



## TO ALL CHOIR MEMBERS,PAST AND PRESENT...

The Power of Hope has just launched a new grassroots fundraising project, *the Monthly Donor Program*. In an effort to tap into a more inclusive kind of funding we are asking for small monthly commitments from our supporters, volunteers, youth, parents. (\$10, \$20, \$30 a month) We hope that anyone who appreciates that our local youth (BC - today) can make a global (the world tomorrow) difference will make a commitment. We truly believe that our youth are our future.

Please take a minute to read about this new fundraising program and contact me if you have any questions.

<http://www.gettinhigherchoir.ca/community-info/pdftemp/2009/1127/poh.pdf>

I will have printed information at choir for the next few weeks. Please contact me if you have any questions or need more information - 250-995-8731 or email [gloria@gettinhigherchoir.ca](mailto:gloria@gettinhigherchoir.ca)

Gloria Hansen, Chair of Canadian Board, Power of Hope; GHC Director's Assistant and HNC Registrar.

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## OUR ANNOUNCEMENT POLICY!

Please make an announcement only if you have flyers to distribute, tickets to sell, or the like, so as to make yourself known, and even then make it as short as possible (e.g. "I am the one with the tickets for the ...", etc). Tell where details can be acquired but please don't announce them (ie "details in the newsletter," "see me at break," "flyers in the lobby," "go to web site at...", etc.).

We are an extremely diverse and exciting community and there is much of common interest but please share briefly.

Many thanks, everyone, for your cooperation!

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## CHOIR PHOTOS PAGE UPDATE

The "Heartwoven" concert photo display has been substantially expanded and the one for "Ubuntu" (the GHC's 10th anniversary) has been added.

Much appreciation to Andrew Kielbowicz, choir photographer and former GHC Bass, for taking the original photos and for taking the time to compile the updates for us all.

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## LOST & FOUND LOCATIONS (Reminder)

Monday:

on the closet shelf in the closet opposite the entrance.

Tues/Thurs:

on the foyer closet shelf to the left as you enter the building.

## AN EDITOR'S REMINDER

### LINK NOT WORKING?

If you click on a link in this newsletter and it doesn't work try copying it, pasting it into your browser's address bar and then hit enter on your keyboard. It may work that way even when it doesn't the other way. If copying & pasting doesn't work try typing it into your browser's address bar. If all else fails contact me at [billh@crucible.ca](mailto:billh@crucible.ca) or 250-920-4160 (8 to 8, Tues, Fri).

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

We often can't know what is realizable until we begin to dream.

Helon Habila (from his novel "Waiting For An Angel")

Editor's Collection

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## **COMMUNITY MEMBER'S SUBMISSIONS**

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

## **COMMUNITY MEMBER LIFE ANNOUNCEMENTS**

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

### **BON VOYAGE MERCEDES & MICHEL!!!**

An Afternoon House Gathering

We need to say goodbye to Mercedes Picot (Tuesday Soprano) and Michel Bourque (Tuesday Bass), who will be leaving town soon. I am having an afternoon tea at my house to help all the many friends of these two lovely people say goodbye.

I need to know how many would like to come. Please contact me right away if you are interested and able to come as this gathering will take place the day after tomorrow...Sunday March 1st from 2:30 p.m. to 5:00ish at 1523 Pearl St. (near Oaklands School on Belmont St.)

Ph. # 250 370 1207.

email address: [lkamper@shaw.ca](mailto:lkamper@shaw.ca)

Submitted by Lillian Kamper. GHC Tuesday Soprano.

## **OPPORTUNITIES TO SING!!**

### **MEN'S SINGING WORKHOP 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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## COMMUNITY EVENTS ITEMS THAT INVITE YOU TO SING!

Taize Service (Mar 19)

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

## WORD OF MOUTH / RECOMMENDATIONS

### NEW SINGERS PLEASE NOTE

#### Some Musical Daffynitions

For new singers or for re-visitation by returnees:

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

Recommended by Bill Hanson GHC Bass etc.

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### WHAT IF????

Many of us who sang at the SWAT on March 3rd felt Sea Sick and discouraged after Alanna Mitchell's lecture. One friend decided to post "What If" notes on her fence each day to help people celebrate the things that we can do to help the earth.

What if we compost? What if we eat seasonal foods? What if we walk more? What if we use public transport? What if we car pool? etc.

"What If" you were to click on the following link for more information and some quick and easy "act now" suggestions :

<http://www.gettinhigherchoir.ca/community-info/pdftemp/2010/0319/what-if.pdf>

Recommended by Theresa Slik GHC Monday Alto

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### VALIDATED

<http://www.youtube.com/watch?v=Cbk980jV7Ao>

Recommended by Anu Patel Soundings Alto

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### NO TANKERS DAY BBQ

Bring a No Tankers petition (<http://www.crucible.ca/no-tankers-petition.pdf>) to Dogwood's first No Tankers Day Barbeque in Fernwood filled with ten or more signatures and get a free salmon or veggie burger. RSVP here so we know how many burgers to cook.

<http://dogwoodinitiative.org/notankers/actions/event-rsvp-no-tankers-day-bbq>

For details on this event you can also check out the Mar. 24 listing in the Community Events Section below.

Recommended by Patricia Houston GHC Alto

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## NO TANKER ACTION

March 24th is No Tanker Day.

As part of the Dogwood Initiative's "No Tankers Pledge of Action", some of us Monday singers have prepared cards and letters to send off en mass to Enbridge's Board of Director and politicians in opposition to their Gateway pipeline from the Tar sands to Kitimat, and to the accompanying tanker traffic through Dixon Entrance, Hecate Strait and Queen Charlotte Sound.

We are looking for volunteers to take the cards and letters to choir on Tuesday and Thursday. If you are interested please call Eva at 250-656-5273.

For more information about the Dogwood Initiative and No Tankers Day click on:

<http://www.dogwoodinitiative.org>

<http://dogwoodinitiative.org/notankers>

Submitted by Eva Kerr Mon. alto

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## THE UNIVERSALITY OF MUSIC

World Science Festival 2009: Bobby McFerrin Demonstrates the Power of the Pentatonic Scale

<http://www.youtube.com/watch?v=ne6tB2KiZuk>

Recommended by Susan Tychie GHC Tuesday/Thursday Alto

### Editor's Note

Seconded by me. This video will gladden your heart that such an incredible talent as Bobby McFerrin exists in the world. The simplicity and clarity of his demonstration and the lightness of spirit he brings to it will make you smile a big fat smile.

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## RAFFIE ~ COOL IT!

Check out Raffi's "Cool It!" song and web page out and don't overlook his cool shirt!

<http://www.raffinews.com/educators/cool-it>

Recommended Bass-ically by Scott Smith former GHC Thursday Bass

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## HIGH POWER WORKER

Hey this is good to watch

<http://www.gettinhigherchoir.ca/community-info/video/2010/0319/highpowerworker.wmv>

Submitted by Chris Gower Rees former GHC & Soundings Tenor

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

Happiness makes up in height for what it lacks in length."

Robert Frost

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

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## COMMUNITY NETWORKING

### A POWER OF HOPE SUMMER CAMP REQUEST

We are looking for a few donated items for our summer camps...

- A lap top,
- Large steel bowls,
- A coffee urn (20 cup or over),
- Muffin tins,
- Sleeping bags,
- Art and craft supplies.

People are welcome to call me if they have anything, and I can organize a pick up.

Gita John - Power of Hope, Canada Director - 250-381-4673 or gita@powerofhope.org

Submitted by Gloria Hansen, Candian Chair, Power of Hope.

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### WELCOME ABOARD!

Come join a casual or part-time co-op crew for Gratitude, a 50-foot motor yacht.

Go to <http://www.TrustCooperation.com> for more information.

Submitted by Chris Gower-Rees former GHC / Soundings Tenor

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### IMMIGRANTS AND REFUGEES IN VICTORIA NEED YOUR FRIENDSHIP!

Volunteers needed for a community buddy program. We match local individuals, couples or families up with newcomers from all over the world.

*Why??* It can be very lonely when you move to a new country and having a local friend can make all the difference. We provide training, constant support and a chance to make a really wonderful new friend.

Commitment: meet with them once a week for three months

Bring some culture into your life and reach out to someone in need. This experience will change your life.

Program run through the Victoria Immigrant and Refugee Centre Society

Phone: 250-361-9433 ext. 242 Email: [aviva@vircs.bc.ca](mailto:aviva@vircs.bc.ca)

Submitted by: Aviva Shtull, GHC, Tuesdays

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### FREE ACCESS TO THE ST. MATTHEW'S PASSION!!

The Victoria Philharmonic is looking for about 15 volunteers to help with ticket taking and seating for the Victoria Philharmonic (plus 2 more choirs), Victoria Symphony production of the St. Matthew's Passion on Saturday March 27<sup>th</sup> at St. Andrew's Cathedral. The commitment would include a short rehearsal of responsibilities on Friday evening and then the final event on the following day. Volunteers are requested to arrive at about 6:30 for a 7:30 concert time. If interested please contact John Furney: [JLFurney@telus.net](mailto:JLFurney@telus.net)

Submitted by Tory Stevens GHC Thursday Alto

## SERVING EACH OTHER

### GERMAN FOR TRAVELLERS

With essential knowledge of German language, communication, especially in times of emergency will not be a hassle. German for Travellers gives you confidence communicating during your trip. This course will prepare you to use simple, conversational German effectively in common travel situations such as meeting people, finding accommodation, travelling, and eating out.

For professional help call Joanna, German tutor with 10 years of academic and private teaching experience in Germany and Canada - MA in German Language & Literature and Pedagogy, at 250 884 2265 or email to [germanconsulting@shaw.ca](mailto:germanconsulting@shaw.ca)

All ages and ability levels. Cost - \$25 for 1 hour  
\*group rates available\*  
\*lessons at suitable location \*

Submitted by: Joanna Schaller, former GHC Alto

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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  
[mattinvc@gmail.com](mailto:mattinvc@gmail.com) 250-418-1322

Submitted by Gloria Hansen, GHC and HNC Tenor

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## **PRACTICAL DIGITAL PHOTOGRAPHY (PDP)**

Photography for beginners at the Emily Carr Branch of the Public Library, 3500 Blanshard Street

Tuesdays, April 6, 13, 20 and 27. Classes start 6:00 p.m.

Photo walk: Saturday April 17 at 4:00 p.m.

Five 2.5 hour sessions. Total 12.5 hours. Group limited to 9 students.

Fee: \$280 plus GST.

Call 250 884 4012 to register. <http://www.goingdigital.ca>

Submitted by Andrew Kielbowicz, official choir photographer & former GHC bass,

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## **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.

laptops, macs and pc's

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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## **PHOTOGRAPHING PEOPLE AND EVENTS (PPE)**

Introduction to portraiture and photo essay at the Juan de Fuca Branch of Public the Library, 1759 Island Highway

Thursdays, April 1, 8, 15, and 29. Classes start 6:00 p.m.

Guided assignment: Earth Day Parade, Saturday April 24 at 12:00 p.m.

Five 2.5 hour sessions. Total 12.5 hours. Group limited to 9 students.

Fee: \$320 plus GST. This course will include practical sessions with model.

Very basic knowledge of digital SLR camera is required for this course.

Call 250 884 4012 to register. <http://www.goingdigital.ca>

Submitted by Andrew Kielbowicz, official choir photographer & former GHC bass,

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## **THE JOY OF MONEY INVESTMENT CLUB FOR WOMEN**

If you have been wanting to –

- Make money while learning and having fun;
- Study world economic and money systems;
- Discover and examine investment opportunities;
- Share what you have learned with others;
- Learn and work the feminine way;

then this opportunity is for **YOU**.

The club is facilitated by Angelique & Chrystyanna Queensley and Lowell Ann Fuglsang. To join the group, simply go to MeetUp ([www.meetup.com](http://www.meetup.com)) and join for free, locate our group "The Joy of Money Investment Club" and indicate your interest in becoming a member of the Investment Club.

You can read more about our activities here: [www.themilliondollarwomen.biz/blog](http://www.themilliondollarwomen.biz/blog).

Submitted by Lowell Ann Fuglsang Thursday Alto

## COMMUNITY MEMBERS WEB SITES

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

**CHLOE GARTHSON** (HNC Tenor)

<http://www.clearspaces.ca>

Chloe Garthson, BA, RPC, & Clear Spaces Counselling Services is deeply honoured to support you in your spiritual journey by guiding you towards your authentic self and helping you awaken to a life of limitless possibilities. Individual counselling and group meditation services available. Visit my new website at: [www.clearspaces.ca](http://www.clearspaces.ca)

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**LOWELL ANN FUGLSANG** (GHC Thursday Tenor):

<http://www.workstyle-lifestyle.com>

Workstyle-Lifestyle Coaching for a fulfilling career.

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**KAREN BOISSONNEAULT** (HNC Soprano)

<http://www.niac.ca>

Nia: Love your Body, Love your Life! A joyful practice using creativity, fun and concepts from martial arts, dance and healing (yoga) to move your body Your Body's Way for fitness of body, mind, emotion and spirit. Awesome music.

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**MARNIE LAMB** (former GHC & HNC Alto)

<http://www.songs of passage.com>

Songs of Passage is a community group of volunteers who have been offering Bedside Singing to patients and families at Victoria Hospice since August 2007. Visit our site for more information, and also to pre-register for a free orientation.

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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** \*\*\*\*\*

Why do we care about singers? Wherein lies the power of songs? Maybe it derives from the sheer strangeness of there being singing in the world. . . Maybe the birds taught us. Maybe not. Maybe we are just creatures in search of exaltation. We don't have much of it. Our lives are not what we deserve; they are, let us agree, in many painful ways deficient. Song turns them into something else."

Salman Rushdie's (From "Vina Divina")

Submitted by Betsy Sansby CCLT 4 - 2007/8

Editor's Note

That great quote was in the Sept. 4/09 issue but it is well worth repeating

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## COMMUNITY MARKETPLACE

### I-ZIP ELECTRIC MOUNTAIN BIKE FOR SALE

Almost new.

Never used off-pavement and only ridden a couple of time. Purchased for \$1500 one year ago. Owner developed age-related vertigo. I will take offers in the area of \$1000.00 and must sell. Helmet included for free. Phone 250 858 5524.

Submitted by Sandy Fotos Thursday Alto

## ACCOMMODATION AVAILABLE OR WANTED

### COZY B & B ON DENMAN ISLAND

We just spent 3 nights at this cute little cabin and I would like to recommend it to anyone who is looking for a tranquil getaway which has just the right blend of rustic and convenient with all the comforts of home.

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

Submitted by Anu Patel Soundings Alto

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### BRIGHT MODERN SPACIOUS LOFT CONDO,

Located on thriving Fort Street in Mosaic Building. Easy walk to downtown cafes, restaurants and shops. On major bus routes. Adult lifestyle, secure building. Condo unit is on quiet floor and offers 6 appliances, including dishwasher and ensuite laundry, plus fireplace. High ceilings, wood flooring, and oversize windows facing downtown skyline. Non-smoking, cat ok with references. Available April 1. Rent \$1250/month.

Reply to: [seversa@gmail.com](mailto:seversa@gmail.com)

Submitted for Aaron Severs by Christine Bloomfield, Tues/Thurs alto

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### SUNNY HOUSE IN CAMOSUN AREA

Attractive 1 bedroom home in quiet neighbourhood available, fully furnished with internet access, from mid May to mid July.

Lovely garden with lawn care included.

Close to shops and bus routes and within walking distance of Willows Beach.

Contact [evickers@shaw.ca](mailto:evickers@shaw.ca).

Submitted by Liz Vickers, Thursday Soprano.

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## HOUSE TO SHARE

Nice 2 bedroom Ocean front duplex on Hollywood Crescent to share. Very large living room and kitchen, lots of windows and daylight. And lots of storage!! To share with professional woman, quiet, clean and considerate. Available April 1st. \$750/mo. plus natural gas utility. Backyard is on the Juan de Fuca Strait just east of Ross Bay, very beautiful.

Please contact Diana at 250 208-3350 or email at [alvarezd6@hotmail.com](mailto:alvarezd6@hotmail.com)

Thank you!

Submitted by Diana Alvarez, GHC Tuesday Alto

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## 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 by June Swadron, former GHC alto for Teya Danel

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## 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

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

Submitted by Catherine Harvey former GHC Tuesday Alto

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## JAMES BAY-BACHELOR SUITE

Available April 1. \$525.00/month. Heat, hydro and hot water included. Ten minute walk to downtown and all amenities such as shopping, banks, post office etc. Located on Beacon Hill Park, one block from the ocean and bus stop. Suits mature, quiet individual. Furnished or unfurnished. Coin operated washer and dryer. Free wireless internet and computer access. No pets, no smoking. Contact Danielle at (250) 385-1109 or [dalavoie@telus.net](mailto:dalavoie@telus.net)

Submitted by Danielle Lavoie, former GHC Soprano

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

Neurological evidence from brain scans shows that altruism lights up parts of the brain normally associated with more primal gratifications such as food and sex. This confirms the selfish pleasures of selflessness.

[Nicholas D. Kristof](#) (paraphrased)

Taken from the footer of an email from Chris Gower Rees former GHC & Soundings Tenor

These words are not a precise quote. They were paraphrased from a New York Times Op-Ed piece.

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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.

### 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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### IMAGES OF THE DIVINE AND THE NEW COSMOLOGY (now to Mar 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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**FARMED SALMON EXPOSED!** (Mar 19)

A film and panel discussion at the Unitarian Church, 5575 West Saanich

This is such an important issue so come out at 7:30 p.m.

For additional details see our poster by clicking on:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/2010/0319/salmon.pdf>

Submitted by Marya Nijland HNC Alto

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**AWAKENING THE GODDESS WITHIN:** (Mar 19)

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 21st - May 16th 2010, 6pm - 9:30pm, Base Lounge, 1303 Broad St

Contact: [chloe@clearspaces.ca](mailto:chloe@clearspaces.ca) or 250.588.6084 or <http://www.sacredsexsecrets.com> for further information and to register

Submitted by Chloe Garthson HNC Tenor

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**TAIZE SERVICE** (Mar 19)

The next Taize service will be on Friday, March 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

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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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## **CELTIC VESPERS**

An hour of calm respite.....at St. John's United Church, 10990 West Saanich Rd. (across from Deep Cove school)

Sunday March 21 at 7:00 p.m

Featured musicians will be flautists Mary Jill McCulloch with 3 of her top students, and Michael Cochran on piano.

No admission, an offering will be taken.

Submitted by Eva Kerr GHC Monday Alto

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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 [msantosh@telus.net](mailto:msantosh@telus.net)

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

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**VIVA-RAW POTLUCK WITH SHAWNA BARKER** (March 21)

Join us for a delicious raw vegan potluck on Sunday, March 21st, in Pioneer A & B at the Esquimalt Recreation Centre, 527 Fraser Street. Doors will be open at 5:30 p.m. with potluck sharing at 6:00 p.m. Raw Food Presentation on "Digestive Health" with Shawna Barker, Registered Holistic Nutritionist / Certified Raw Food Chef at 7:00 p.m.

Please bring: a raw vegan dish to serve 6 or more people and an ingredient list, as well as your own serving utensil(s), dishes and cutlery. Sliding scale: \$5.00 to \$3.00 per adult.

Recipes & Info: <http://vivaraw.ca> or Linda at (250) 380-6383

Submitted by: Linda Chan, Former GHC Soprano

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Victoria Gilbert & Sullivan Society presents  
**"THE SORCERER"** (Mar 21, 27 & 28)

With guest dancers from the Canadian Pacific Ballet

In Sidney at the Charlie White Theatre  
March 20 @ 8pm, March 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

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**ECKHART TOLLE DVD NIGHTS** (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 21 - 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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**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  
St John the Divine Lounge - 1611 Quadra Street - Look for the rainbow flag in the back parking lot.  
For more information phone 250 592-0305

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

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

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

<http://www.OnlyLevels.org>

Submitted by Julia Day, disappeared Alto

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**NO TANKER ACTION** (Mar 24)

March 24th is No Tanker Day.

As part of the Dogwood Initiative's "No Tankers Pledge of Action", some of us have prepared cards and letters to send off en mass to Enbridge's Board of Director and politicians. If you wish to add your voice to those who oppose the Enbridge Gateway pipeline from the Tar sands to Kitimat, and the accompanying tanker traffic through Dixon Entrance, Hecate Strait and Queen Charlotte Sound, these will be available for your signature at choir on Monday, March 22nd.

For more information about the Dogwood Initiative and No Tankers Day click on:

<http://www.dogwoodinitiative.org>

<http://dogwoodinitiative.org/notankers>

Submitted by Eva Kerr Mon. alto

Editor's Note

The people behind this initiative are looking for a couple of volunteers to take the cards and letter to choir on Tuesday and Thursday. If you are interested please call Eva at 20-656-5273.

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**NO TANKERS DAY BBQ** (Mar 24)

Come to Dogwood's first No Tankers Day Barbeque in Fernwood, meet our campaigners and celebrate our magnificent ocean with a Wild Salmon barbeque and get the inside scoop on some breaking news.

12:00 - 2:00 pm, Wednesday March 24  
Orange Hall, 1620 Fernwood Rd. Victoria

Bring a No Tankers petition (<http://www.crucible.ca/no-tankers-petition.pdf>) filled with ten or more signatures and get a free salmon or veggie burger. RSVP here so we know how many burgers to cook.

<http://dogwoodinitiative.org/notankers/actions/event-rsvp-no-tankers-day-bbq>

March 24th is the 21st anniversary of the Exxon Valdez oil spill in Alaska. We've declared it No Tankers day here in recognition of British Columbians' determination to protect our coast from the threat of oil spill.

I hope you can join us.

PS. If it rains we'll move inside the hall. If we're blessed with sunshine we'll be out on the lawn.

Submitted by Patricia Houston Tuesday Alto

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**CONSCIOUS LIVING  
IN THE TIME OF THE GREAT TURNING** (Mar 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 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 24 & 31 +)

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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**OPEN INQUIRY MEDITATION GROUP** (Mar 24 & 31, Apr 14 +)

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

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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### **B.C.'S FLATHEAD RIVER VALLEY: KEEP IT WILD!** (Mar 5)

Join Sierra Club BC and Flathead Wild partners for an evening of extraordinary images and action for B.C.'s Flathead River Valley. The Flathead has some of the purest water in the world, more plant species than anywhere else in Canada and the greatest density and diversity of carnivores on the continent. On Feb. 9, the B.C. government announced that mining will be banned in the Flathead, yet much remains to be done to secure permanent protection for this special place. Mountaineering legend Pat Morrow, Richard Hebda from the Royal B.C. Museum and other guests will lead a fascinating multimedia journey through the Flathead. info@sierraclub.bc.ca, (250) 386-5255.

Thursday March 25, 7-9 p.m.

Alix Goolden Hall, 907 Pandora

Admission by Donation

Submitted by Sarah Cox, former GHC alto

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### **AN EVENING OF A CAPELLA MUSIC** (Mar 26)

Victoria Doukhorob Choir, Vancouver Island Chamber Singers

Friday, March 26th 7:30 pm

Sanctuary at St. Aidan's Church

(off Richmond, Cedar Hill X and St. Aidan's Rd.)

Adults \$10 Students \$8

Submitted by Louise Taylor former GHC Alto

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### **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

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**MOZART REQUIEM** (Mar 28)

Via Choralis with UVIC Chamber Orchestra and four soloists, Nicholas Fairbanks, conductor

St. Elizabeth Church Sidney  
Sunday, March 28th, 2:30 pm  
\$20

Submitted by Louise Taylor former GHC Alto

## COMMUNITY EVENTS COMING WEEKS

**AWAKENING THE DREAMER**  
**- CHANGING THE DREAM** (April 7, 14, 21 & 28)

Based on a program developed by the Pachamama Alliance, this series facilitated by Michael Tacon will include inspiring short films / presentations, lively group interaction, time for reflection and some guided meditation.

April 7.....Where Are We?  
April 14... How Did We Get Here?  
April 21....What is Possible For the Future?  
April 28....Where Do We Go From Here?

Everyone Welcome! Drop-in at 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 GHC Soprano

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**DANCE/MOVEMENT FOR THE AGELESS:**

With *Katrina Pavlovsky*  
*Gordon Head Recreation Centre*

Mon. April 12 to June 07, 5:30 p.m. to 6:45 p.m.

To see a flyer for more info please click on:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/2010/0319/dance55.pdf>

For any additional information, please contact Katrina at (250)598-1846 or [katrinapavlovsky@gmail.com](mailto:katrinapavlovsky@gmail.com)

*Submitted by Katrina Pavlovsky former GHC Soprano*

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**ECKHART TOLLE'S "THE JOY OF BEING"** (Apr 23 to 25)

His most retreat on DVD accompanied by guided meditations, opportunities for dialogue and movement exercises all in a beautiful natural setting.

After three years in seclusion Eckart will share his latest insights and pointers to conscious living.

April 23-25

