



The March 5, 2010

# CHOIR COMMUNITY ISSUE

## of the GHC's Choir Community Newsletter

For a PDF Version of this week's issue plus last week's  
Choir Member's Issue and other archived issues go to:

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

## ADMIN NOTES & REMINDERS

### RETURNING VETERANS PLEASE NOTE

Perhaps because of the Olympics or perhaps for other reasons many of you are registering even later than usual. In order to avoid having those of you who still need to register miss out on the Contact List and Access Codes for this season I am postponing compiling and distributing them until next week. If you are not registered yet and want to be in the current singers' communication loop please register with me right away by emailing me at [billh@crucible.ca](mailto:billh@crucible.ca) or calling 250-920-4160 (8 to 8).

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### IF I AM NOT AT CHOIR AND...

1) ...you have a fee payment to hand in you can either hold it until the next time we are both at choir or give it to Gloria (or Shivon if Gloria isn't there).

2) ...you have information to pass on to me or questions to ask please contact me at [billh@crucible.ca](mailto:billh@crucible.ca) or 920-4160 (8 to 8 weekdays).

~ Bill

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### "EVERY ROAD LEADS HOME" CONCERT VIDEOS (reminder)

Howard Dieno, former GHC member, has now made a number of videos of our Every Road Leads Home songs available on-line (on our site and YouTube). They can be accessed by visiting our Choir Videos page at:

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

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**NAME TAGS** (reminder)

Name tags will be available again at choir next week for those that don't already have them.

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**MORE ON NAME TAGS** (reminder)

If you've got them please wear them even if you have been in the choir so long that everybody should know you. It not only makes things easier for our new singers, it also makes things easier for memory challenged people like me.

Keeping your name tag in the inside pocket of your binder, or with its cord locked in the rings, so it is available to wear every time you come to choir is also a good idea.

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

**A CHOIR IS A BEAUTIFUL THING**

"Every time, it's a miracle. Here are all these people, full of heartache or hatred or desire, and we all have our troubles and the year is filled with vulgarity and triviality and consequence, and there are all these 'people' of every shape and size, and there's this life we're struggling through full of shouting and tears and laughter and fights and break-ups and dashed hopes and unexpected luck - it all disappears, just like that, when the choir begins to sing. Everyday life vanishes into song, you are suddenly overcome with a feeling of brotherhood, of deep solidarity, even love, and it diffuses the ugliness of everyday life into a spirit of perfect communion. Even the singers' faces are transformed....human beings, surrendering to music.....everyone singing together, this marvelous sharing. I'm no longer myself, I am just one part of a sublime whole, to which the others also belong, and I always wonder at such moments why this cannot be the rule of everyday life, instead of being an exceptional moment, during a choir. When the music stops, everyone applauds, their faces all lit up, the choir radiant. It is so beautiful. In the end, I wonder if the true movement of the world might not be a voice raised in song. "

Muriel Barbery, from her novel Elegance of the Hedgehog

submitted by Kirsten Quinn, GHC Monday Alto

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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

**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:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/2010/0219/singing-great-turning.pdf>

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

Submitted by Shivon

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### **MEN'S SINGING WORKSHOP IN NANAIMO WITH DENIS!**

Do you know any men in the Nanaimo area who might like to sing in a fun men's workshop? If so please pass this on to them.

Following our very successful first singing workshop for men, comes our 2nd Men's workshop with Denis Donnelly.

When? - Sat March 27- 1-4 pm.

Where? - St Philip's Anglican Church, Lantzville

Fee? - \$30 includes refreshments

Who? - any man who would like to sing with other men

What? - Fun singing with some repertoire that suits men's voices: sea chanteys to Zulu chants to Gospel to Beach Boys.

Tickets will be at Tom Lee Music, Dickinson Crossing (Canadian Tire); The Green Store in Port Place Mall; and Music Maxx, which are all in Nanaimo; The Mulberry Bush Bookstores, Parksville & Qualicum. Email [info@moresingingplease.com](mailto:info@moresingingplease.com)

Submitted by Denis

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### **PLEASE PASS THIS ON TO POTENTIAL SINGERS**

Do you know singers, or wannabe singers who might like an opportunity to sing in a GHC/HNC type choir? Many of the graduates of the Shivon and Denis' Community Choir Leadership Training program (CCLT) are involved in choirs of their own across North America and in Australia. Send the following link to the singers you know wherever they may be so they can check to see if there is a sister choir in their area:

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

## **WORD OF MOUTH / RECOMMENDATIONS**

### **NEW SINGERS PLEASE NOTE**

To get a clearer idea of what you have committed yourself to please click on the following link:

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

Submitted by Bill Hanson GHC Bass etc.

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### **CHEEKY VIDEO HIGHLIGHTS BC CHILD POVERTY RATE**

A group of BC musicians and actors have created a satirical music video highlighting child poverty in BC.

To check out what they have done click on:

<http://www.youtube.com/watch?v=HALzrqE714k>

Submitted independently by Penny Pattison GHC Tuesday Tenor & Mike Wyeth GHC Thursday Bass

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## CANADA THROUGH U.S. EYES

Two excellent examples of how we are seen by our neighbours to the south.

<http://dailynightly.msnbc.msn.com/archive/2010/02/26/2213393.aspx>

[http://www.youtube.com/watch?v=bV\\_041oYDjg](http://www.youtube.com/watch?v=bV_041oYDjg)

Submitted by-Daphne Maclain GHC Tenor

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## VENUS SOPHIA TEA ROOM

Next time you are downtown looking for a lovely and peaceful place to get out of the hustle and bustle of shopping, walk down into the heart of Chinatown and look for the bicycle sign with a basketful of roses at 540 Fisgard Street. Enter and enjoy this imaginative, elegant oasis committed to supporting the culture of tea. Venus Sophia Tea Room offers a wide variety of organic teas and coffee and delicious food with gluten-free options. For a peek at their offerings, go to <http://venussophia.com/artisan-menu>. For more information, go to: <http://www.VenusSophia.com>. For reservations, call (250) 590-3953.

Submitted by Diane Rae, resting Tenor

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## FOR THE OLYMPIC FANS AMONG US

This PowerPoint presentation of photos of the Olympics was taken from a cyberspace forward from my cousin Casey in Port Alberni. To check it out click on:

<http://www.gettinhigherchoir.ca/community-info/pps/2010/0305/2010-winter-olympics.pps>

If you don't have Microsoft's PowerPoint or PowerPoint Viewer loaded on your computer you can download a free copy of the Viewer from:

<http://www.microsoft.com/downloads/en/confirmation.aspx?familyId=048dc840-14e1-467d-8dca-19d2a8fd7485&displayLang=en> (Click on "Start Download" and follow the instructions)

Recommended by Bill Hanson GHC Bass

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

All the world's a stage, and most of us are  
desperately unrehearsed

Sean O'Casey

Taken from the footer of an email from:  
Diane Rae former GHC Tenor

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# COMMUNITY NETWORKING

## ANTIQUe FURNITURE REFINISHER WANTED

Does anyone know a refinisher for antique furniture?

sherri 250-658-5891

Submitted by Sherri Hohert Monday Tenor

## SERVING EACH OTHER

### 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 and viruses.

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.

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### 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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## **ENERGY WORK AND REIKI PRACTICE**

Feeling stressed? Constantly tired? In need of a tune-up?

Katrina is a Registered Reiki Practitioner and graduate from the Institute of Higher Healing who has 20 years' experience in energy work. Her treatments consist of holistic modalities such as acupressure and lymphatic drainage. Potential benefits include lower blood pressure, improved relaxation, better sleep, increased concentration, and enhanced well-being

Katrina's high integrity and caring nature add to treatment success.

"It's amazing! The pain that was there for months is totally gone! I feel so much more relaxed." R.S.

See attached flyer.

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

Call Katrina Pavlovsky at 250-598-1846 for an appointment.

Submitted by Katrina Pavlovsky former GHC 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 250-418-1322

Submitted by Gloria Hansen, GHC and HNC Tenor

## **COMMUNITY MEMBERS WEB SITES**

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

**ELKE COLE** (former GHC Alto)

<http://www.elkecole.com>

Houses that love you back: offers natural house design, owner- builder support plus local and international workshops

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**LEE MCLEOD** (GHC Tuesday/Thursday Bass)

<http://www.leemcleodcounselling.com>

I'm a Registered Clinical Counsellor whose practice embodies values of relationship, harmony, and respect. Your initial consultation is free.

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**SHIVON ROBINSONG** (GHC & HNC Director)

<http://www.shivon.com>

Anyone Can Sing! And singing together in harmony is a vital source of energy and connection, accessible to everyone. Workshops! Theatre! Choirs! Training!

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**LYNN CONALL** (GHC Thursday Soprano)

<http://www.insidenoutconsulting.com>

Inside 'N Out will help you clear your clutter in your home, your workspace, your money and when you move.

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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.

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

Painters paint their pictures on canvas. But Musicians paint their pictures on silence. We provide the music, and you provide the silence."

Leopold Stokowski, U.S. conductor  
(reprimanding a talkative audience)

Submitted by Patricia Houston GHC Alto

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**FREE STUFF**

**TWO METAL 3-DRAWER FILE CABINETS**

The overall size of the cabinets is 42" high, 15" wide and 14" deep. The drawers are letter-size: 13" by 14".

Call Anne at 250-595-7661 or email a.forester@telus.net

Submitted by Anne Forester Monday soprano

## ACCOMMODATION AVAILABLE OR WANTED

### TWO BEDROOM GROUND LEVEL SUITE FOR RENT

2br. Bright, very clean and modern ground level suite in duplex in Esquimalt (Admirals/Colville area)

Features open concept living/kitchen area, 9' ceilings,  
Private side entrance and joint use of south facing back yard,  
Shared laundry facilities. Off-street parking space.  
On bus route (1/2 block away) and 10 mins from downtown.

Rent \$1,050, excluding utilities.

No smoking and no pets, please.

Available May 1st. 2010. References required.  
Please call Teya to schedule viewing at 477-2858.

We're looking forward to sharing our home with quiet, considerate and good-natured tenants.

Submitted for Teya Danel by June Swadron, former GHC alto

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### HOUSE WANTED FOR RENT

We are looking for a new long-term rental home starting anytime between April 1st and June 1st. We are a family of four who have lived in the Rockland area for 8 years (in the same home) and now have to move, as our landlord wishes to use the property for himself. Ian and I work full time, and our children are both at school. We are respectful, reliable and quiet tenants, and we can provide excellent references. We are ideally looking for a 3 bedroom 2 bathroom house, Fairfield area preferably, but Oak Bay, Rockland, Fernwood and James Bay also ok, some storage space and yard

Renata and Ian Young Phone 250 592 6835 [youngshaw@shaw.ca](mailto:youngshaw@shaw.ca)

Submitted by Susan Smith - 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 from March 1-May 15, 2010. \$1,495 per month, inclusive.

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

Submitted by Bev Norman, Tuesday alto.

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

It may help to understand human affairs to be clear that most of the great triumphs and tragedies of history are caused, not by people being fundamentally good or fundamentally bad, but

by people being fundamentally people.

Terry Pratchett & Neil Gaiman  
(from their novel Good Omens)

Editor's Collection

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## COMMUNITY EVENTS - THIS WEEKEND TO NEXT

We encourage you to support the activities of other choir community members by emailing copies of any item to any of your contacts that you think would be interested.

**FESTIVAL DE LA FRANCOPHONIE...** (Now to Mar 7)

...or French Fest is happening this weekend.

The Société francophone has planned a fabulous dinner dance with live music at the Da Vinci Centre on Friday evening. The music will be provided by two-time Juno nominee Chris Frye with the Georgia Basin Beat Collective (GBBC).

For details check out their poster:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/2010/0305/french-fest.pdf>

Submitted by Sophie Oliveau-Moore GHC Soprano (and designer of our last concert poster)

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**MESSAGES OF BEAUTY** (now to Mar 20)

Katrina Pavlovsky Designs is pleased to announce participation at the Look show. Regional Visual Arts Exhibit and Sale. The Bay Centre, bottom floor near the escalators.

Dates: February 27 to March 20, 2010. Daily, 11-5 p.m.

In March, Katrina's photographic images will be on display at the Oak Bay Branch of the Greater Victoria Public Library. 1442 Monterey Avenue, Oak Bay. (250)592-2489

Mon. - Wed. 10 - 6 p.m. Thurs. & Fri. 10 - 9 p.m. Saturday 10 - 6 p.m.

For inquiries, orders and to set up a viewing with the artist, kindly contact Katrina at [info@katrinasphotographicart.com](mailto:info@katrinasphotographicart.com) or call (250)598-1846.

Katrina's photographic images are bold, beautiful and inspired statements of nature and the sacred.

Submitted by Katrina Pavlovsky former GHC Soprano

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**KOUSKOUS – A FREE PERFORMANCE** (Mar 6)

Come and hear Kouskous (myself and my partner, Gary) serve up a healthy portion of traditional folk songs from around the Francophone world. This *free* performance is part of the 13th Annual Victoria French Fest and will be on Saturday, March 6 at 12:30 in the Da Vinci Centre 195 Bay Street. Hope to see you there!

Submitted by Amber Woods HNC Bassette

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**METCHOSIN CREAM TEA FUNDRAISER** (Mar. 6th)

Afternoon cream tea, with fresh-baked scones, homemade jam, old-fashioned double cream, and coffee and tea. This event is a fundraiser to buy medical supplies for Haiti. It will be held from 2 till 5 p.m. at Metchosin Community House, 4430 Happy Valley Road, Metchosin. Admission is \$10.

For more information, please contact [ammavictoria@gmail.com](mailto:ammavictoria@gmail.com)

Submitted by Grace Golightly, once and future Alto

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**THE VICTORIA GAELIC CHOIR AND FRIENDS** (Mar. 6th)

Please pass this out to local musicians and singers that may wish to come!

Singing Dancing Refreshments Door Prizes Cash Bar

Henderson Masonic Hall, 1632 Yale St.

Saturday March 6  
Doors at 7:00 PM  
Tickets \$15

For information and tickets call:  
250-472-3533, 250-652-5122 or 250-656-2590

Submitted by Colleen Hamilton HNC Singer

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**28TH ANNUAL VICTORIA  
ORCHID SOCIETY SHOW & SALE** (Mar 6 & 7)

Dates: Saturday March 6: 9 am – 5 pm & Sunday March 7: 10 am – 3 pm

Where: University of Victoria, Student Union Building (corner of Ring Rd. & Finnerty)

Cost: Admission \$7, Seniors & Students \$6

Further information: [www.victoriaorchidsociety.com](http://www.victoriaorchidsociety.com)

Aurafidelite Arindam, a Botanical Artists of Canada and VOS member, is selling her orchid artwork at the UVIC show. 15% of her sales will go to the Victoria Orchid Society. Her botanical artwork is shown in galleries including Sooke Harbour House.

Submitted by Aurafidelite Arindam GHC Thursday Soprano

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**GATHER THE WOMEN  
INTERNATIONAL WOMEN'S DAY CELEBRATION** (Mar 7)

“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 7th 2 - 4 p.m. Church of Truth, 111 Superior St., Victoria

Light refreshments, donations welcome

Contact Anne 250-519-4784

Submitted by Anne Caldwell GHC past Soprano

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**WEST AFRICAN CIRCUS ~ KALABANTÉ!** (Mar 7)

Celebrate to the rhythm of the West African Circus Kalabanté at French Fest!

African dancing, drumming, acrobatics, singing, jugglery, theater, ceiling suspension, break dancing...all in one show!

Sunday March 7, 2010 at 7pm

Tickets on sale now at the McPherson theatre! Tickets can be purchased by phone, online or at the box office.  
Phone 250.386.6121, 1.888.717.6121, website <http://www.rmmts.bc.ca/>  
Members \$20 / non-members \$24.

For photo and more details click on:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/2010/0305/west-aftrican-circus.pdf>

Submitted by Bill Hanson GHC Bass etc. (because it looks interesting)

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**ECKHART TOLLE DVD NIGHTS** (Mar 7, Mar 21, April 4)

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

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

Subsequent showing date: March 21, April 4

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

Submitted by Linda Chan, Former Tuesday Soprano

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**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

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**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

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### **FLUTE CONCERT** (Mar 8 & 15)

Love of the Divine, Music of India, Sacred Sounds,

What: Medicine Mondays

Where: Church of Truth, 111 Superior St, James Bay

When: Monday nights March 8<sup>th</sup>, March 15<sup>th</sup>

Who: Scott Sheerin, Shaman, alto & bass flute player

Time: 7:30-9pm

Cost: \$ 10

Contact: 778-430 4284 Music as Prayer,

Let go of the dream of separateness

Experience the deep peace and relaxation of healing music

Submitted by Bonnie Hardy former GHC Thursday Tenor

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### **AGNES B – SUDDENLY DANCE THEATRE** (Mar 9 to 13)

Lynda Raino, Soundings & former GHC Alto, is in a play

The Belfry Theatre

presents

Suddenly Dance Theatre

at

SPARK Festival 2010

A festival of new plays and new ideas

Agnes B

Written and Directed by David Ferguson

Premiere!

March 9-13, 2010

For photos, description, dates & times and other information click on:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/2010/0305/suddenly.pdf>

Check out Lynda's picture at the bottom!

Submitted by Anu Patel Soundings and GHC Alto

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### **A COURSE IN MIRACLES** (Mar 9 & 23 +) **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: Mar 9, 23; Apr 6, 20; May 4, 18; June 1, 15

<http://www.OnlyLovels.org>

Submitted by Julia Day, disappeared Alto

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**IMAGES OF THE DIVINE AND THE NEW COSMOLOGY** (Mar 9 to 30)

With Gertie Jocksch, SC DMin.

An exploration of the interface between the New Cosmology and the experience of spirit as we visit life's questions concerning our identity and purpose.

Date: March 9 – 30 (Tuesdays)

Time: 10:00 am—12:00 pm

Cost: \$75.00. \$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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**CONSCIOUS LIVING  
IN THE TIME OF THE GREAT TURNING** (Mar 10, 17, 24 & 31)

Inspired by the passionate work of Joanna Macy, this five-part Oneness Wednesday series facilitated by Joy Emmanuel offers opportunities to connect with our own deep feelings around the unprecedented global challenges of this century and how we can each be a positive force for change.

March 10 – Connecting the Emotional Dots – From Despair to Empowerment

March 17 – Seeing with New Eyes

March 24 – Equinox Celebration

March 31 – Opening to our Calling

Everyone Welcome! Oneness Wednesday from 7 - 8:45 p.m. Church of Truth, By donation.

Information: Linda (250) 380-6383 or <http://cotvictoria.ca>

Submitted by Linda Chan, Former Tuesday Soprano

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**MINDFUL YOGA** (Mar 10 & 17 +)

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

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**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

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## **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>

Submitted by Sylvia Wende CCLT 2 - 2005/6

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## **GLOBAL SUSTAINABILITY** (Mar 13)

With Pille Bunnell, PhD

Beginning with a simple activity this course will explain the fundamentals of simulation modeling and quickly proceed to presenting a complex and realistic model of our global situation; people, renewable and non-renewable resources, infrastructure and technology.

Date: March 13 (Saturday)  
Time: 9am – 5pm  
Cost: \$125 + GST  
Location: Royal Roads University  
Register: [www.royalroads.ca/continuing-studies](http://www.royalroads.ca/continuing-studies) or call 250-391-2600 ext 4801.

Submitted by Gertie Jocksch, Monday Soprano

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## **INTRODUCTION TO TRAGER®** (Mar 13 & 14)

Trager® increases relaxation and mobility through touch, movement and an open meditative state. This approach communicates with the unconscious mind by working within a person's pain free range introducing how it feels to move freely and painlessly.

- Experience greater feelings of lightness, freedom and relaxation.

- Open your awareness and access your inner self.
- Touch others in a deeper, more meaningful way.
- Learn gentle, self-care movements that work for people of all ages and abilities.

Date: March 13 -14, 2010  
10:00 a.m. – 5:00 p.m.

Contact Audrey Mairi:  
(250) 595-6418  
e-mail: [contactme@audreymairi.com](mailto:contactme@audreymairi.com)

Submitted by Audrey Mairi GHC Thursday Alto

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**SWAMI RETREAT & HAITI FUNDRAISER** (Mar. 14th)

Swami Dayamrita, a senior disciple of Mata Amritanandamayi (also known as 'Amma', or 'the hugging saint') will hold a satsang at the Church of Truth on Sunday, March 14th. This event is a fundraiser for Haiti. Swami Dayamrita will talk about Amma and his recent visit to Haiti, and will lead kirtan. An Indian dinner will follow the satsang. Admission is \$20. Some scholarships available for those who can't afford full price. A raffle will be held, and donations of items or services are still welcomed. For information or to register, please email [ammavictoria@gmail.com](mailto:ammavictoria@gmail.com) or call 658-6365. Pre-registration is required.

Submitted by Grace Golightly, lapsed Alto

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**LOVE AND NATURE TWO FUNDAMENTS  
FOR THE WELLBEING OF OUR CHILDREN,  
AND THE SURVIVAL OF OUR SPECIES** (March 14)

With Pille Bunnell, PhD

We humans evolved as loving beings in a practical and spiritual connection to biosphere that sustained us. We could not have evolved language and culture if we were not fundamentally loving beings living in small consensual groups. Pille claims that our core nature is loving.

Date: March 14 (Sunday)  
Time: 9am – 5pm  
Cost: \$60 + GST  
Location: Royal Roads University  
Register: [www.royalroads.ca/continuing-studies](http://www.royalroads.ca/continuing-studies) or call 250-391-2600 ext 4801.

Submitted by Gertie Jocksch, Monday Soprano

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Victoria Gilbert & Sullivan Society presents  
**"THE SORCERER"** (Mar 14, 21, 27 & 28)  
with guest dancers from  
the Canadian Pacific Ballet

In Sidney at the Charlie White Theatre  
March 13 & 20 @ 8pm, March 14 & 21 @ 2pm  
General \$31, Seniors \$29, Students/Children \$20

In Victoria at the McPherson Playhouse  
March 27 @ 8pm and March 28 @ 2pm  
General \$37, Seniors \$35, Students/Children \$20  
[www.gilbertandsullivanvictoria.ca](http://www.gilbertandsullivanvictoria.ca)

Submitted by Joy Broomfield - former GHC member

## COMMUNITY EVENTS COMING WEEKS

### OPEN INQUIRY MEDITATION GROUP (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

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

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### VICTORIA BROADWAY CHORUS... (Mar 19 & 20)

...plus Special Guests...

...in an all new show:

Legends of Broadway

An unforgettable musical evening!

March 19, 7:30 p.m.

Central Baptist Auditorium, 833 Pandora, Victoria

March 20, 2:00 p.m.

Charlie White Theatre, 2243 Beacon, Sidney

For more details click on:

<http://victoriabroadwaychorus.com/shows.html>

Submitted by a Monday singer who handed me a poster and whose name I forgot to write down - Bill

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### TRANSITION TO A SUSTAINABLE WORLD : (March 20)

*Leadership Lessons of Aldo Leopold and Thomas Berry*

With Ray Travers, R.P.F., Gertie Jocksch SC DMin, & Bill Wilson, SH, PhD.

In the transition to a sustainable world, Aldo Leopold, forester and philosopher and Thomas Berry, cultural historian, have showed the way. We will explore ways of living responsibly today.

Date: March 20 (Saturday)

Time: 9:30 am—3:30 pm

Cost: \$85.00 (includes lunch)

Location: Queenswood, 2492 Arbutus 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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**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

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**KRIPALU YOGA SPRING WORKSHOP** (Mar 21)

Held at Sleeping Dog Farm and Retreat Centre (Victoria)  
offered by Michele Hibbins, certified Kripalu Yoga Instructor

Sunday March 21, 2010  
1:30 - 4:30 PM

*With a light-hearted approach to the afternoon, we will:*

Tune in to the season and begin practice close to the ground with floor postures, then slowly emerge upwards towards lively standing poses.

Invite a breath of fresh air with breathing techniques for internal spring cleaning.

Connect to the renewing earth with a joyful walking meditation in the spring gardens.

Workshop fee \$40, register at 361-0992 or [msantosha@telus.net](mailto:msantosha@telus.net)

Submitted by: Michele Hibbins, former GHC T/TH Alto mostly, sometimes Soprano

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**PFLAG** (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

