THANKS TO THE VOLUNTEERS

Special thanks to all who helped at the door, Josephine Munro, Nicki Sacoutis, and at the CD tables, Trevor and Janet Dossett, Marnie Lamb.

To the Power of Hope Volunteers, Staff members, Phoebe, Adele and Gita, of course, and her children, Meghie, Linnie and Dean and other youth to showed up to help.

In particular I'd like to thank Bob Lamb for managing the front door with such grace and presence. He makes it easier for everyone to get in and settled for the concerts without incident.

Thanks to the many choir members who helped set up the food tables, clean up after the show and make sure we left the place in good shape.

The production of two major sold-out concerts requires many hands and helpers to be successful.

Plus...our choir photographer Andrew Kielbowicz (former GHC Bass) who has once again so generously donated his professional skills to documenting our concerts with his great photos. We'll let you know when they are posted for viewing.

Well done team Gettin' Higher Choir et al.

Gloria

(Me: Has Andrew sent been able to get this together in time? Next issue? Does he have an adv tint the Serving Each Other section this time?)

EVERY ROAD CONCERT PHOTO STORY

Hello All,

I was happy and proud again to participate with my camera at this past weekend's concerts

Here is a full photo documentation of the event:

<http://www.?????????>

Please see my ad in Serving Each Other section

Enjoy!

Submitted by Andrew Kielbowicz Choir photographer and former GHC bass

SHARI ON CFX JAN. 22

Have a listen:

<http://www.gettinhigherchoir.ca/community-info/promo/shari-cfax20100122.mp3>

SHARE YOUR CONCERT EXPERIENCE!

You can share your ideas and feelings about your concert experience by adding a comment on our web site and we encourage you to invite any of your guests who were there to do the same. Your comments will add heart to the concert history that is evolving on the site.

To post a comment go to our web site, click on the following sequence of links:

Concerts
(in the top menu bar)

Past Concerts
(There will be two "Every Road" listings at the top of the page. One for Friday – with the graphic and details – and one for Sunday with a brief amount of text referring to the details in Friday's listing)

Read or post comments about this concert

(this link appears at the bottom of each of the "Every Road" listings so that you can post your comments to which ever concert they refer to)

You can then read all the comments that have been posted about it and add your own comment in the box provided at the bottom of the page. Check back later to see what new comments have been added.

We look forward to reading about your thoughts and feelings about the experience plus feedback from your guests. heart to the concert history that is evolving on the site.

A REMINDER

Until further notice please replace my billh@crucible.ca address in your email program's address book with billh@crucible.ca

~ Bill

Other Info About Our Community Of Choirs

HNC NEWS & BUSINESS

Come join us for Winter Session of High Noon Choir - All are welcome.

If you are returning, please think about bringing a friend or two. We have lots of fun and make great music together in a very supportive environment.

Session runs until March 23, every Tuesday
12 :00 to 1:30

Location: Church of Truth - 111 Superior at St. Lawrence, in James Bay

Shivon and Gloria

CCLT UPDATES

Community Choir Leadership Trainings ~ Facilitated annually by Denis & Shivon

PLEASE PASS THIS ON TO POTENTIAL SINGERS

Many of the graduates of the Shivon and Denis' Community Choir Leadership Training program are involved in their own choirs. We consider these choirs to be GHC "sister choirs" and you can find information about them at:

http://www.ubuntuchoirs.net/locator_coastal_BC.php

If you know someone who might like to sing in a GHC/HNC style environment you can visit these web pages to see if there is a sister choir in their area. If there is please let them know.

CCLT GRADUATE'S UPDATES FOR THIS WEEK

From: Maggie Wheeler CCLT 3 - 2006/7 & Emile Hassan Dyer CCLT 1 - 2004/5 ~ Los Angeles

[Singing in the Stream](#)

With Maggie Wheeler & Emile Hassan Dyer

Please join us in this magical location for a weekend of renewal and song! 120 acres of fertile land carved out between mountain and ocean, blessed by a cascading canyon stream and hot mineral springs gushing out of a seaside cliff....There is the delicate and subtle Big Sur air of a late afternoon.....nights so clear the Milky Way can light your walk along the darkened garden path. And always there is the sound of the sea.

Weekend of March 5-7, 2010

For more information go to: <http://www.esalen.org> and enter "Singing InThe Stream"

Also please check out our websites at <http://www.maggiewheeler.net> & <http://www.danceofthevoice.com>

Thanks so much ,

~ Maggie & Emile

General Info

ADMIN TEAM SPECIAL ANNOUNCEMENTS

From time to time Shivon, Denis, Gloria or Bill will use this section to announce activities and events that they are involved in, or support, outside of their normal work for the choirs and the CCLT.

NEEDED:

VOLUNTEER BOOKKEEPER FOR THE CAIA CONNECTION

Also...CHARTERED PUBLIC ACCOUNTANT FOR YEAR END (POSSIBLY VOLUNTEER)

Do you have an hour or two a week to volunteer to the Caia Connection.

We are looking for a volunteer to handle the bookkeeping for 2010 - this involves some banking, receipting, and record keeping. The time commitment varies depending on specific fund raising activities etc. Some weeks there is none and other a bit more.

We are also 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 its base from Kelowna to Victoria in March of 2009. Board members are: Shivon Robinsong, Carol Kerr, Blaise Salmon, Ian McLaughlin and Gloria Hansen.

The Caia Connection is a grassroots organization based in Victoria, which fund raises 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, Board Member and Treasurer, The Caia Connection Board.

***** **QUOTABLES** *****

I believe that the arts are not just a cherry on a cake
– they are like the yeast in bread.

Gita John, Power of Hope Canada Director

From a CFA interview prior to the GHC January
2010 concerts

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

APPRECIATIONS

DEAR MEMBERS OF THE GETTIN' HIGHER CHOIR

I am still walking on the sunshine of your wonderful music. The youth loved the concert as well and have asked me to pass on their thank you to you. What you have done is amazing – not only have you donated the proceeds of your concert, you have also put Power of Hope out in the public. I have had many requests for information, and offers for support and interest in volunteering.

I am still humming the 'Breathe in the pain' and have sung it to my family in India...thanks for the meditation.

In Peace.

Gita John, Power of Hope Canada Director

OPPORTUNITIES TO SING!!

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

realpeoplemusic@me.com

Call:

250 655 3060

Web:

www.realpeoplemusic.com

A HARMONIOUS NAME CHANGE?!

Since we don't perform but we sing and play together (adults and kids) and since we have received some feedback that the word "choir" doesn't accurately describe what we do to prospective singers we are considering changing our name from The Harmonious Family Choir to The Harmonious Family Singers.

Whichever way we go 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 or 250-385-SING (7464)

Our winter season started Jan. 13th and runs to March 10th so there is still time for you, and anyone you tell about us, to try us out before we break until our Fall season.

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 (Feb 19)

The Mystic Spiral:
A joyful journey of
chant, dance and more (Feb 21)

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

***** QUOTABLES *****

Music gives a soul to the universe, wings to the mind, flight to the imagination, a charm to sadness, gaiety and life to everything. It is the essence of order and leads to all that is good, just and beautiful.

Plato

Taken from the footer of an email from:
Maggie Wheeler, Los Angeles, CCLT 3 - 2006/7

WORD OF MOUTH / RECOMMENDATIONS

SWEET VIDEO

So worth watching ... take the time :-)

<http://vids.myspace.com/index.cfm?fuseaction=vids.individual&videoid=43381348>

Submitted by Christie Eng

THE LOST GENERATION

A Palindrome Poem

A palindrome reads the same backwards as forward. This brilliant 1 minute, 44 second video reads the exact opposite backwards as forward. Not only does it read the opposite, the meaning is the exact opposite.

It was submitted to AARP's "U @ 50" contest by a 20-year old and won second place. So simple and yet so brilliant.

<http://www.youtube.com/watch?v=42E2fAWM6rA>

Submitted by Bill Hanson GHC Bass etc. from a cyber forward received from his cousin Libby Lervik of Port Hardy

FIGURE THIS OUT!

This will drive you up a wall!!

<http://www.quizyourprofile.com/guessyournumber.swf>

Please don't ask me how this works 'cause I don't have a clue!

Submitted by Woneta Matei former GHC Tuesday Alto

EVERYTHING YOU HAVE TO KNOW ABOUT DANGEROUS GENETICALLY MODIFIED-FOODS

This is a very informative video presentation by Jeffrey Smith about the state of genetically-modified foods. He talks about a 'tipping point', or a proportion of consumers which begins to affect what companies choose to market. This tipping point is remarkably low. A Canadian survey has apparently stated that the majority of Canadians will not buy GM food if it is labeled as such. However, the Canadian government's stance on GM food labeling is that there is no need to label food as GM. Do you find this worrying?

<http://permaculture.org.au/2010/01/10/everything-you-have-to-know-about-dangerous-genetically-modified-foods/>

Submitted by Gareth Griffiths, Tues/Thurs Bass

THE SECRET AGENT VS THE PIGEON

Just for entertainment but it really is good. . . .watch to the very end . . .

http://www.youtube.com/watch_popup?v=iEjUAnPc2VA#t=20

Submitted by Edward Butterworth former GHC Bass

PAST OR DISTANT VOICES

CLAIRE EBENDINGER & YVES PARIZEAU

(A repeat for those of you that were too busy to read the last newsletter)

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

COMMUNITY NETWORKING

**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

Submitted by Anu Patel GHC & Soundings Alto

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

You find what you look for in life. If you look for the good, you will find it. If you look for bad, you'll find that too. Choose to see the good!

James B. Richards

Editor's Collection

SERVING EACH OTHER

OPEN INQUIRY MEDITATION GROUP

Have you always wanted to meditate, but haven't known how to "get my mind to stop"?

Chloe Garthson, BA, RPC, of Clear Spaces Counselling Services is now teaching drop-in meditation classes in Fernwood. These classes are for anyone curious about meditation, relaxation and awakening to our natural state of being.

Time:

6:30 – 7:30pm, please arrive 5 minutes early

Dates:

Last three Wednesdays each month, beginning Feb 10th

Location:

Red Gate Intuitive Arts Center, 2033 Belmont @ Pembroke, Fernwood, Victoria, BC

What to Bring:

Cushions provided, bring your own water bottle

Cost:

\$10 suggested donation

Contact:

250.588.6084 or chloe@clearspaces.ca

Chloe is a Spiritual Counsellor, Meditation Teacher & Group Facilitator who is passionate about awakening people to the limitless possibilities held within the clear space of consciousness.

Submitted by Chloe Garthson HNC Singer

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

LEE'S GENTLE PET CARE

References available CRC certified

Call Lee 250-721-3320

Submitted by Lee Thompson HNC Singer

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 or give me a call 250.382 0309.

Submitted by: Joanna Schaller, former GHC Alto

COMMUNITY MEMBERS WEB SITES

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

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.

JUNE SWADRON, (former GHC Monday Alto)

<http://www.juneswadron.com>

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

KAREN LEDGER, (GHC Tenor)

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

Yours in Health and LIGHT. Karen Ledger RN BScN. At-ONE Communications

PASHTA MARYMOON, (GHC Tenor)

<http://www.enchanting-beyond.ca>

En~chanting Beyond Bedside Singing services -- vocal music used to support the journey though the major life-passages of birthing and dying in Victoria, B. C.

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.

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

ACCOMMODATION AVAILABLE OR WANTED

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 Feb 1-May 15, 2010. \$1,495 per month, inclusive.

Contact: geoffhar22@hotmail.com

Submitted by Bev Norman, temporarily lapsed tenor.

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

Thoughts are but dreams till their effects are tried.

William Shakespeare

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.

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 250-220-4601 www.livinglanguageinstitute.org

Submitted by Gertie Jocksch, Monday Soprano

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

Recommended by Mary de Zwager GHC Thursday Alto

THE LIVING MATRIX MOVIE (Feb 3)

A Fundraiser for Haiti

Wed. Feb 3rd, 7 - 9:30pm

This highly acclaimed 2009 Documentary features 16 of top scientists, healers and thinkers - presenting the latest scientific research and experiences in Alternative Healing.

Location: St Matthias Anglican Church ~ 600 Richmond Rd. (corner of Richardson)
Doors open at 6:30. Suggested Donation \$10 (or more!)
100% of funds donated will be going directly to Haitian relief.

Please call to reserve seats 250 598-2833

Submitted by Karen Ledger - Tuesday Tenor

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

Email: edwin@realpeoplemusic.com

Submitted by Monique Oleschuk, lapsed Tues. Alto*

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

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 250-370-1380

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

ECKHART TOLLE DVD NIGHTS (Feb 7 & 21)

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

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

Subsequent showing date: Feb 21

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

Submitted by Linda Chan, Former Tuesday Soprano

ART OF ALL SORTS SHOW AND SALE (Feb 8)

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 wainscotting, 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

ADVANCED 'A COURSE IN MIRACLES' STUDY GROUP (Feb 9 & 23 +)

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

<http://www.OnlyLevels.org>

Submitted by Julia Day, disappeared Alto

ANNE FEENEY HOUSE CONCERT (Feb 10)

This energetic and iconoclastic musician will have you splitting your sides one moment, and the next, focus you with her song "Whatever happened to the 8 hour day?" and then hold you rapt with her songs about Emma Goldman or Amelia Erhart.

Check out Anne, who was described by Utah Phillips as "the best labor singer in North America" at www.annefeeney.com

Wed, Feb 10, at 7:30pm.

Tickets are \$12 unwaged or \$15 waged. Reserve a seat at wy234@victoria.tc.ca, or phone 250 385 1307

Submitted by Ken Orchard former GHC Tuesday Bass

MINDFUL YOGA (Feb 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 ideal 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

"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

**A DREAM
IS A WISH YOUR HEART MAKES;
ART WORKSHOP**

(Feb 12 to 14)

Enter into a deep, visual 'Heart to Heart' with Dreams.
Learn about your individual, unique, visual Symbols.
Awaken with ceremonial intention to listen to the heart then
Make Icons and maps, from our dream messages, of the hearts incredible intuitions.

Visionary, Symbolist Artist Ann-Rosemary Conway B.F.A. has offered
Tools for Recreating our Lives through the study of Personal Symbolism since 1979.
She will guide us into the labyrinth of the heart.

Friday February 12, 7-9 P.M.,
Saturday February 13, 10-1 P.M.,
Sunday February 14, 10-1P.M.

No skills necessary, just bring your favourite medium, drawing, painting, writing, collage, fabric.

Fee 150. Deposit \$50.
Inquiries: 250-658-8770
Class limit 8.

Submitted by Ann-Rosemary Conway High Noon Choir

**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)

THERE IS LOVE (Feb 14)

Come and enjoy love songs on February 14 from 2-4 PM at Congregation Emanu-El Synagogue: 1461 Blanchard.

"There is Love" features soprano Joanne Davidson, pianist Greg Davidson, tenor Robyn Cathcart and friends. Among the friends are Kouskous (Amber Woods, bassette in HNC with her partner, Gary Cohen).

This is a benefit concert with proceeds going to Congregation Emanu-El's Avodah Rent Supplement Fund-- to help families in need pay their rent.

Tickets are by donation, minimum \$10.00 and are available at the door, Ivy's Book Shop, Jewish Community Centre, or at Sorensen Books.

For information contact Penny Tennehouse, pennyt@shaw.ca

Submitted by Amber Woods HNC Bassette

COMMUNITY EVENTS COMING WEEKS

TAIZE SERVICE (Feb 19)

The next Taize service will be on Friday, February 19 at Grace Lutheran Church at 1273 Fort Street from 6 to 7 PM. For extra singing come at 5:15 to join the lead group that practices the songs for 40 minutes.

Submitted by Anne Forester, Monday Soprano

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 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 (Feb 7)

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

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 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)

**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

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

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
june@juneswadron.com

Submitted by: June Swadron, former GHC Alto

AWAKENING THE GODDESS WITHIN: (Mar 7 & April 25 +)

An 8 Week Series for Women, with Maryse Cote

This experiential course will help women to embody the goddess within by deeply honouring the sacred erotic by reconciling sexuality & spirituality and celebrating the spirit of sisterhood.

Sundays: March 7th - April 25th 2010, 6pm - 9:30pm, Base Lounge

Introductory Evening & Registration: Sunday Feb 28th, 7-9pm, Base Lounge, 1303 Broad St, Victoria

Contact: chloe@clearspaces.ca or 250.588.6084 or <http://www.sacredsexsecrets.com> for further information

Submitted by Chloe Garthson HNC Singer

DRUMMING WORKSHOP (Mar 13)

