

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

An Invitation To join THE VICTORIA SUMMER CHOIR

Victoria Summer Choir directed by Simon Leung is recruiting members for its 5th season. We have openings in all sections – sopranos, altos, tenors and basses.

Rehearsals will take place Tuesday nights from June 1 to August 17 at Fairfield Activity Centre, 380 Cook Street, Victoria.

The registration fee of \$50 includes music and practice CD. Please see the attached form.

Musical selections include folksongs, popular, opera choruses and classical music. Some songs will be sung by choir alone; others with soloists. A string orchestra will accompany us.

Our season will end with three concerts:

Friday, August 21 at St. Elizabeth Church in Sidney

Saturday, August 22 at Victoria Conservatory of Music, Victoria

Sunday, August 23 at Duncan United Church, Duncan

COMMUNITY EVENTS ITEMS THAT INVITE YOU TO SING!

Taize Service (Apr 16)

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

WORD OF MOUTH / RECOMMENDATIONS

A WINDOWS MEDIA PLAYER TIP FOR PRACTICING WITH “CURRENT SINGERS ONLY” MP3 FILES

Set up your media player to allow you to slow down the speed of play by opening the “Enhancements” panel in your player’s “Now Playing” window.

Open Windows Media Player
Click on “View” in the top menu bar
Place your cursor on “Enhancements”
On the resulting fly-out menu click on “Play Speed Settings”

From then on when you open Dubula, or any other tongue twisting song, in Windows Media Player you can practice it first at a slow speed, and then at increasingly higher speeds, as you get comfortable with it at each speed level.

Play with it and enjoy

Recommended by Derwyn Ross GHC Tuesday Bass

Editor’s Note

If your browser opens the MP3s on-line in a player other than Windows Media you can find out how to download those files to your computer as described at:

http://www.gettinhigherchoir.ca/community-info/current_singers_only/index.html#playing

(If you don't have Windows Media Player installed on your computer this page also offers information on where you can download copies of it for both Windows and Mac computers)

Once you have the files you want on your computer you can open them in Windows Media via the "File" in its top menu bar.

THE VICTORIA COMMUNITY HEALTH COOPERATIVE

For those who don't know about this organization. I urge you to check it out. It has the potential to be the best integrative health care model. At the moment they have once a month clinic, by donation, with a variety of alternative practitioners, This approach gives me the opportunity to avail myself of treatments that would otherwise be prohibitive for me

A lifetime membership is \$50.00, There are also family memberships. There are options for those who can't afford that to earn their way in.

<http://www.victoriahealthcooperative.ca>

info@victoriahealthcooperative.ca

250 483 5503

Recommended by Joyanna Wilkinson Tuesday Alto

Salmon Are Sacred GET OUT MIGRATION

I am forwarding the following important message from Alexandra Morton:

"Please stand up for wild salmon by joining a migration emerging from the Broughton Archipelago then leaving Sointula on 22nd April and closing with a blessing in Victoria on Mothers' Day (9th May). If you are interested in hosting other events, leading a migration arm from the Fraser River Valley, Gold River or other places in B.C. or just joining us for one step of the way anywhere along the way please let us know.

<http://www.salmonaresacred.org>

"Hope to see you on this migration."

Recommended by Joan Wallace GHC Thursday Alto

ARE YOU A SOUNDINGS FAN?

Hi Folks,

We now have a Fan page on Facebook. We already have 24 fans and they're not all Soundings members! It's a great way to promote ourselves so if you are on FB, you can invite other friends to become fans. We can also let people know about upcoming concerts, etc. Here's the link for those already on FB. Hopefully you can still view it even if you're not!

<http://www.facebook.com#!/pages/Soundings-Vocal-Ensemble/369197554081?ref=mf>

Recommended by Anu Patel Soundings & (on hiatus) GHC Alto

VICTORIA CHILDREN'S CHOIR - "AFRICAN JIGSAW' CONCERT

The Victoria Children's Choir, along with special guests, will be performing their "African Jigsaw" concert on Friday, April 23rd and Saturday, April 24th at Central Baptist Church on Pandora Ave. Tickets are \$15 and will be available at choir this Tuesday and Thursday. Tickets are also available at Ivy's Books, Larsen Music, Long and Mcquade and at the door.

Recommended by Sabine Laubental, Alto

EVENT: SPRING ON THE ISLAND

Forests need more help/volunteers as it is spreading rapidly.

While the ground is still soft and wet:

Pull all Scotch Broom, Ivy, and English Holly, off the property and boulevards where you dwell.

- Then the block that you live on.
- Then everywhere else!
- Remember that all it takes is a bird to drop one seed.

Carrying a folding saw or pruners helps!

There are many organizations sprouting up where one can join a group to do so.

A couple on the Peninsula are:

<http://www.peninsulastreams.org/index.shtml>

Saanich Inlet Protection Society (SIPS)

Recommended by Margaret Frith GHC Monday Soprano

COMMUNITY BUSINESS

My neighbor John Creviston designs and builds enclosures to keep animals happy and safe outdoors (i.e. cat outdoor walk-way for indoor cats, portable chicken coop, etc.). He has many years of experience caring for animals through various jobs, and was showing his work at the Brentwood Bay "Healthy Living Expo".

If you are interested check his website: www.abeautifulworld.org, email (jcrev@shaw.ca) or call him (250-652 7002).

Recommended by Claire Ebendinger, Monday soprano

BOBBY MCFERRIN

That's all there is to it...

<http://www.youtube.com/watch?v=mTB58ZmnudA>

Recommended by Denis Donnelly GHC Co-Director

BOBBY MCFERRIN AGAIN

After checking out the Bobby McFerrin video that Denis recommended above I came across one of a much younger Bobby doing a fun audience participation bit in concert. Give your ears and eyes a smile. Check it out!

<http://www.youtube.com/watch?v=1GCVDlpW-oo>

Recommended by Bill Hanson GHC Bass etc.

NOURISH ~ A NEW VENTURE!

A couple of friends of mine are opening their new venture this Saturday, April 3. "Nourish" the new cafe at Glendale Gardens (505 Quayle Road.). These are two women that developed their business supporting local producers and offer healthy, quality ingredients. They deserve to be supported in an endeavour that honours integrity and consciousness. More details can be found at: http://www.glendalegardens.ca/Nourish_Garden_Cafe.php

Nourish started out as a prepared, healthy meal delivery service for clients who just don't have the time (or desire) to cook for themselves. They will continue to be offering this service from their new cafe.

Drop by on Saturday to enjoy their hospitality and discover the hidden jewel that is Glendale Gardens.

Recommended by Paddy Hernon former GHC Bass and founding member of Soundings

A GREAT SOURCE OF UNIQUE FOOD

Last season I recommended Blair Mart at ??? Pandora as a great place to get foods imported from the middle and near east. I also may have mentioned that Mat, the owner of the store, is a kind, generous and honest fellow (if I didn't I should have).

I like the lime pickle, comb honey, a seasoned oil & feta dip, assorted olives, etc. It's fun just to look and let all the goodies stimulate the imagination.

To see an award the store recently won from "Eat Magazine" click on:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/2010/0402/blair-mkt-award.pdf>

Don't know about eat magazine? Click on:

<http://www.eatmagazine.ca>

Recommended by Bill Hanson GHC Bass etc.

LUX AURUMQUE

Hi Folks,

Since Soundings did this song last year, I thought I would pass this on. I just got it from my nephew in Ontario who first introduced me to Eric Whitacre a few years ago. He is in this somewhere, but hard to see. His name does appear in the credits under Bass1. It's an interesting project:

<http://www.youtube.com/watch?v=D7o7BrlbaDs>

Recommended by Anu Patel Soundings & (on hiatus) GHC Alto

SING AND THEY WILL FIND YOU?

<http://www.cbc.ca/arts/music/story/2010/03/21/cornish-singers-record.html?ref=rss>

Love, Leaps and Laughter,

Recommended by Matti Anttila former GHC Bass

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

*A true friend is someone who lets you
have total freedom to be yourself - and*

*especially to feel. Or, not feel... That's
what real love amounts to - letting a
person be what he really is.*

Jim Morrison

Taken from the footer of an email from:
Anu Patel, Soundings & GHC Alto

COMMUNITY NETWORKING

HELP TAKE ADVANTAGE OF AN AMAZING OPPORTUNITY

Woodwynn Farm has received an amazing offer from an anonymous benefactor who will match every donation made to "Woodwynn Farm - Creating Homefulness Society", a therapeutic community for the homeless and recovering addicts in Central Saanich up to Mother's Day, May 9th. Your \$10.00 donation instantly becomes \$20.00. Likewise your \$50.00 donation becomes \$100.00! Woodwynn desperately needs financial help to continue it's work and help the farm produce healthy, organic food for the community. You can do so by going to their website, <http://www.woodwynnfarms.org> If you are so inclined you can also volunteer. Many thanks.

Submitted by Patricia Houston, Tuesday Alto.

VOLUNTEERS FOR SEXUAL ASSAULT RESPONSE TEAM (SART)

The Victoria Women's Sexual Assault Centre is recruiting SART volunteers to provide an emergency service, support and information for anyone who has been recently sexually assaulted regarding their medical and legal options. Training for SART begins April 17th. After training, we ask for a year commitment or completion of 36 shifts, averages as 3 shifts a month. Volunteers choose their shifts: Monday to Fridays 5pm-9:00am, and Saturdays and Sundays 9:00am-5pm or 5pm-9:00am. For information or if you wish to apply, please contact: Lindsay Pomper, Coordinator of Volunteers, volunteers@vwsac.com, (250)383-5545.

Submitted by Helen Durie GHC Tuesday Tenor

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

COMMUNITY VOLUNTEERS FOR BOARD OF DIRECTORS

The Victoria Women's Sexual Assault Centre, a leader in the healing and prevention of sexualized violence, seeks leadership-oriented feminists with a variety of skills, experience and backgrounds to join its Board of Directors. You will help ensure the ongoing success of the Women's Sexual Assault Centre (WSAC) by attending monthly Board meetings, serving on committees, participating in WSAC events and representing WSAC in the community. Previous Board experience not required.

Contact Lindsay Pomper, Coordinator of Volunteers, by 4:30 p.m. April 15th, 2010, Women's Sexual Assault Centre, volunteers@vwsac.com, (250)383-5545

Submitted by: Helen Durie GHC Tuesday/Tenor

SERVING EACH OTHER

GERMAN FOR TRAVELLERS

German for Travellers gives you confidence communicating during your trip, even in emergencies. 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

All ages and ability levels. Cost - \$25 for 1 hour

group rates available

*lessons at suitable location *

Submitted by: Joanna Schaller, former GHC Alto

Editor's Note

The following is a testimonial sent to me from one of our members who has been taking German lessons from Joanna with the request that I add it to her item the next time it is in the newsletter...so...

"I have been taking German lessons from Joanna in the past year and I highly recommend her as a teacher. Her lessons are fun, well prepared and tailored to each individual's needs. I discovered that German is not as difficult as I thought, thanks to Joanna!"

Submitted by: Yves Parizeau, Monday tenor

I am pleased to announce a
new dance/movement class:
DANCE FOR THE AGELESS 55+.

Rediscover your inner dancer and the joy of movement

Course #369354. To see the event flyer please click on:

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

Dates: Monday April 12 - June 07.

Gordon Head Recreation Centre, 5:30 p.m. - 6:45 p.m.
To register, please call: (250) 475-7100

Please be advised that the class is dependant upon enough registrants. Kindly *register by April 7th*.

For any additional information or inquiries, please call Katrina Pavlovsky at (250)598-1846.

Wishing you joy in dance!

Submitted by Katrina Pavlovsky forme GHC Soprano

PRACTICAL DIGITAL PHOTOGRAPHY (PDP)

(Repeat)

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,

PHOTOGRAPHING PEOPLE AND EVENTS (PPE) (Repeat)

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,

COMPUTER SERVICES (Repeat)

Reasonable rates. Very thorough, with 8 years experience.

Virus removal, upgrades of all kinds.

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

Submitted by: Thomas (Chris) 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.

JACK HAAS (GHC Bass)

<http://www.jackhaas.org>

See my website for information about two books of mine:

Jack Haas,
Seeking Bliss: A Study of Addiction and Recovery
\$20.

Jack Haas and Wm. Shaffir,
Becoming Doctors: The Adoption of a Cloak of Competence.
\$30.

Submitted by Jack Haas, Tues, Bass

DENIS DONNELLY (GHC & Soundings Director)

<http://www.denisdonnelly.ca>

All my musical, poetry and course activities plus Soundings.

MAUREEN SULLIVAN (GHC Alto)

<http://www.neci-legaledge.com>

National Education Consulting Inc. (NECI) is a Canadian leader in procurement and contract management training for both public and private sector. Any organization that buys or sells anything needs to keep up to date on developments in this critical area of their business!

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 *****

Don't judge each day by the harvest you reap. but by the seeds you plant.

Robt. Louis Stevenson

Submitted by Patricia Houston GHC Alto

FREE STUFF

FREE: TEACHER REFERENCE BOOKS

Two grocery bags full of reference books for teachers, some old, some relatively recent. Free to a teacher or school reference library. Please contact at practice on Tuesdays or call 250-382-2859.

Submitted by GHC Tuesday Alto Win Procyshen

COMMUNITY MARKETPLACE

**MACHU PICHU, PERU - JUNE SOLSTICE
JUNE 17-30, 2010 - ANDEAN MASTER PATH**

Enjoy 2 incredible spiritual weeks of Andean Mystic Ceremony and Celebration, exploring Inka Culture - including Solstice Celebration on June 21st at Machu Picchu. Optional additional 1 week extension to Lake Titikaka, Arequipa & Bolivia.

Tour Cost US \$ 3,133 includes Internal flights/taxes from Lima-Cusco-Lima

Contact Catherine at reikivictoria@gmail.com

Submitted by: Catherine Harvey lapsed Monday Alto

BODYBREAK ELLIPTICAL TRAINER

Dual action programmable elliptical trainer with touch screen computer. Variable magnetic resistance with a 16 level motorized auto-tension control system that provides smooth, quiet operation. Displays, time, speed, distance, watts, RPM, program graph/tension level, pulse, BMI and fat %. Excellent condition. \$399. Call Tom at (778) 433-4857.

Photo can be seen at

http://www.usedvictoria.com/classifieds/fitness-equipment/0?description=elliptical&pricefrom=&priceto=&location=all&wanted_ind=

Submitted by Tom Baker GHC Thursday Bass

COMPUTER DESK FOR SALE!

\$75

Light coloured wood computer desk (accommodates flat screen only) in near new shape.

29 1/2" high x 23" deep x 42" wide.

Three drawers on right side plus pull out keyboard drawer on the left.

Raised 27 5/16" high x 8" deep shelving unit on the back.

To arrange a viewing contact me at 250-920-4160 (8 a.m. to 8 p.m. weekdays, 5:30 to 7:30 p.m. weekends)

If I don't sell it by Monday evening there will be a photo of it on my Used Victoria advt for it by Tuesday.

<http://www.UsedVictoria.com/classified-ad/11632037>

Submitted by Bill Hanson GHC Bass etc.

EMPLOYMENT AVAILABLE OR WANTED

WORK WANTED

House cleaning at a reasonable price. References available.
Please call Florinda at 250-217-6802

Submitted by Sheila Gaunt, Tuesday Thursday Alto

ACCOMMODATION AVAILABLE OR WANTED

GRAND PIANO in a GRAND APARTMENT

Imagine living amongst tall guardian trees in a secluded , safe suite, sleeping on a new Sleep Country bed, refreshing yourself in a new retro bathroom, cooking in your own galley kitchen and making music on a newly tuned grand piano.

You can Walk to shopping centres, recreation, library, woodland trails and beach. Have your own parking and private entrance. Just perfect for a single, working woman.

Utilities are included are hydro, cable, TV. Rent only \$775. Long term. April 1.

Call 250-658-8770 to view or to receive e-mailed photos.

Submitted by Ann-Rosemary High Noon Choir.

OCEANFRONT CONDO VICTORIA BEAUTIFULLY FURNISHED

Available April 17 to November 2010 (or longer)

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 (dates negotiable) includes all utilities/phone/internet/

cable/heat/hydro/parking -\$1500 month

Contact: Catherine reikivictoria@gmail.com

Submitted by Catherine Harvey lapsed Monday Alto

ACCOMMODATION NEEDED

September preferred but will act now if needed.

I need one large or two private spaces. I often play piano and sing during the day and need the extra space for my digital piano and books, ect...as well as a place to sleep.

I am mature, active, no smoking, no cats, no TV, no parties, respectful.....and am open to sharing spaces.

\$750 or ?

Thanks

Submitted by Diane Taylor former Summer Singer

HOUSE ATTRACTING

My dear friends, an older couple with a (12yr) son – both professionals - are moving to Victoria while their son attends Middle/High School. They are dream tenants (homeowners– non-smokers, no pets) who will take loving care of the property. They are seeking an elegant and comfortable family home, 3 bedrooms with family/rec room plus granny suite, in Victoria area July 1st or August 1st 2010; in a family-friendly neighbourhood near good middle or high school – Oak Bay, James Bay, Fairfield, Fernwood, near UVic or elsewhere all happy possibilities! Long term rental potential (5 years or more).

Contact: Lynette: jacksonl@uvic.ca or Rick: rick@rickjackson.ca.

Submitted by: Robin returning soprano

ACCOMMODATION WANTED

Bachelor or self contained suite. Quiet, safe, nice area and no more than \$500. Will pay utilities unless already included. 37 years old, want to stay in Victoria and have my own space. I love it here and feel a strong sense of community. Living and housing costs are high and the wages stay low. Well behaved quiet tenant, outstanding references. Will do trade for reduction in rent by garden and yard work, and helping with pets. Please email me at IrishVikingRose@yahoo.ca if anyone can help.

Submitted by: Karen S. Former Soprano GHC

VOTE IN A WINNER!

A wonderful woman, Grace, was my psychic healer and body stress release practitioner for many years. She helped me through so much. I am thrilled to hear she is writing books.

She has entered one of her books in a competition that includes a course on how to get spiritual books published. There are 2500 participants and only 250 get to go to round two. Round one is judged by popular vote which means she has to find people to listen to her "pitch" for her book and then vote. See if you want to vote for her...check out her pitch at:

<http://www.NextTopAuthor.com/?aid=568>

Recommended by Linda Lake, former GHC & HNC Alto currently basking in warmer climes

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

If you don't like how things are, change it!
You're not a tree.

Jim Rohn, Self Help Guru

Submitted by: Chris Gower Rees

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.

NOURISH ~ A NEW VENTURE! (Apr 3)

A couple of friends of mine are opening their new venture this Saturday, April 3. "Nourish" the new cafe at Glendale Gardens (505 Quayle Road,). These are two women that developed their business supporting local producers and offer healthy, quality ingredients. They deserve to be supported in an endeavour that honours integrity and consciousness. More details can be found at: http://www.glendalegardens.ca/Nourish_Garden_Cafe.php

Nourish started out as a prepared, healthy meal delivery service for clients who just don't have the time (or desire) to cook for themselves. They will continue to be offering this service from their new cafe.

Drop by on Saturday to enjoy their hospitality and discover the hidden jewel that is Glendale Gardens.

Submitted by Paddy Herson former GHC Bass and founding member of Soundings

SOOKE HARBOUR HOUSE FLORAL ART SHOW (Apr 4 to 30)

1528 Whiffen Spit Road, Sooke, BC
Info: 250-642-3421 <http://www.sookeharbourhouse.com>

I am being featured as a botanical artist in the Art Gallery for the month of April and will be in attendance during the opening reception on Sunday April 4, from 1pm to 4pm. Free. Refreshments available.

Submitted by Aurafidelite Arindam GHC Thursday Soprano

ECKHART TOLLE DVD NIGHTS (April 4, 18 +)

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

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

<http://www.OnlyLevels.org>

Submitted by Julia Day, disappeared Alto

I am pleased to announce a
new dance/movement class:
DANCE FOR THE AGELESS 55+. (Apr 7 reg. deadline)

Rediscover your inner dancer and the joy of movement

Course #369354. To see the event flyer please click on:

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

Dates: Monday April 12 - June 07.

Gordon Head Recreation Centre, 5:30 p.m. - 6:45 p.m.
To register, please call: (250) 475-7100

Please be advised that the class is dependant upon enough registrants. Kindly *register by April 7th.*

For any additional information or inquiries, please call Katrina Pavlovsky at (250)598-1846.

Wishing you joy in dance!

Submitted by Katrina Pavlovsky former GHC Soprano

MINDFUL YOGA (Apr 7, 14 +)

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.

For more details about Misha's classes see his flyer at:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/2010/0402/misha.pdf>

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

**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

FOUR WORLDS OF THE SOUL (Apr 9)

- Co-sponsored by Hollyhock

Thursday April 8 (6:30pm – 9:30pm) & Friday April 9 (9am – 3pm), 2010 at Royal Roads University Cost: 175 + GST

Thomas Atum O'Kane, PhD., integrates the depth psychology of Jung, the vision of Teilhard de Chardin and the practice of Christian Mysticism. His program in The Art of Spiritual Guidance is a highly regarded resource worldwide. Explore the mystery of soul in four dimensions: The Inner World of the Psyche, The World of the Unfolding Soul, The Soul of the World and The Home of the Soul.

<http://www.royalroads.ca/continuing-studies/CYPEMS1859-Y09.htm>

Submitted by Hilary Leighton, temporarily lapsed Thursday alto!

ASTROLOGY, MYTHOLOGY and PSYCHE (Apr 10)

Saturday, April 10, 2010 10am – 5pm \$135 + GST Course Code: PEMS1864

In astrology, there is no subject/object split, as it is predicated on a unified, whole-system world-view where both magical and critical thinking are naturally fused. Erin presents each planet, from the Sun out to Pluto, as an archetypal agency in the psyche, with its fascinating living myths/symbols. She will describe planets from an archetypal, Jungian, mythological, psychological and pragmatic aspect – an integral aspect of your own self. *The Erin Sullivan* is author, lecturer, and serious astrologer with forty years practice in psychological/consulting astrology internationally.

<http://www.royalroads.ca/continuing-studies/CYPEMS1864-Y09.htm>

Submitted by Hilary Leighton, temporarily lapsed Thursday alto!

COMMUNITY EVENTS COMING WEEKS

I am pleased to announce a
new dance/movement class:

DANCE FOR THE AGELESS 55+. (Apr 12)

Rediscover your inner dancer and the joy of movement

Course #369354. To see the event flyer please click on:

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

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Gordon Head Recreation Centre, 5:30 p.m. - 6:45 p.m.
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Please be advised that the class is dependant upon enough registrants. Kindly *register by April 7th*.

For any additional information or inquiries, please call Katrina Pavlovsky at (250)598-1846.

Wishing you joy in dance!

Submitted by Katrina Pavlovsky former GHC Soprano

OPEN INQUIRY MEDITATION GROUP (Apr 14, 21 & 28 +)

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

TAIZE SERVICE (Apr 16)

The next Taize service will be on Friday, April 16 at The Church of Our Lord at 626 Blanshard Street from 6 to 7 PM. For extra singing come at 5:10 to join the lead group that practices the songs for 50 minutes.

Anne Forester, Monday Soprano

MANIFESTATION WORK(FUN)SHOP (Apr 18)

There will be a small, intimate one-day work(fun)shop on manifesting our desires on Sun April 18 10am-4pm. As this course is a work in progress and designed to pilot material for a work(fun)book there will be no charge for participating. It is designed to introduce the concepts and exercises facilitating manifestation and assisting anyone with some experience with their on-going journey in an experiential fun way.

Contact Jennifer 250-385-6554 for all the details.

Submitted by Jennifer Sagar former GHC Soprano

PFLAG (Apr 18, May 9 +)

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 (Apr 18 +)

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

VICTORIA CHILDREN'S CHOIR
- "AFRICAN JIGSAW' CONCERT (Apr 23 & 24)

The Victoria Children's Choir, along with special guests, will be performing their "African Jigsaw" concert on Friday, April 23rd and Saturday, April 24th at Central Baptist Church on Pandora Ave. Tickets are \$15 and are available at Ivy's Books, Larsen Music, Long and Mcquade and at the door.

Recommended by Sabine Laubental, Alto

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

His most recent 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

A weekend immersion at the Swanwick Centre in Metchosin;
<http://www.swanwickcentre.ca>,
swanwick@shaw.ca
or
250-744-3354.

Submitted by Ralph Tiller, HNC Bass

LIGHTEN UP (Apr 24)

An evening of inspiring and entertaining music

This concert may be of interest to Getting' Higher people. Spirit Rising choir is composed of people from the different New Thought churches in Victoria. For more info check out their colourful and cheerful poster:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/2010/0402/spirit-rising.pdf>

Saturday, April 24, 7:30 pm
St. Aidan's Church,
3703 St. Aidan's Street

Submitted by John and Judy Seeley

MONDAY MOVIES: INLAWS & OUTLAWS (Apr 26)

Join us for a screening of this award-winning film Hosted by Victoria PFLAG

With remarkable honesty, good humour, great music and real heart, Inlaws & Outlaws weaves together true stories of couples and singles, gay and straight, to embrace what we all have in common: WE LOVE
As their stories unfold, and stereotypes are exposed, you won't care who is gay or straight, because you will be rooting for everybody.

http://www.inlawsandoutlawfilm.com/screenings/screenings/victoria_bc.php

Monday Movies: The theatre is at the Eric Martin Pavilion of the Royal Jubilee Hospital – enter at 1900 block of Fort Street. <http://islandnet.com/mm/>

Monday, April 26, 2010 – 6:30 PM
Admission: By Donation

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

TALK ON THE MIDDLE EAST: (Apr 28)

On Wednesday, April 28th (day of the week especially chosen since there is no choir practice on that night...), I will do a presentation on the Middle East. As you might know, Claire and I just came back from a trip to that area; I will be reporting on it and showing photos. The talk is done through Continuing Studies at UVic. For details and how to register, please follow this link to the UVic calendar:

<http://www.uvcs.uvic.ca/pdf/calendar.pdf>.

(The talk is listed on page 31)

Thanks!

Submitted by: Yves Parizeau, Monday Tenor

Pssst! Pass it on!
RHIANNON IN LA (Apr 29)

The Voice was the first instrument!

Rhiannon in Performance with Otmaro Ruiz, Abraham Laboriel and Alex Acuña!!!! Thursday, April 29 at the Blue Whale, Los Angelessave the date!!!

Check her out at: <http://www.rhiannonmusic.com>

Let anyone you know in the LA area that this is a performance not to be missed.

Submitted by Emile Dyer CCLT 1 - 2004/5, Director of Rhythm Tribe Song Circle & Golden Bridge Community Choir

Editor's Note

I saw Rhiannon in concert in the Alix Goolden Hall a few years ago and in a solo performance in the Church of Truth a couple of years later. I was blown away both times. I have no doubt that this show that Emile is passing the word about will be just as great!

TAIZE SERVICE (Apr 16)

**Rhiannon in LA:
CIRCLE SINGING & IMPROVISATIONAL SKILLS / MASTER CLASS** (Apr 30)

An all Level Vocal Workshop

Using polyrhythm, harmony, movement, and soloing, Rhiannon will guide you in the vibrant creation of improvised music. Skills honed by Rhiannon in her 30+ years of teaching and 20+ years of performing with Bobby McFerrin in his Voicestra.

For much more about Rhiannon visit: <http://www.rhiannonmusic.com>

Friday, April 30th, 2010

Tuition: \$50

Location: A beautiful private music studio in Highland Park (address provided when payment is received).

Important: Admission is by pre-registration only! No drop-ins!

To register: Email sdconey@rhiannonmusic.com to reserve space. We'll confirm and offer a choice of payment methods.

Let anyone you know in the LA area that this is a vocal workshop not to be missed.

Submitted by Emile Dyer CCLT 1 - 2004/5, Director of Rhythm Tribe Song Circle & Golden Bridge Community Choir

**PLANETIZE THE MOVEMENT:
Connecting Ecology, Social Justice and Cosmology** (May 1)

– co-sponsored with Programs in Earth Literacies

Saturday, May 1, 2010 \$155 + GST Course Code: GLEL1819

Based on years of study with Thomas Berry, and in-depth survey of the writings and sermons of Martin Luther King Jr., Drew Dellinger connects ecology, cosmology and justice with humanity's path into a sustainable future through the poetic. Drew is a spoken word poet, teacher, writer, activist and founder of Poets for Global Justice. He has shared the stage with Brian Swimme, Van Jones, Ani DiFranco, Paul Hawken, Alice Walker, Robert Kennedy Jr and others

<http://www.royalroads.ca/continuing-studies/CYGLEL1819-Y09.htm>

Submitted by Hilary Leighton, temporarily lapsed Thursday alto!

**Master Class for
INTERMEDIATE & ADVANCED
SINGERS & VOICE TEACHERS** (May 1 & 2)

A two day workshop with Rhiannon sharing skills honed in her 30+ years of teaching and 20+ years of performing with Bobby McFerrin in his Voicestra. (<http://www.rhiannonmusic.com>)

Date & Time: Saturday & Sunday, May 1 & 2, 10 AM - 5 p.m.

Location: Blue Whale, Little Tokyo, LA

Tuition: \$250

To register: Email sdconey@rhiannonmusic.com to request a space. If referred by Cathy Segal-Garcia or Emile Hassan Dyer let us know. We will confirm with either a phone audition request or a referral to the April 30th "All Level Workshop". We'll also offer a choice of payment methods.

Let anyone you know in the LA area that this is a vocal workshop not to be missed.

Submitted by Emile Dyer CCLT 1 - 2004/5, Director of Rhythm Tribe Song Circle & Golden Bridge Community Choir

**ADDICTION WORK: HONOURING
THE MYTHIC AND THE EVERYDAY** (May 1-2)

- A Process Work Psychology Seminar.

May 1-2, 2010 Victoria. \$195 (early registration fee guaranteed for choir members to April 15th, otherwise-\$240. Inquiries and request for flyer to Doug Woodall (dpwoodall@shaw.ca) or Ana Simeon (anajsimeon@yahoo.com).

An exploration of how are addictions and addictive tendencies create altered states of consciousness that contain something that our wholeness is searching for; how to integrated these dreaming states into our everyday life and use them to enhance our experience of being alive.

Submitted by Doug Woodall, HNC & former GHC Bass

JUST FOR FUN

A reward of laughter for reading this far

YOUR SALARY REVIEW

This will make you laugh or cry or both at the same time.

<http://www.gettinhigherchoir.ca/community-info/pps/2010/0402/salary-review.pps>

Submitted by Bill Hanson GHC Bass etc.

