



\*\*\*\*\*

## THE GHC & HNC CORE REPERTOIRE UPDATE

Returning GHC Veterans, and currently registered HNC members, please note: If you received your copy of the Core Repertoire prior to August 2008 you are out of date and missing some lyrics. You can correct that by downloading the most recent versions of the Words Only section (click on any "CR"), and any individual pieces of sheet music you are missing (click on "SM" next to song title), from the Core Repertoire list in the Current Singers Only section of our site at: [http://www.gettinhigherchoir.ca/community-info/current\\_singers\\_only](http://www.gettinhigherchoir.ca/community-info/current_singers_only)

The access codes for the last GHC seasons remain in effect until the end of the GHC's current registration period on Feb 25th. When they are changed everyone registered for the current GHC & HNC seasons will receive the new codes by email.

All singers new to the either choir since September of 2008 will have the latest Core Repertoire in their binders.

\*\*\*\*\*

## NEW SINGERS INTAKE (Updated)

Between now and Feb 25th we will continue taking in new singers for this season. If you know anyone who would enjoy a Gettin' Higher singing experience bring, or send, them to check us out.

As always there will be a half hour New Singer Orientation starting at 7:00 pm before the actual choir sessions (7:30 - 9:30) on each of the following evenings:

**Mondays** (Feb 22)

Unitarian Church, 5575 West Saanich Road (opposite the Red Barn)

**Tuesdays** (Feb 23) and **Thursdays** (Feb 25)

Church of Truth, 111 Superior Street (at St. Lawrence)

New singers can also check us out in advance by visiting <http://www.gettinhigherchoir.ca>

\*\*\*\*\*

## SEA SICK SWAT

### Lecture: Sea Sick: the Hidden Crisis in the Global Ocean

Featured Speaker: [Alanna Mitchell](#), author of the book Sea Sick: the Hidden Crisis in the Global Ocean

Date: March 3, 2010

Cost: \$10.00, Students \$8.00 (no cost for singing choir members)

Time: 7:00pm 9:00 pm (Meet 6:30 for warm-up)

Location: Bob Wright Earth and Science Centre, University of Victoria

We'll sing Swimming to the Other Side, and a couple of other short songs that we'll teach on the spot.

Please email [Shivon@gettinhigherchoir.ca](mailto:Shivon@gettinhigherchoir.ca) if you'd like to participate. Simply put SeaSick SWAT and the section you sing in, in Subject line. (For example ~ Subject: SeaSick SWAT Bill Hanson, Bass).

We may not be able to accommodate every one who wants to sing but we'll try and we will let you know if we are already over quota when you respond.

\*\*\*\*\*

## **“EVERY ROAD LEADS HOME” CONCERT PHOTOS**

The photos from the rehearsal and both concerts taken by Andrew Kielbowicz (official GHC photographer & former Bass) are now accessible from the Choir Photos page of our site at:

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

\*\*\*\*\*

## **“EVERY ROAD LEADS HOME” CONCERT VIDEOS**

Howard Dieno, former GHC member, now has three videos of our concert songs up on YouTube. They can be accessed now by clicking on the links below.

### **One Voice**

<http://www.youtube.com/watch?v=Q8TDQDyiT1o>

### **Amazing Grace** (ground floor perspective)

<http://www.youtube.com/watch?v=Mka5g53c6q8>

### **Amazing Grace** (balcony perspective)

<http://www.youtube.com/watch?v=LARph-M6Lr8>

They can also be accessed anytime from the Choir Videos page of our website at:

\*\*\*\*\*

## **RETURNEE’S REGISTRATION PROCEDURES**

The registration deadline is the end of choir on Thursday, Feb 25th.

To register, to request answers to your questions or to request any level of scholarship support please speak to me at choir or drop a note in my collection bag. You can also contact me by phone at 250-920-4160 (8 to 8, Mon to Fri) or by emailing [billh@crucible.ca](mailto:billh@crucible.ca)

### **Returnees paying their fees at choir prior to the registration deadline**

Just put your payment cheque(s) or cash envelope (clearly identified as yours) in my collection bag at choir and you will automatically be registered.

*Please don't put your payment in an envelope unless it is cash.*

Cheques and notes (changes, queries, etc.) that are paper clipped (or even folded) together are much faster and easier to deal with than sealed envelopes.

### **Returnees who will be paying after the registration deadline**

Be sure to register before the deadline and specify what/how/when you will be making your payment. If you are not going to be at choir in the first two weeks you can register by phone or email as specified below.

If your contact information, location, night or section is changed from the last session you attended please include that information with your registration.

The fees for the season are \$175 regular with a sliding scale down to \$130 for seniors, students and the un-waged.

As always you are welcome to set your own payment plans. While we prefer that you do so with a series of post-dated cheques providing me with a list of cash payment dates is also OK. In either case the last payment is due by **May 15th**.

~ Bill

\*\*\*\*\* **QUOTABLES** \*\*\*\*\*

Human beings are part of a whole, called by us "universe," a part limited in time and space. They experience themselves, their thoughts and feelings as something separated from the rest... a kind of optical delusion of consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty."

Albert Einstein

Submitted by Patricia Houston GHC Alto

\*\*\*\*\*

## **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

## **OPPORTUNITIES TO SING!!**

### **SINGING INTO THE GREAT TURNING**

I am very excited about a new workshop I'm leading at the Haven on Gabriola Island, this March 26-28.

It's called Singing into the Great Turning, and is based on the work of eco-philosopher Joanna Macy.

For details, click on:

I'd be most appreciative if you would pass this information on to anyone you think might be interested.

Submitted by Shivon

\*\*\*\*\*

## 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

\*\*\*\*\*

## 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** \*\*\*\*\*

Probably the greatest harm done by vast wealth is the harm  
that we of moderate means do ourselves when we let the  
vices of envy and hatred enter deep into our own natures.

Theodore Roosevelt, 26th U.S. President

Editor's Collection

\*\*\*\*\*

## WORD OF MOUTH / RECOMMENDATIONS

### VERY POWERFUL...

Thinking of the Power of Hope and the power of young people...

Please watch,

<http://www.gettinhigherchoir.ca/community-info/video/2010/0219/declan.wmv>

Submitted by Arlene Antonik GHC Monday Soprano

\*\*\*\*\*

**YOUR RRSP CAN FIGHT GLOBAL POVERTY**

Consider using your RRSP to support micro-credit and fair trade cooperatives in poor countries.

Oikocredit is one of the world's oldest and largest microfinance organizations, funding projects in 69 poor countries in Asia, Africa and Latin America. Oikocredit is a secure investment with a 35 year track record, yielding 2%, cash-able anytime, no fees, RRSP or non-RRSP.

Deadline for 2009 tax year is March 1.

Contact Blaise Salmon of Oikocredit BC, [bsalmon@shaw.ca](mailto:bsalmon@shaw.ca) 250 384-1842

Recommended by Gloria Hansen, Director's Assistant and GHC and HNC tenor.

\*\*\*\*\*

**A TIP FROM THE HAPPINESS PROJECT**

A colleague just drew my attention to an article in McLean's magazine about singing:

<http://www.gettinhigherchoir.ca/community-info/singing-links.html#health>

Recommended by Anu Patel GHC & Soundings Alto

\*\*\*\*\*

**WE ARE MORE**

Here are the words to that wonderful poem from the Olympic Opening Ceremonies.

<http://www.gettinhigherchoir.ca/community-info/pdftemp/2010/0219/we-are-more.pdf>

Recommended by Daphne MacIain GHC Thursday Tenor

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

Knowledge always demands increase; it is like fire,  
which must first be kindled by some external agent,  
but will afterwards always propagate itself.

Samuel Johnson, 1709-1784 British Author

Editor's Collection

\*\*\*\*\*

**SERVING EACH OTHER**

## **LADY BUG ECO-CLEANING AND HOME SERVICES...**

...is looking for New Clients!

Celebrate Spring by bringing fresh clean energy into your home

Hi, my name is Magdalene Joly and I provide meticulous eco-sensitive home cleaning services and fantastic meal creations. I custom make my cleaning products and they contain only natural non-toxic ingredients. My cleaning services are intended to revitalize and bring harmony to your home space. As well, I provide meal creations with a wide variety of menu ideas, special diet needs, and to support optimum and joyful nourishment. Please contact me if you are interested in meeting me and learning more about what i can provide.

[oakandcamas@gmail.com](mailto:oakandcamas@gmail.com) or (250) 361-1917.

Submitted by Magdalene Joly, Thursday Tenor

\*\*\*\*\*

## **ENERGY WORK AND REIKI PRACTICE**

Are you feeling stressed? Constantly tired? In need of a tune-up?

Potential benefits include lower blood pressure, improved relaxation, better sleep, increased concentration and enhanced well-being For more information, kindly see attached flyer.

<http://www.gettinhigherchoir.ca/community-info/pdftemp/2010/0208/katrina.pdf>

For an appointment please call (250)598-1846

Submitted by Katrina Pavlovsky former GHC Soprano

\*\*\*\*\*

## ***LEE'S GENTLE PET CARE***

*References available CRC certified*

*Call Lee 250-721-3320*

*Submitted by Lee Thompson HNC Singer*

\*\*\*\*\*

## **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

\*\*\*\*\*

### **CATS . CATS . CATS . CATS . (AND THE ODD DOG!)**

(Holistic Pet Services)

Specializing in cat boarding in my home (without the trauma of kennels and cages). Will also do drop-in visits of approximately one hour, if you live within a reasonable distance from James Bay. Will walk your James Bay dog along Dallas Road to spend time in the dog park off-leash area. Experienced, bondable, with excellent references.

Enquiries (250) 384-5721, Bernadine

Submitted by: Bernadine Sperling, HNC Alto

\*\*\*\*\*

### **COMPUTER SERVICES**

Reasonable rates. Very thorough, with 8 years experience.

Virus removal, Memory upgrades and the like.

Tune up and cleaning of your computer.

Better security setup against attacks.

Sales of New and rebuilt computers.

Pickup and drop-off service: 1711 Coronation Ave.  
call: 250-472-0530 or email: [wakefieldcomputers@shaw.ca](mailto:wakefieldcomputers@shaw.ca)

Submitted by: Thomas Wakefield, Soundings Baritone.

## COMMUNITY MEMBERS WEB SITES

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

**NANCY WATTERS** (CCLT 1 - 2004/5)

<http://www.sacredworldsong.com>

Monthly community chant circles (free), sacred song gatherings, concerts & workshops.

\*\*\*\*\*

**SOPHIE OLIVEAU-MOORE** (GHC Thursday Soprano)

<http://www.ladybirdcommunications.com>

*Ladybird Communications specializes in developing small business and NGO websites that are affordable and easy to manage and grow.*

\*\*\*\*\*

**PETER FAIRLEY** (former GHC Bass)

<http://fairley.ca>

Journalist, editor, educator: Insightful, credible, global reporting on energy, technology and the environment

\*\*\*\*\*

**ANNJACOB & STAN TOMANDL** (former GHC Tuesday Alto & Bass)

<http://www.comacommunication.com>

Counsellors, Educators, Facilitators. Specializing in working, learning and teaching about the altered consciousness that appears in joy, grief, creativity, dreaming, illness, trauma, memory losses, and other tender and strong moments in our living and dying. Inquiries welcome: 250-383-5677 annstan@islandnet.com

\*\*\*\*\*

## 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.

## FREE STUFF

## **FREE LASER PRINTER AND/OR TONER**

I have a Brother HL-1230 laser printer (B&W) to give away. It's in good working condition except for needing a new drum. If no one wants the printer, I'd be happy to give someone the toner cartridge, which has been barely used and could save you about \$60 if you're due to buy one for your printer.

Call or email me: 250-592-6959 or frances@backhouse.ca.

Submitted by Frances Backhouse, GHC, Tuesday alto

\*\*\*\*\*

## **3 BLUEBERRY BUSHES LOOKING FOR A NEW HOME**

We are languishing in the shade and would dearly love to come to your sunny garden.

To help them out, please contact Anne Forester at 595-7661 or [a.forester@telus.net](mailto:a.forester@telus.net)

Submitted by Anne Forester Monday soprano

## **ACCOMMODATION AVAILABLE OR WANTED**

### **ONE BEDROOM UNFURNISHED SUITE TO RENT**

Bright, ground level, separate entrance. Suitable for one person. Quiet neighbourhood, close to bus routes, Lochside trail, Broadmead Shopping Centre.

Non smoking, no pets. Off street parking for one vehicle. \$925. Per month including utilities, cable and internet connection. Call 250-658-3500 or email carolnelson@shaw.ca

Submitted by Pat Robertson HNC Alto, CCLT 5

\*\*\*\*\*

## **HOUSE HUNTING**

To All My Choir Community!!

Our house is going on the market in March and so, once again, Fred, Val, Alex and kitty Mango are putting this show on the road and seeking a rental home for when our lease expires June or July. Fanning this info out in case you come across something or know of anyone wanting to rent to a nice family with excellent references.

2-3 bedroom home in Victoria area  
that accepts a kitty  
non-smokers  
employed :)

Thanks for looking out for us - I think collectively we have moved over fifty times in our lives - one more time won't hurt!

Submitted by Val Macdonald GHC Tuesday Alto

\*\*\*\*\*

**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 three months from Feb 15-May 15, 2010. BB\$1,495 per month, inclusive.

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

Submitted by Bev Norman, temporarily lapsed tenor.

\*\*\*\*\*

**OCEANFRONT CONDO VICTORIA BEAUTIFULLY FURNISHED**

Available April to November 2010

1 Bedroom Condo Rental - Furnished - Overlooking the Ocean and Mountains on Dallas Rd - Beautiful sunrise and sunset and walks along the Sea.5 minutes to Downtown Victoria - Peaceful, Serene and Modern...Lovely 1 Bdrm fully furnished apartment available April 17 to November 17, 2010 includes all utilities/phone/internet/cable/heat/hydro/parking -\$1500 month

Contact: Catherine [reikivictoria@gmail.com](mailto:reikivictoria@gmail.com)

Submitted by Catherine Harvey lapsed Monday Alto

\*\*\*\*\*

**APARTMENT WITH GRAND PIANO FOR RENT**

Large, Four room apartment With Grand Piano, new Sleep Country bed and new bathroom, fully furnished .900 sq.ft. Private entrance, garden and parking. Near recreation centre, library, shopping centers and lovely walking trails. N/S N/P \$800. including All utilities. Royal Oak Area.

Call 250-658-8770 for viewing.

Submitted by Ann-Rosemary Conway; High Noon Choir

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

The books that help you most are those which make you think the most. The hardest way of learning is that of easy reading; but a great book that comes from a great thinker is a ship of thought, deep freighted with truth and beauty.

Theodore Parker, 1810 - 1860, Minister  
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.

### **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

\*\*\*\*\*

### **TAIZE SERVICE** (Feb 19)

The next Taize service will be on Friday, February 19at 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 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

\*\*\*\*\*

### **A Benefit Concert for THE DOUG ANDREW TEACHING SHELTER** (Feb 21) **in Goldstream Park**

Featuring: singer/songwiter James Gordon:

(Frobisher Bay", "Mining For Gold" and other songs about social justice, heritage and environmental issues)

Sunday February 21, 3 p.m. to 5 p.m. at Swan Lake Nature Sanctuary <http://www.swanlake.bc.ca/>

Come early and enjoy one of Doug's favourite natural areas, walk the trails and boardwalk and feed the ducks.

Tea, coffee and snacks!

Tickets \$20.00, at Goldstream Nature House or by emailing Lenny at [ljross@shaw.ca](mailto:ljross@shaw.ca) <<mailto:ljross@shaw.ca>>

<http://www.jamesgordon.ca/>

Submitted by Sylvia and Ron Samborski GHC Monday Bass & 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](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)

\*\*\*\*\*

### **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

\*\*\*\*\*

**ECKHART TOLLE DVD NIGHTS** (Feb 21 & Mar 7)

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

Next Showing: Sunday, Feb 21 - 7:00 to 9:00 p.m. and every other Sunday thereafter

Subsequent showing date: Mar 7th

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

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

Submitted by: June Swadron, former GHC Alto

\*\*\*\*\*

**A COURSE IN MIRACLES** (Feb 23, Mar 9 +)  
**ADVANCED STUDY GROUP**  
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 23; Mar 9, 23; Apr 6, 20; May 4, 18; June 1, 15

<http://www.OnlyLoveIs.org>

Submitted by Julia Day, disappeared Alto

\*\*\*\*\*

## **MINDFUL YOGA**

(Feb 24, Mar 3 +)

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

\*\*\*\*\*

## **OPEN INQUIRY MEDITATION GROUP**

(Feb 24, Mar 17, 24 & 31 +)

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](mailto: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

\*\*\*\*\*

**GALA DINNER  
HABITAT ACQUISITION TRUST (HAT) (Feb 25)**

Tickets are going fast! This Green Tie Dinner is HAT's premier fundraising event of the year. We are pleased to have such distinguished guests as keynote speaker Ben Parfitt, noted jazz guitarist Rob Cheramy, and 'A' News reporter Erick Thompson.

Other highlights include a silent auction featuring great items donated by local businesses, and the presentation of HAT's Conservation Legacy Award to Andy MacKinnon.

Where: McMorran's Beach House at 5109 Cordova Bay Road

When: February 25th; Doors open 6:00 pm, Introductions 6:30 pm, Dinner 7:00 pm.

Tickets: \$60 members, \$70 non-members, call HAT (250) 995-2428 or email hatmail@hat.bc.ca

For information about HAT and a sneak preview of auction items: <http://www.hat.bc.ca>

Submitted by: Karen Yearsley, Monday GHC tenor

**COMMUNITY EVENTS COMING WEEKS**

**SKILLING UP FOR POWER DOWN (Mar 2)**

Join Transition Victoria's Re-skilling working group for a Conversation Cafe as we begin the "Skilling up for Power Down".

Explore questions like: Which skills will we need to relearn to become more self-reliant in our preparation for a low carbon future when imports will slow? Who will teach us? How? When?

Tuesday March 2, 2010 7pm to 9pm  
Solstice Cafe, 529 Pandora Avenue  
Admission by donation.

<http://www.transitionvictoria.ca>

Submitted by Anke van Leeuwen, Soprano on leave

\*\*\*\*\*

**GATHER THE WOMEN  
INTERNATIONAL WOMEN'S DAY CELEBRATION**

“Women to Women I Give you My Hand”

Please join us in celebrating the great women who have gone before us and who continue to make a difference in our world. Sunday, March 7<sup>th</sup> 2 4p.m. Church of Truth, 111 Superior St., Victoria

Light refreshments, donations welcome

Contact Anne 250-519-4784

Submitted by Anne Caldwell GHC past Soprano

\*\*\*\*\*

**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](mailto:chloe@clearspaces.ca) or 250.588.6084 or <http://www.sacredsexsecrets.com> for further information

Submitted by Chloe Garthson HNC Singer

\*\*\*\*\*

**PLANNING MEETING  
VANCOUVER ISLAND VEGETARIAN ASSOCIATION** (Mar 8)

The Vancouver Island Vegetarian Association (VIVA) invites you to a Planning Meeting on March 8 at 7:00 p.m. at Green Cuisine Restaurant. Over the last couple of years, VIVA has been relatively inactive and we are hoping that individuals will step forward to revitalize VIVA and organize vegan potlucks and events.

If you are interested in playing an active role in VIVA's future, please contact John Bowers at (250) 383-7727 and/or feel free to attend this meeting. Web site: <http://islandveg.com/viva/>

Submitted by Linda Chan, Former Tuesday Soprano

\*\*\*\*\*

**VOLUNTARY SIMPLICITY DISCUSSION COURSE (Mar 11)**

Voluntary Simplicity Discussion Course, 8 weeks starting Thursday, March 11, 7:00 to 8:30 p.m. in James Bay.

Call Linda (250) 380-6383 or email [jamesbaysustainability@gmail.com](mailto:jamesbaysustainability@gmail.com) for additional information or to register

This is a Canadian Earth Institute Discussion Course with following purpose:

- \* To understand the meaning of voluntary simplicity.
- \* To explore the material and psychological distractions that prevent us from caring for the earth.
- \* To acknowledge the connection between our lifestyle choices and the condition of the earth.

Course information: <http://canadianearthinstitute.org/voluntary-simplicity.html>

Submitted by Linda Chan, Former Tuesday Soprano

\*\*\*\*\*

**DRUMMING WORKSHOP** (Mar 13)

I have been singing with Eric Dozier and the One Human Family Gospel Choir for the past 4 years and we have organized a drumming workshop with Lyle Povah to explore and deepen our rhythm. Registration is open to family, friends and anyone who wishes to attend.

March 13/10, 12:00 - 4:30  
 Sylvan United Church, Mill Bay  
 \$40.00

To register email: [joyce.tobo@gmail.com](mailto:joyce.tobo@gmail.com) or call 250-727-3933

A past participant of Lyle's workshops says:

"I would describe Lyle's workshop as a wholly engaging and vibrant experience that will reawaken your spirit and rhythmic soul."

Singing and drumming together in a circle helps to re-build our sense of solidarity and connection.

Our poster:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/2010/0203/drumming.pdf>

Sylvia Wende CCLT 2 - 2005/6

\*\*\*\*\*

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

Nancy Watters will lead "Community Chant Circle."

No experience needed, just an open heart and adventurous spirit.

Church of Truth, Community of Conscious Living, 111 Superior Street.  
 Sunday, March 21<sup>st</sup> 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

\*\*\*\*\*

## **REJUVENATING YOUR LIFE-ENERGY** (Mar 26-28)

I have just discovered a teaching that gives me tools to rejuvenate my life-energy by performing qigong (chi kung) exercises that strengthen my bones and immune system, and releases stress and toxins.

Minke de Vos is an inspiring qigong instructor who lives and breathes her teachings, and has helped me to build awareness of my body's life-energy pathways.

Through this body awareness, and by balancing and releasing stored emotional energy, I can become more centred, focused and effective. It gives my life more juice. For more information about this 3 day workshop March 26-28 contact me at [pjoy@shaw.ca](mailto:pjoy@shaw.ca)

Submitted by Penny Joy: long time Getting' Higher Choir supporter

## **JUST FOR FUN**

A reward of laughter for reading this far

### **MOUSE TRAP**

Submitted by Chris Gower Rees

This is a good laugh, although it looks devastating at first, but it all ends well, trust me!!!

<http://www.gettinhigherchoir.ca/community-info/video/2010/0219/only-the-strong.wmv>

~ plus an added chuckle ~

## **VERY INSPIRING!**

Submitted by Bill Huot a chronologically unstable GHC Bass

As we get older, we sometimes begin to doubt our ability to "make a difference" in the world. It is at these times that our hopes are boosted by the remarkable achievements of other "seniors" who have found the courage to take on challenges. Harold Schlumberg is such a person.

