



choir CDs in for them to play for her. When I got home a couple of hours later I found a voice mail message from Derek letting me know that she had finally let go of the struggle. His message included the following:

“John put on the One Voice CD and it brought tears to her eyes. She was still aware of what was going on. We were making phone calls home and stuff like that to let them know we were still there after an all night vigil. I was sitting with Janet and we got to the last two cuts...Prayer Of The Children and We Will Rise Again...and they were so poignant to me that I put it back after they'd played and we went through the first verse of the Prayer Of The Children and she died.”

Over the last couple of days both Derek and John have expressed their appreciation for the “new lease on life” that singing with us gave to Janet and I have thanked them for lending us their Mom for the last three years. It has been a treat. She was a great lady and an inspiration. I will miss the “War Is Dysfunctional” signs she often wore around her neck and hearing her call out “I need a ride home!” at break time or in the middle of a concert.

Submitted by Bill Hanson GHC Bass etc.

### Special Note

On April 21st the Wednesday Peace Vigil will be dedicated to the memory of:

#### **Janet Hawksley**

We welcome her friends to come and join us between 12:00 - 1:00. It is not our practice to be silent (so you will be free to chat with those around you about Janet's extraordinary life).

We meet on the Legislature lawn at the Cenotaph on the corner of Belleville & Government Street.

Info: Jane Brett <jbrett@shaw.ca> 250-477-1944

## **OPPORTUNITIES TO SING!!**

### **AN INVITATION FROM THE BEDSIDE SINGERS**

Our group began in 2006 with a few GHC singers who wanted to support those who are ill or approaching the end of life. We now offer bedside singing to patients at Victoria Hospice and the Inpatient Oncology unit at the Royal Jubilee Hospital.

Singers who may be interested in our new September 2010 training program are invited to attend a free information session on Wednesday evening, June 2nd.

You can contact us through our recently updated Website at [www.songsofpassage.com](http://www.songsofpassage.com) if you would like more information or to register for June 2nd. You can also reach Marnie at (250) 385-1983.

Submitted by Marnie Lamb, former GHC & HNC Alto

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### **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 registration form at: <http://www.o-my.info/ghc/nl/2010/0409/summer-sign-up.pdf>

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

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.

Editor's Note

I have been told by one member that the contact email address in the bottom right corner of the form didn't work for him. If you have the same problem Simon's number in the phone book is 250-658-0387

\*\*\*\*\*

**COMMUNITY EVENTS ITEMS THAT INVITE YOU TO SING!**

Taize Service (Apr 16)

Rhiannon in LA: Circle Singing & Improvisational Skills / Master Class (Apr 30)

Rhiannon in LA: Master Class for Intermediate & Advanced Singers & Voice Teachers (May 1 & 2)

Taize Service (May 21)

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

## WORD OF MOUTH / RECOMMENDATIONS

**CAR WASH FUNDRAISER FOR WOODWYNN FARMS**

Please come!

@ Petro-Canada on Craigflower/Tillicum  
Saturday, April 17th 10 a.m - 4 p.m!"

Hot dogs and pop also for sale.

Submitted by Patricia Houston GHC Alto

\*\*\*\*\*

**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

Editor's Note

Mea Culpa. I put the above item in the wrong section in the last Choir Community Issue so I am repeating it here as an act of penance for my transgression.

\*\*\*\*\*

Anna B's "Cantina Jazz" Concert  
**'A DEAL WITH THE WIND'**

I strongly recommend that you catch CCLT 2 (2005/6) graduate Anna Baignoche in concert at the Church of Truth on April 23rd. Your ears will thank you!

Time: 8 p.m.  
Tickets: \$10

Flyer: <http://www.o-my.info/ghc/nl/2010/0416/annabvictoria.pdf>  
(Printing copies and posting them in the places you frequent would be very helpful)

For more about Anna and to hear some song samples visit:

<http://www.annabmusic.com>

Submitted by Bill Hanson GHC Bass etc.

\*\*\*\*\*

**EAT LOCAL**

A reminder to all to buy locally. Although this video is produced by Hellmanns, it is not an ad for their products.

<http://www.o-my.info/ghc/nl/2010/0416/eat-local.wmv>

Submitted by Susan Lea 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

\*\*\*\*\*

**MORE BOBBY MCFERRIN!**

This is pretty cool...

<http://www.choralnet.org/view/253347>

Recommended by Kirstine Potentier GHC Thursday Soprano

**Editor's Note**

This video was recommended in the March 19/10 issue by Susan Tychie (GHC Tuesday/Thursday Alto) but it is eminently worth repeating and, since the recommendation is being repeated by Kirstine I will repeat my Editor's Note from that earlier issue which was..."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."

\*\*\*\*\*

## OFF ROAD VEHICLES IN CRD PARKS

The proposal before CRD Parks to allow off-road vehicles in the parks will destroy peace and quiet, destroy vegetation, and drive off all wildlife. If you wish your opinion to be heard, email or write:

CRD Board Chair Geoff Young and Board Members

625 Fisgard Street, Victoria, B.C V8W 1R7

or email: <[gyoung@victoria.ca](mailto:gyoung@victoria.ca)> and cc <[esheridan@crd.bc.ca](mailto:esheridan@crd.bc.ca)> and be sure to state that the letter is for the CRD Chair and Board

Recommended by Ian Brown, Monday Bass

\*\*\*\*\*

## 1944 AMERICA'S GOT TALENT

We watched this twice. Watch past the first 60 seconds or so, then Whoa! Look Out! Check it out.

[http://www.youtube.com/watch\\_popup?v=BNR74UCidBI&feature=player\\_embedded](http://www.youtube.com/watch_popup?v=BNR74UCidBI&feature=player_embedded)

This is a video of an act from 1944 - a sister act called the Ross Sisters. I had never heard of them. The song they sing is about 55 seconds long (cute) but what they do next is...!

I don't think I have ever seen a human being do some of the stunts they did!

Hope you enjoy it!

Submitted by Betsy Sansby CCLT 4 - 2007/8

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## JUNE SWADRON'S WRITING WORKSHOPS

June will be starting new sessions of "ReWrite Your Life" and "Write" Where You Are Workshops in May. Go to <http://www.juneswadron.com> for details. I have just taken "ReWrite Your Life" and found it to be a powerful and amazing experience! Highly recommended.

Submitted by: Joan Coutanche HNC Alto

### Editor's Note

Listings for these May 8, 20 & 25 workshops can be found in the Community Events section below.

\*\*\*\*\*

## MINDFUL YOGA

(Starting April 22)

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. There will be 6 sessions in April/May on Thursdays, 5-6:30 p.m. at the Church of Truth, Community of Conscious Living.

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

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

Recommended by Linda Chan, High Noon Choir

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

...the powerful play goes on, and you will contribute a verse.

*Walt Whitman, American poet,  
essayist, journalist, humanist  
(1819-1892)*

Submitted by:  
Josephine Munro, GHC Monday Alto

\*\*\*\*\*

## COMMUNITY NETWORKING

### HELP SAVE THE HARBOUR!

There will be a protest rally on April 17th. {to-morrow!} at the Songhees Harbour at 11 A.M. to prevent the building of a mega yacht marina. This is not a foregone conclusion and we can stop this. Your voice and your presence is needed before it is too late. Just one hour of your time will make the difference.  
<http://www.savevictoriaharbour.com> for more information

Submitted by Patricia Houston

\*\*\*\*\*

### VEGETABLE GARDEN SPACE AVAILABLE

I have a small organic vegetable garden that I will not be able to physically maintain this year and am wondering if anyone would like to use it in exchange for sharing some of the produce with me. As it is close to my house, it is important that it is someone quiet, tidy, independent and respectful of my space. It is on old west saanich rd and unfortunately not on a bus route.

If you are interested, please call me. 479-5585

Submitted by mary lynch, monday soprano

## SERVING EACH OTHER

### 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

\*\*\*\*\*

## DISCOVER SAILING

Join us for 3 day to 3 week spiritual retreats through the Gulf Islands and the Inside passage to the Broughton Archipelago. We also provide sail training, tailored to your specific needs and learning goals. Solitude, sailing, and meditation along BC's beautiful coast. For more information visit our website [www.selfdiscoverysail.com](http://www.selfdiscoverysail.com) or call Tracy or Nathaniel at 250-858-4978.

Submitted by Tracy Koebel former Summer Singer

\*\*\*\*\*

## COMPUTER SERVICES

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](mailto:wakefieldcomputers@shaw.ca)

Submitted by: Thomas (Chris) Wakefield, Soundings Baritone.

\*\*\*\*\*

## QIGONG BALANCING THE HEART (starting Apr 21)

This type of movement known as Shuxin Pingxue Qigong (Chi Kung) translates as "Expanding the Heart and Balancing the Blood Practice". It was developed in China by the medical profession in cooperation with Qigong masters for use as treatment for hypertension, coronary disease, anxiety, stress or low vitality, with remarkable results.

Classes April 21st to June 9th, 2010 at 7:30-8:30 pm, in  
The Gary Oak Room, 1335 Thurlow Street.  
Cost for the 8 week training is \$73 including taxes.  
Call Fairfield Community Association, 382-4604 to register.

For more information and future classes contact instructor Dennis Murphy (35 years experience) at 250 995-1770.

Submitted by Denis Murphy GHC Bass

\*\*\*\*\*

**GERMAN FOR TRAVELERS** (Repeat)

German for Travelers 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, traveling, 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

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

The problem is not that we aim to high and fail. It is that we aim to low and succeed.

Anonymous

Submitted by Harley Lappin former GHC Bass

\*\*\*\*\*

**COMMUNITY MEMBERS WEB SITES**

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

**CHRIS GOWER REES** (GHC & Soundings Tenor)

<http://www.TrustCooperation.com>

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

Submitted by Chris Gower-Rees former GHC / Soundings Tenor

\*\*\*\*\*

**FRANCES BACKHOUSE** GHC Alto

<http://www.backhouse.ca>

I'm the author of five adult non-fiction books, the latest being *Children of the Klondike* (a spring 2010 release). My writing also appears in publications such as *British Columbia Magazine*, *Audubon*, and *Nature Canada*. My website includes books excerpts and a selection of articles.

\*\*\*\*\*

**MICHAEL DARLING** HNC Singer

<http://www.wagtime.net>

A very entertaining site for dog lovers, especially Boston Terriers, and is guaranteed to bring a smile to your face. It features Boston's playing in the Wagtime Band and also "dancing". You can also purchase emergency window stickers for your dog or cat. Most of the major dog breeds are available.

\*\*\*\*\*

## **DO YOU HAVE A PERSONAL OR BUSINESS WEB SITE?**

If you are a current or past member of any choir in our family of choirs and you have a web site feel free to submit the URL plus a 50 word (or less) capsule description for inclusion in this section. Your listing will be kept on file and 2 - 5 of them will be rotated through this section (in the order received) of the Choir Community Member's Issue that goes out every second week. This will give your site periodic exposure to 1200+ people and offer readers different web sites to check out each week.

## **EMPLOYMENT AVAILABLE OR WANTED**

### **LADY BUG ECO-CLEANING AND HOME SERVICES IS LOOKING FOR NEW CLIENTS!**

I provide eco-sensitive home cleaning services and fantastic meal creations. My cleaning products are home made in small batches using only non-toxic ingredients and can be custom made and infused with the aromatherapy oils of your choice. My cleaning services are intended to revitalize and bring harmony to your home space. As well, I provide meal creations with a wide variety of menu ideas, special diet needs, and to support optimum and joyful nourishment. Please contact me if you are interested in meeting me and learning more about what i can provide. [oakandcamas@gmail.com](mailto:oakandcamas@gmail.com) or (250) 361-1917. Thanks.

Submitted by Magdalene Joly, Thursday night Tenor

## **ACCOMMODATION AVAILABLE OR WANTED**

### **SHORT-TERM RENTAL END OF MAY (1 OR 2 WEEKS)**

Tranquil, light-filled 3 bedrm character home available during period May 16 - 30, 2010, for one or two weeks. One block from the ocean in one of Victoria's prettiest and most walkable neighborhoods (Fairfield just below Moss Rock). High ceilings, wood floors, clawfoot tub, skylights, simple zen furnishings, private garden with patio, wireless internet, cd player, dvd, laundry. Walk to everything... no car needed. Cook Street village shops, Beacon Hill Park, Lieutenant Governor's gardens, Dallas Road beach walk. Bus stop direct to downtown just 2 minutes from the door. For more info, pics, email Sachiko at: [slk182@gmail.com](mailto:slk182@gmail.com) or call (250) 598-0816.

Thank you!

Submitted by Sachiko Kiyooka former Thursday Alto

\*\*\*\*\*

## **HOUSE SITTING OPPORTUNITIES WANTED**

Nathaniel and I are a professional couple who live aboard our sail boat and are looking for house sitting opportunities for the summer months. We are experienced, responsible house sitters (including pet care) with excellent references who are skilled at yard and home maintenance as well. If you need someone, or know someone who needs someone, to look after home/pets while y away this summer you can contact Tracy or Nathaniel at 250-857-8185 or E-mail Tracy at [tracy.koebel@gmail.com](mailto:tracy.koebel@gmail.com)

Submitted by Tracy Koebel former Summer Singer

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## LOOKING FOR A SUMMER GETAWAY CLOSE TO HOME?

I'm looking for a housesitter/subletter for my waterfront cottage in Brentwood Bay June 27 to Aug 22. Two bedrooms, newly renovated, wi-fi, HDTV, large deck overlooking marina, BBQ, kayak from your doorstep. Watch Butchart Gardens fireworks every Saturday night without leaving the table!

\$2,500 for 7 weeks. Shorter term may be considered.

Please call Caroline at 250 652-1196 or email [carosara@shaw.ca](mailto:carosara@shaw.ca) for more information.

Submitted by Caroline Caiger GHC Monday Alto

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## ACCOMMODATION AVAILABLE OR WANTED

Quiet, professional, respectful woman looking for a 1 or 2 bedroom suite where a quiet dog is permitted. Ideally, it would be a garden suite, or have a balcony if in a building. Preferred areas: Fairfield, Oak Bay, Estevan, Cadboro Bay (but will consider other areas too). Ideally under \$850 per month. Preferred move in date: April 30th/May 1. Please contact Meriel at [merielclare@gmail.com](mailto:merielclare@gmail.com) or 250-383-0090. Thank you.

Submitted by Veda former Tuesday night bass

\*\*\*\*\*

## GUATEMALAN CASITA FOR SUBLET

Guatemalan casita overlooking Lake Atitlan and three volcanoes is available to sublet by the week or the month starting May 1 through August 30th.....possibly into Sept and Oct.

This cute casita is situated in the small safe, indigenous Mayan town of San Antonio Palopo (the town that benefits from the stove project through scarf sales).

It is retreat offering cultural adventure, welcoming people, lake swimming, regular bus transport, spectacular vistas and a comfortable climate in a verdant paradise.

Prices are 200 dollars for the week, 300 dollars for 2 weeks, 500 dollars for the month. For more info and photos email [barblive@gmail.com](mailto:barblive@gmail.com)

Submitted by Barb Petersen previous High Noon/Getting' Higher Choir Alto

\*\*\*\*\*

## WANTED A SELF-CONTAINED/ BACHELOR SUITE

Looking for: Quiet, safe place, garden, above ground, long term in Oak Bay, James Bay, Fairfield, Esquimalt or Uvic area. All utilities included. Own kitchen and bathroom. Respectful, self-aware, landlord. Near shops and buses. No pets or children/babies. 37 years old, enjoy my peace and quiet. NP, NS, don't do drugs, have occasional drink. \$600.00 all inclusive. Excellent references. Will help with garden, yard, house and pets for rent reduction. Responsible, employed, creative and artistic-Aspiring writer and photographer. Email: [IrishVikingRose@yahoo.ca](mailto:IrishVikingRose@yahoo.ca).

Submitted by Karen S. Former Soprano GHC

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

Laughter is not at all a bad beginning for a friendship, and it is far the best ending for one.

Oscar Wilde

Editor's Collection

\*\*\*\*\*

## COMMUNITY EVENTS - THIS WEEKEND TO NEXT

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

### **SOOKE HARBOUR HOUSE FLORAL ART SHOW** (now to Apr 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

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### **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

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### **CAR WASH FUNDRAISER FOR WOODWYNN FARMS** (Apr 17)

Please come!

@ Petro-Canada on Craigflower/Tillicum  
Saturday, April 17th 10 a.m - 4 p.m!"

Hot dogs and pop also for sale.

Submitted by Patricia Houston GHC Alto

\*\*\*\*\*

### **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

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### **VIVA-RAW POTLUCK WITH JENNIFER & JOSLYNN** (April 18)

Come to a wonderful potluck and a presentation "Introduction to the Raw Food Kitchen—Part 1". by Jennifer & Joslynn of J & J Living Raw Foods. Pioneer A & B in the Esquimalt Recreation Centre, 527 Fraser St. Doors open at 5:30 p.m. Potluck sharing at 6:00 p.m. Presentation at 7:00 p.m. Bring a raw vegan dish to serve 6-8 and ingredient list, plus your

own serving utensil(s), dishes and cutlery. Cost: \$5 - \$3 per adult. Bring your family and friends. Children welcome but must be supervised. Info: <http://vivaraw.ca> or Linda at (250) 380-6383.

Submitted by Linda Chan, High Noon Choir

\*\*\*\*\*

**ECKHART TOLLE DVD NIGHTS** (April 18, May 2 +)

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

Next Showing: Sunday, Apr. 18 - 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

\*\*\*\*\*

**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

\*\*\*\*\*

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

<http://www.OnlyLovels.org>

Submitted by Julia Day, disappeared Alto

\*\*\*\*\*

**AWAKENING THE DREAMER**  
**- CHANGING THE DREAM** (April 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 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

\*\*\*\*\*

**OPEN INQUIRY MEDITATION GROUP** (Apr 21 & 28 +)

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

Chloe Garthson, Spiritual Counsellor with Clear Spaces Counselling Services, is now leading a drop-in meditation group. This group is designed for anyone curious about meditation, relaxation and awakening to our natural state of being and limitless possibilities.

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

What to Bring:

Cushions provided, bring your own water bottle

Cost:

\$10 suggested donation

Contact:

chloe@clearspaces.ca

Submitted by Chloe Garthson HNC Singer

\*\*\*\*\*

**MINDFUL YOGA COURSE** (starts Apr 22)

This invitation is in from our chronological neighbour in the Church Of Truth on Thursday nights.

Dear Friends,

Join us for the Mindful Yoga Course in James Bay this April and May!

Mindful yoga is ideal for those who want to experience yoga as a spiritual practice, not merely as a physical workout.

Dates: 6 sessions in April/May (April 22, 29, May 6, 13, 20, 27)

Time: Thursdays, 5-6:30pm

Location: Church of Truth, 111 Superior st., James Bay

Fee: regular fee \$90

for more information go to:

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

~or~

[http://www.soulstir.net/yoga\\_course\\_in\\_victoria\\_bc.html](http://www.soulstir.net/yoga_course_in_victoria_bc.html)

Contact Info: [misha@soulstir.net](mailto:misha@soulstir.net),  
tel. 778-678-0137

Namaste,

Misha Gitberg

Submitted by Bill Hanson GHC Bass etc.

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**ANNA B's "CANTINA JAZZ" CONCERT** (Apr 23)

Anna B.'s dad, who raised her on Miles Davis, Joao Gilberto and Mariachi records, named her music "Cantina Jazz".

Her sultry and emotive voice transcends language whether singing in English, Spanish or Portuguese. Her music (coming from Roots, Brazilian Bossa Nova and Samba, Mexican Mariachi and Jazz influences) congers up images of doves, sage, pine trees, lily pads, pirates, wind and loves won and lost.

Flyer: <http://www.o-my.info/ghc/nl/2010/0416/annabvictoria.pdf>  
(Printing copies and posting them in the places you frequent would be very helpful)

For more about Anna and to hear some song samples visit:

<http://www.annabmusic.com>

Friday April 23rd at the Church of Truth  
Time: 8 p.m.  
Tickets: \$10

Submitted by Anna Baignoche CCLT 2 – 2005/6

\*\*\*\*\*

**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

\*\*\*\*\*

**CIRCLE DANCING, MANDELA MAKING** (Apr. 24)

*With Mystic Julian of Norwich,*

Julian of Norwich's understanding of humanity as part of creation is celebrated in art, dance and reflection.

Louise Taylor BMus, Orff 3, Dalcroze Eurhythmics Cert. and Mary Jane Wilson CND MA ATh, Psychosynthesis Counsellor, Cert. A Th., & Spiritual Direction.

Date: April 24, SATURDAY

Time: 9:30 AM—3:30 PM

Cost: \$60.00. Please bring your lunch. refreshments are served. Please call us if cost prevents your attending this workshop.

Location: 5990 Old West Saanich Rd.(the Yurt)

Register: [earthliteracies@shaw.ca](mailto:earthliteracies@shaw.ca) with pay pal access, 250-220-4601 [www.livinglanguageinstitute.org](http://www.livinglanguageinstitute.org)

Submitted by Gertie Jocksch, Monday Soprano

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**BODYTALK ACCESS CLASSES** (Apr 24...or...Apr 27 & May 4)

*Your own personal health care system!*

In one day or two evenings, learn 5 of the most powerful BodyTalk techniques to help create wellness for yourself and your family. 10-minute daily routine will boost your immune system, improve mental clarity, increase energy levels, reduce stress and pain. Limited class size, register soon! For information/registration, contact Jill Kirby, Access Instructor 388-7905 or [jkirby@holisticarts.ca](mailto:jkirby@holisticarts.ca).

Apr. 24th, 10 am -5 pm

~ or ~

Apr 27th & May 4th, 6:30 - 9:30 pm

Submitted by:Jill Kirby, Soundings (and former GHC) Soprano

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**BIRGIT PISKOR...ANNUAL PLANT SALE** (Apr 24 & 25)

Back by popular demand - this plant sale will also feature plants by Janice Currie and Judith McLauchlan!. Hundreds of choice perennials and ornamentals. A wide selection of Sculpture will also be on sale

Saturday, April 24 and Sunday, April 25

10 am - 2 pm

570 Niagara Street in James Bay

250-858-4334

Submitted by Gloria Hansen, Tenor...GHC Director's Assistant and HNC Registrar

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**ENSEMBLE LAUDE YEARLY GALA CONCERT** (Apr 25)

Dear fellow singers:

Our Ensemble Laude yearly Gala concert is nearly upon us. We'd like to invite you to come!!!! Entry is by donation and it is shaping up to be a wonderful event. So, please join us and do invite anyone you think might be interested in spending a wonderful afternoon with us.

Attached is our poster. Below are the main details.

Time: 3 pm

Location: St Andrew's Presbyterian, Douglas St at Broughton

Date: April 25th

Flyer: <http://www.o-my.info/ghc/nl/2010/0416/viriditas.pdf> Printing and posting this flyer on residential, work and neighbourhood bulletin boards would be much appreciated.

Web info: <http://www.ensemblelaude.org>

Submitted by Nikki Basuk former

## COMMUNITY EVENTS COMING WEEKS

**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.inlawsandoutlawsfilm.com/screenings/screenings/victoria\\_bc.php](http://www.inlawsandoutlawsfilm.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

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**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

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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 Angeles .....save 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!

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**CONVERSATIONS ON THE NEW COSMOLOGY** (Apr 29)

With Bill Wilson, SJ PhD.

"We are the first generation to know the Great Story of the Universe," Thomas Berry. Our conversations focus on what it means for humans to know this story as our own story.

Date: Thursday Jan 28, 2010

Time: 12:00 am – 1:30 pm

Location: Friends Meeting House, 1831 Fern St. Victoria, BC

Cost: \$10.00 suggested donation

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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**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](mailto: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

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**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!

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**CEREMONIAL ART WORKSHOP ON GABRIOLA ISLAND** (May 1)

Saturday May 1st. 10 to 5 p.m..

We will use Ritual, Guided Imagery , Art and Song to explore the unconscious Image. We will allow the Self to sing in creative ways.

No skills necessary, just an adventurous soul. Bring your favorite medium, writing, drawing, collage...

Fee \$80. Send deposit of \$40. to ARC. 250-658-8770 for questions and address.

" Ann-Rosemary Conway BFA is a gifted and wise facilitator. The rituals and activities she led us through during the Ceremonial Art Workshop were full of amazing surprises and powerful images. I discovered and re-connected to profound and deep ancestral roots." - Lana-Marie -Registered Clinical Counsellor.

Submitted by Ann-Rosemary HNC Alto

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A Victoria Storytellers' Guild Interactive Workshop:  
**"THE IMPORTANCE OF PROGRAMMING"** (May 1)

Featuring Acclaimed Storyteller, Micki Beck

- Saturday, May 1, 10:00 a.m. to 4:00 p.m.
- Cost: \$40 (\$25 for VSG Members)
- Develop self-knowledge, learn about gauging audiences, choosing venues, selecting stories & activities, creating balance and more.
- Enjoy inspiring presentations, small group activities, evocative discussions and informative materials.
- Please bring a bag lunch.

For more information and to register, please call 250-590-8214.

Visit Micki Beck's site: <http://www.sc-cc.com/directory-pages/beck-micki.html>

Visit the guild site: <http://www.victoriastorytellers.org>

See also: "Be Careful What You Wish For" (May 2)

Both these events are supported by the Thrifty Foods Smile Card Program.

Submitted by Shoshana Litman & Sandra Johnson former and current HNC members

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**"GROWING COMMUNITY" SPRING FAIR** (May 1)

Live Music, Maypole dance, plants galore, community groups, food and fun for all.

Saturday May 1, 10 -2 pm. at St. John's Church;  
10990 West Saanich Rd. (across from Deep Cove School)

Submitted by Eva Kerr Monday Alto

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**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](mailto: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

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**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](mailto:dpwoodall@shaw.ca)) or Ana Simeon ([anajsimeon@yahoo.com](mailto: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

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Victoria Storytellers' Guild Storytelling Concert:  
**"BE CAREFUL WHAT YOU WISH FOR"** (May 2)

Featuring Acclaimed Storyteller, Educator and Librarian, Micki Beck of Ontario

- Sunday, May 2, 2:00 to 3:30 p.m.
- Holy Cross Parish Hall, 4049 Gordon Head Road.
- Tickets: \$10, available at the door and at Tall Tales Books, 795 Fort Street.
- Refreshments will be served.

For more information, please call 250-590-8214.

Visit Micki Beck's site: <http://www.sc-cc.com/directory-pages/beck-micki.html>

Visit the guild site: <http://www.victoriastorytellers.org>

See also: "The Importance Of Programming" (May 1)

Both these events are supported by the Thrifty Foods Smile Card Program.

Submitted by Shoshana Litman & Sandra Johnson former and current HNC members

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**WORLD LAUGHTER DAY** (May 2)

Come have a laugh in Beacon Hill Park with Victoria Laughter Yoga Clubs!

Date: Sunday, May 2, 2010

Time: 2:00-3:00pm, rain or shine!

Location: Beacon Hill Park - green space across the road from kids' water park/public washrooms/rose garden. Don't worry, you'll see us!

Who: Come one, come all!

Want more info about World Laughter Day or laughter clubs? Email [victorialaughteryogaclub@gmail.com](mailto:victorialaughteryogaclub@gmail.com) or call Matti Anttila (a GHC bass) at 250-477-8608 or Kathleen (new GHC tenor) at 250-891-5433.

Fyi: [www.laughteryoga.org](http://www.laughteryoga.org) or [www.laughteryoga.ca](http://www.laughteryoga.ca)

Yours in laughter and song,

Submitted by Matti Anttila former GHC Bass & Kathleen Sun GHC Thursday Tenor

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**RE-WRITE YOUR LIFE**  
**8 WEEKS WITH JUNE SWADRON** (earlybird May 4)

Write your life stories using a deeply rich, empowering and unique process. A totally transformational experience that honours you in a sacred circle of trust, joy, compassion and support.

For details see the May 8th & 25th items below.

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**"WRITE" WHERE YOU ARE**  
**WORKSHOP IN CREATIVE WRITING: 8 WEEKS** (early bird May 6)

Do you like to write & play with words or do you stand on the sidelines wanting to write but avoid it by telling yourself: "I'm not good enough, I have nothing valuable to say and besides I can't spell!" This writing tames the inner gremlin and teaches you the joy of writing. You will learn a method that will break through writer's block, access your inner muse, hone your writing skills, deepen self-awareness & have fun!

For details see this May 20th item.

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The Get Out Migration  
**WILD SALMON ARE SACRED** (May 8)

Walk (and perhaps sing) with us on, all or part of, the Sidney to Victoria stretch of the Salmon Are Sacred Migration.

Some choir people are planning to join Alexandra Morton and many other people walking, (and some who are boating) from the far end of Vancouver Island and some places on the mainland all the way to Victoria to tell the government that we believe that preserving our wild salmon is essential. You can read more about this growing migration, to get the irresponsible fish farms out, here: <http://www.salmonaresacred.org/>

If you would like to join us please call Jennifer 250-294-6257

Submitted by Jennifer Medd GHC Thursday Alto

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**RE-WRITE YOUR LIFE**  
**8 WEEKS WITH JUNE SWADRON** (May 8 & 25)

Write your life stories using a deeply rich, empowering and unique process. A totally transformational experience that honours you in a sacred circle of trust, joy, compassion and support.

"June Swadron's classes are outstanding!"  
Christie Eng, Alison Miller, Amy Robertson & Marya Nijland  
(GHC members or former members)

Saturday Afternoons – 1-4 begins May 8th  
\$325.00 or Early bird \$295.00 before April 17th

Tuesday Afternoons –2-5 pm, beginning May 25<sup>th</sup>  
\$325.00 - Early bird \$295.00 before May 4<sup>th</sup>

\* Special payment arrangements available

Call - 250- 385-2205

Full details

[www.juneswadron.com](http://www.juneswadron.com)  
[june@juneswadron.com](mailto:june@juneswadron.com)

Submitted by June Swadron former GHC member Alto

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**"WRITE" WHERE YOU ARE**  
**WORKSHOP IN CREATIVE WRITING: 8 WEEKS** (early bird May 6)

Do you like to write & play with words or do you stand on the sidelines wanting to write but avoid it by telling yourself: "I'm not good enough, I have nothing valuable to say and besides I can't spell!" This writing tames the inner gremlin and teaches you the joy of writing. You will learn a method that will break through writer's block, access your inner muse, hone your writing skills, deepen self-awareness & have fun!

Thurs. begins May 20<sup>th</sup> 6:30 – 9:30  
\$325.00 - \$295.00 by May 6<sup>th</sup>

Special payment arrangements available

June Swadron – 250 385-2205  
[june@juneswadron.com](mailto:june@juneswadron.com)

<http://www.juneswadron.com>

Submitted by June Swadron former GHC member Alto

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**TAIZE SERVICE** (May 21)

The next Taize service will be on Friday, May 21 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.

Submitted by Anne Forester, Monday Soprano

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***The Power Of Hope Presents***

**CREATIVE FACILITATION 1:**

**EXPRESS YOURSELF! A TWO DAY INTENSIVE TRAINING** (May 28 & 29)

*Ready to bring more soul and skill into your work with groups?*

Working with youth is an intensely creative endeavor demanding a high level of improvisation - and the arts can be one of your greatest allies. This training is designed for youth workers, artists, teachers, and other adults, and is based on the belief that you don't have to be a professional artist to use the arts in working with young people.

Friday, May 28th & Saturday, May 29th, 2010 in Vancouver

For more information and to register - check out the following:

<http://powerofhope.org/news/creative-facilitation-date-set-vancouver-bc>

Submitted by Gloria Hansen - GHC and HNC tenor and Power of Hope Canadian Board Chair

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**THE HEALING POWER OF YOGA** (May 29 & 30)

The Hatha Yoga Association of Victoria invites you to attend "The Healing Power of Yoga" workshop with Nischala Joy Devi, May 29th and 30th.

Nischala Joy Devi is a masterful and compassionate teacher, internationally renowned since 1974. Educated by masters in India and worldwide, she was a monastic disciple of Swami Satchidanandaji for over 20 years. Her landmark work is written up in her books, *The Healing Path of Yoga* and *The Secret Power of Yoga, A Woman's Guide to the Heart and Spirit of the Yoga Sutras* [www.abundantwellbeing.com](http://www.abundantwellbeing.com)

Nischala's workshop in Vancouver and Toronto were sold out ... don't miss this opportunity. Register by contacting [hyavsec@gmail.com](mailto:hyavsec@gmail.com) or call (250) 652-8166.

Details are available in the attached poster and on the HYAV website [www.members.shaw.ca/hathayogavictoria](http://www.members.shaw.ca/hathayogavictoria)

All the best,

Submitted by Bev Smith Monday Tenor

**JUST FOR FUN**

A reward of laughter for reading this far

**ANOTHER PROBLEM CAUSED BY DEFORESTATION...**

<http://www.o-my.info/ghc/nl/2010/0416/deforestation.pdf>

