

For our repertoire and other details about our participation, the event and the issues click on:

<http://www.o-my.info/ghc/nl/2010/0430/wild-salmon-swat.pdf>

This invitation to sing is extended to all of you in our extended choir community, past and present, GHC, HNC and Soundings.

Stay tuned for a further announcement next week about where and when we'll gather on the 8th to run through our songs before we're on.

~ Shivon

SWAT June 25 **CELEBRATION OF NEED CRISIS AND INFORMATION LINE**

After 39 years of continuous 24 hour service, NEED will be hanging up the phones by June 30.

The Gettin' Higher Choir has been asked to sing at this community celebration. Many in the choir have had a connection to this respected community agency. Please mark your calendars and help Victoria honor and say goodbye to NEED.

Choir will sing at 7pm at the close of this event. For more information see www.needcrisis.bc.ca

Submitted by Linda Woodward Stanton GHC Tuesday Alto.

INVITATION FOR NEW BEDSIDE SINGERS

Our volunteer group began four years ago with GHC singers who wanted to find a way to support ill and end-of-life people with bedside singing. We now provide regular weekly shifts at Victoria Hospice and RJH Inpatient Oncology.

Please contact us through our Website <http://www.songs-of-passage.com> or phone our group coordinator Marnie Lamb at (250) 385-1983 to let us know if you might be interested in joining our new September 2010 training program.

Submitted by Marnie Lamb, former GHC & HNC Alto

Editor's Note

Marnie, and another member of Songs Of Passage, were interviewed on CBC on April 27th. To hear what they had to say click on:

<http://www.o-my.info/ghc/nl/2010/0430/songs-of-passage-cbc-interview-20100427.mp3>

COMMUNITY EVENTS ITEMS THAT INVITE YOU TO SING!

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

REVIVING VICTORIA FOLKFEST

If you would like to see Folkfest revived, here is a group actively working toward that goal. They put on a great benefit concert on the 24th and handed out information on becoming a member of their society. if you are interested: \$30 regular, \$20 low income:

"The Lower Island Folkfest Society is proud to announce that plans are underway for the 1st Annual FOLKWEST in summer 2011. We welcome you to get involved with a festival dedicated to the music you love..."

Check them out at <http://www.folkwest.ca>.

Submitted by Anne Forester Monday Soprano

BOTTLE DRIVE FUNDRAISER FOR WOODWYNN FARM

Bring all of your returnable items out this Saturday (tomorrow!!), May 1st between 10 a.m. and 4 p.m.!

Location: Blanshard/Finlayson corner of the Mayfair Mall Parking Lot

Until Mothers' Day on May 9th, an anonymous supporter will be matching donations to Woodwynn up to \$150,000, Please help support our fundraising efforts.

If you would like to donate your time, please call Rebecca at 250.857.8209 or e-mail Rebecca at rebecca.bowers@shaw.ca.

Recommended by Patricia Houston GHC Alto

SALMON ARE SACRED

I hope you'll visit <http://www.salmonaresacred.org> and support the wild salmon. They are necessary to life as we know it on the coast.

There are many ways to speak out! Donate on the web site, sign the on-line petition, have others sign, pass the word along nationally through email and facebook, do artwork and have it seen with the theme "Salmon Are Sacred". Let Ottawa know!

On May 8th in Victoria join us:

2 to 3 p.m. Centennial Square for festivities including music and salmon BBQ
3 to 4 p.m. March to the Legislature
4 p.m. + Rally at the Legislature

Recommended by Soshin Ruth McMurchy former GHC Tuesday Alto

MOONSCAPES – INCREDIBLE!

....Sound ON... (beethoven)

A keeper...this one touches the spirit and delights the senses!

http://www.o-my.info/ghc/nl/2010/0430/beethoven_et_la_lune.pps

Enjoy!

Recommended by Woneta Matei former Tuesday Alto

NO-HST PETITION

If you want more information about the NO-HST petition, or want to sign, go to www.fighthst.com. There is a link to where canvassers will be. Click on Location - Islands-South Island. You must physically sign the paper petition for it to be counted, and you must be a registered voter as of April 6th.

There are canvassers at the White Eagle Hall on Dock Street weekends Saturday after 12:00, Sunday 2:00 - 6:00.

Recommended by Susan Lea Tuesday Alto

THE VIRTUAL CHOIR

What a brilliant idea! Last year, Eric Whitacre put together a choir of 185 singers from 12 countries who had never sung as one until their voices were edited together. For the story of what set Eric Whitacre along this path, [go to http://ericwhitacre.wordpress.com/](http://ericwhitacre.wordpress.com/). Listen to the soprano who inspired Whitacre, to the fascinating story that unfolded, leading to the final mix of Whitacre's composition *Lux Aurumque* and how that was achieved. Hurrah for cyberspace!

Submitted by Josephine Munro, 'resting' GHC tenor

Editor's Note

I think it has been in the newsletter before but, even if it has, it is worth repeating as it is verrrrrry coooool! Josephine's link above will take you to a web page that has a variety of information about the video you have to scroll down the page a bit to find the video itself. If you just want to see the video go to: http://www.youtube.com/watch?v=D7o7BrlbaDs&feature=player_embedded

SINGING AND HEALTH RESEARCH

Lovers of Song, I send you good wishes from Vancouver.

I just read an article on singing and communal health that you may appreciate.

<http://www.o-my.info/ghc/nl/2010/0430/benefits-singing.pdf>

All my best,

Recommended by Vanessa Richards CCLT 6 - 2009/10

Editor's Note

I have added an link to this article to our site's "Singing?!" page. If you haven't visited that page and checked out all other links on it to articles, videos, web sites, etc. I recommend that you give it a try.

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

To understand the heart and mind of a person, look not at what he has already achieved, but at what he aspires to do.

Kahlil Gibran
(1883-1931, Lebanese poet, novelist)

Submitted by Patricia Houston GHC Alto

COMMUNITY NETWORKING

DEAR CHOIR MEMBERS,

I need someone to come to the library with me Sat afternoons. I need help getting my walker in and out of my car. If you can assist please email me at healenarts@yahoo.com.gratefully,

Submitted by Helle Kallas GHC Tenor

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, email me at: mlynchbc@hotmail.com

Submitted by mary lynch, monday soprano

GREAT TENANT LOOKING FOR NEW HOME

Hello All,

I am looking for a bright one bedroom apartment for rent (not a basement) or large studio live-in, or temporary house sitting/subletting starting May 15th or June 1st. Please send e-mail with pictures if possible to: adlibitum007@gmail.com or call me: 250 884 4012

If you know someone who might have what I am looking for please pass this information on.

Submitted by Andrew Kielbowicz, choir photographer and former GHC Bass

DONATIONS NEEDED FOR BOTSWANA

My friend, Frank's daughter Jennifer works for an NGO associated with helping the San people (aka the Kahlahari bushmen, perhaps the most ancient peoples on Earth).

She is asking him to bring toothbrushes, previous generation mp3 players and, particularly, old cell phones. Specifically, GSM cell-phones (preferably unlocked) with GSM-900 band capability (the Botswana standard). These are not common, but it is worth asking. Jennifer says:

"Cell phones really open up people's lives. Grootlaagte, one of the villages in which I work, is going to be connected to a phone network (of any kind!) for the first time..."

Please contact Frank Ruskey (ruskey@cs.uvic.ca) or me (bbultena@uvic.ca)

Submitted by Bette Bultena (GHC Tue & Thurs Soprano)

SERVING EACH OTHER

WILD ROSE GARDENS AND HABITATS

"Bringing the beauty, edibility, and medicine of the wild to your home"

*Certified permaculture design: ecological, integrated design for home and habitats.

*Bringing together edible, medicinal and native plants with contemporary and traditional design elements

- *Create food security through perennial shrubs, berries, fruit and nut trees and vegetable gardens
- *Compost and rain water catchment systems
- *Ecosystem restoration and rehabilitation
- *Encourage bird and pollinator habitat
- *Design, implementation and upkeep
- *Ten years experience

Contact Philippa at wildrosehabitats@gmail.com

Submitted by Greg Joly former GHC Tenor

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 *****

If you are not willing to risk the unusual, you will have to settle for the ordinary.

Jim Rohn, Self Help Guru

Submitted by: Chris Gower Rees

COMMUNITY MEMBERS WEB SITES

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

RAE BILASH (GHC Soprano)

<http://www.raebilash.ca>

Through gentle movement and touch, Trager bodywork imparts deep relaxation to the body/mind while releasing patterns of pain, trauma, stress and tension.

Trager is also a tool to help embody more fully in oneself, bringing deeper awareness to living in the present moment.

BRUCE BATCHELOR (GHC Tuesday Bass)

Agio Publishing House.

<http://www.agiopublishing.com>

We offer expert book editing, design and marketing services, working in collaboration with positively-oriented authors.

NIKKI BASUK (HNC Alto) & her husband Jack

<http://www.nikkibasuk.com> & <http://www.jackbasuk.com>

We love to write and we invite you to read. Enter and be intrigued, amused or entertained. We wish you well on our journey.

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.

COMMUNITY MARKETPLACE

BUTCHART GARDENS BOTANICAL ART DISPLAY AND SALE (started April 2010)

800 Benvenuto Avenue, Brentwood Bay, BC V8M 1J8

Info: 250-652-5256 www.butchartgardens.com

Eleven of my botanical drawings are displayed and for sale in the Butchart Gardens Coffee Shop. Several of my small botanical prints and art cards are for sale in the Butchart Gardens Seed & Gift Store.

Submitted by Aurafidelite Arindam GHC Thursday Soprano

TOYOTA CAMARY FOR SALE

A friend of mine is selling his car...

Toyota Camary
4 doors and Hatch Back color Tan
Bs and Power String
YEAR 1984
Very LOW Miles
Runs Great

E-mail: victoriarug@yahoo.com

Phone is 250-3841919

Submitted by JoAnne Danis former GHC Alto

ACCOMMODATION AVAILABLE OR WANTED

GREAT TENANT LOOKING FOR NEW HOME

Hello All,

I am looking for a bright one bedroom apartment for rent (not a basement) or large studio live-in, or temporary house sitting/subletting starting May 15th or June 1st. Please send e-mail with pictures if possible to: adlibitum007@gmail.com or call me: 250 884 4012

If you know someone who might have what I am looking for please pass this information on.

Submitted by Andrew Kielbowicz, choir photographer and former GHC Bass

SEEKING HOUSE SITTING

Employed, happy family of four (kids 2 and 5 years) seeks house sitting opportunity April 20 - May 31, or portions thereof. We are a Saanich family and our home is being renovated. We've been house sitting since November and are able to provide references. We are willing to go anywhere in the Greater Victoria area and are also able to care for pets, gardens etc. Feel free to contact us with questions.

250-744-1710 or ferns1@telus.net

Submitted by: Jenny Eastman, former GHC Soprano:

FUNKY 2-BEDROOM SUITE

For rent \$1,000/mo. available June 1st. Funky 2-bedroom suite in a quiet family home in Esquimalt area. Includes jet tub, in-floor heating, dishwasher, deck area with space to garden and shared laundry. No smoking, no pets. Cable and utilities included. Would suit mature renter who wishes to garden. Phone Andrew or Oshyn Young 250-383-3013.

Submitted by Gay Standell, HNC Tenor.

SUMMER IN SCOTLAND

Second floor 2 bedroom apartment in Edinburgh with shared access to small garden.

Available June to mid September.

On excellent bus route. Walking distance to city centre and Leith Walkway.

email helen.skuodas@hotmail.co.uk,

Submitted by Liz Vickers, Thursday soprano.

LOOKING FOR A SUMMER GETAWAY CLOSE TO HOME?

I'm looking for a housesitter/subletter for my newly renovated waterfront cottage in Brentwood Bay June 27 to Aug 22. Two bedrooms, office, wi-fi, HDTV, large deck overlooking marina, BBQ, kayak from your doorstep. Watch Butchart Gardens fireworks from the deck every Saturday night.

We're on the #75 bus route and a half hour commute to downtown Victoria.

\$2,500 for the summer (\$350/week). Shorter stay may be considered.

Please call Caroline at 250 652-1196 or email carosara@shaw.ca for more information.

Submitted by Caroline Caiger GHC Monday Alto

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

Forget about the afterlife and make the current one a success and death with take care of itself.

Laura Pedersen's character
"Olivia in "Beginner's Luck"

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.

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!

BOTTLE DRIVE FUNDRAISER FOR WOODWYNN FARM (May 1)

Bring all of your returnable items out this Saturday (tomorrow!!), May 1st between 10 a.m. and 4 p.m.!

Location: Blanshard/Finlayson corner of the Mayfair Mall Parking Lot

Until Mothers' Day on May 9th, an anonymous supporter will be matching donations to Woodwynn up to \$150,000, Please help support our fundraising efforts.

If you would like to donate your time, please call Rebecca at 250.857.8209 or e-mail Rebecca at rebecca.bowers@shaw.ca.

Submitted by Patricia Houston GHC Alto

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

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

"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

**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

ECKHART TOLLE DVD NIGHTS (May 2, 16 +)

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

7:00 to 9:00 p.m. and every other Sunday (May 2, 16 & 30 etc.)

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

Submitted by Linda Chan, Former Tuesday Soprano

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

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 or call Matti Anttila (a GHC bass) at 250-477-8608 or Kathleen (new GHC tenor) at 250-891-5433.

Fyi: www.laughteryoga.org or www.laughteryoga.ca

Yours in laughter and song,

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

**A COURSE IN MIRACLES
ADVANCED STUDY GROUP**

(May 4, 18 +)

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: May 4, 18; June 1, 15

<http://www.OnlyLoves.org>

Submitted by Julia Day, disappeared Alto

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.

LIVING A LIFE OF COMPASSION IN ACTION

(May 5, 12, 19 & 26)

What can one person do? Can we transcend our sense of hopelessness and powerlessness? Please join us in choosing loving action and in becoming a part of the great shift . This series will be facilitated by Cedona Holly.

May 5: Forgiveness Practice

May 12: Compassion as A Way of Life

May 19: Follow Your Heartbreak to Take Action in the World

May 26: Becoming a Clear Instrument of Love

Everyone Welcome! Drop-in at Oneness Wednesday from 7 - 8 :30 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

**“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.

**Inspired by the TC 10K?
LEARN TO RUN FOR FUN** (starts May 6)

I help out with a beginner run clinic at Frontrunners Victoria and we are starting up our next clinic on Thursday, May 6th at 6pm. We start out by running for one minute intervals and end up doing 8-10K comfortably in the twelve week program (May6-July 22). The clinic is every Thursday at 6pm, but you’d still have time to make it to choir! We train all ages, sizes, shapes and abilities—the focus is on FUN and fitness. (The youngest participant is a teenager and the eldest just turned 70!)

For more information, you can email me a 4distaces@gmail.com or chat me up on Tuesday night in the Tenor section.

Suzanne Wilkinson (formerly Bate) GHC Tuesday Tenor & triathlete

ALEXANDRA MORTON PRESENTATION FRIDAY MAY 7TH

Alexandra will be giving a presentation on saving the wild salmon at the Mary Winspear centre, May 7th, Doors open at 7.

Music, art stations to create salmon to be carried on the last leg of the walk which started from Sointula Is., and will finish in Victoria on Saturday, May 8th. Come hear the talk, and join the walk for our wild salmon. More info call Eve 656-5273

Submitted by Eve Kerr Mon. alto

**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

**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 25th
\$325.00 - Early bird \$295.00 before May 4th

* Special payment arrangements available

Call - 250- 385-2205

Full details

www.juneswadron.com
june@juneswadron.com

Submitted by June Swadron former GHC member Alto

COMMUNITY EVENTS COMING WEEKS

OPEN INQUIRY MEDITATION GROUP (May 12, 19 & 26 +)

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

PRACTICAL DIGITAL PHOTOGRAPHY (PDP) FOR BEGINNERS (starts May 13)

Thursdays: May 13, 20, 27 and June 3, 6:00 p.m. Guided photo walk: Saturday, May 22, 5:30 p.m.

Juan the Fuca branch of the Public Library, 1759 Island Highway

Five 2.5 hour sessions. Total 12.5 hours. Group limited to 9 students. Fee: \$280

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

Submitted by Andrew Kielbowicz, choir photographer and former GHC Bass,

**MOVIE - IN RECOGNITION OF
INTERNATIONAL DAY AGAINST HOMOPHOBIA** (May16 & 17)

Beyond Gay - The Politics of Pride
<http://biggaymovie.com/>

Movie Screening at Cinecenta -
Student Union Building UVic
May 16 & 17 (7:00PM Only)
www.cinecenta.com

Tickets at the door

Hosted by PFLAG Victoria
www.pflagcanada.ca

In recognition of International Day Against Homophobia - May 17
<http://www.homophobiaday.org/>

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

PFLAG (May 16 & Jun 20 +)

Provides support, education and resources on issues of sexual orientation and gender identity
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

When you no longer need PFLAG - PFLAG needs you!
PFLAG Victoria is actively looking for new members to help our chapter continue. If you would like to be involved in any way please email us at victoriabc@pflagcanada.ca

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

**“WRITE” WHERE YOU ARE
WORKSHOP IN CREATIVE WRITING: 8 WEEKS** (May 20)

Do you like to write & play with words or 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 20th 6:30 – 9:30
\$325.00 - \$295.00 by May 6th

Special payment arrangements available

June Swadron – 250 385-2205
june@juneswadron.com
<http://www.juneswadron.com>

Submitted by June Swadron former GHC 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 member Alto

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

MYSTIC JOURNEY ANNOUNCEMENT

(May 21)

Hello friends of sacred poetry, dervishes, and wonderful improvisational music, come join the caravan of Mystic Journey next month! With Tanya Evanson Neil Golden, Enrigus Rivas, Glenn Timms and Ken Hall.

When: 8:00pm Friday May 21, 2010

Where: Church of Truth, 111 Superior St

Donation: \$15 / \$12 students

Blissful blossoming of Spring in the meantime to you,

Poster: <http://www.o-my.info/ghc/nl/2010/0430/mystic.pdf>

Submitted by Bonnie Hardy former GHC & HNC Tenor

TAOIST TAI CHI SOCIETY

ANNIVERSARY CELEBRATION

(May 22)

The Victoria branch of the Taoist Tai Chi Society is Celebrating their 35th year on Sat. May 22 at 865 Catherine Street in Vic West.

11:00 am Welcome
12:00 Lion Dance
12:30 Jai lunch (vegetarian) FREE
12:45 Demonstrations
1:30 FREE Give-it-a-try class

All are welcome.

See you

Submitted by Helle Kallas GHC Tenor

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

VISIONING A PROMISING LIFE IN CHALLENGING TIMES (May 29)

Workshop with Duane Elgin, Internationally Recognized Speaker

This workshop, will explore how you can chart a soulful course for today's challenges. Books: *Voluntary Simplicity*, *Awakening Earth* and *The Living Universe*.

Date: May 29, Saturday

Time: 9:30 – 5:00 pm . .

Cost \$105.00

Location: Cadburo Common, UVic Conference Centre, Victoria

Register: earthliteracies@shaw.ca, 250-220-4601, www.livinglanguageinstitute

Submitted by Gertie Jocksch, Monday Soprano

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

Nischala's workshop in Vancouver and Toronto were sold out ... don't miss this opportunity.

Register by contacting 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

All the best,

Submitted by Bev Smith Monday Tenor

FABULOUS FACILITATION (June 2)

Tired of using the same old ice breakers and activities for workshops, courses, or staff meetings? Participants are guaranteed to leave with new resources and ideas for group activities including:

- Icebreakers and get-to-know-you games to welcome and warm groups up
- Team energizers to spice things up and keep everyone on their toes
- Awareness activities that can be used in a variety of workshop situations

When? Wednesday, June 2nd, 1:00-4:00pm

Where? United Way Building, 1144 Fort Street

Cost? \$50/person, including GST

Call 250-885-8503 email jocelin@possibilitiestraining.com. For more details, visit <http://www.possibilitiestraining.com>.

Submitted by Jocelin Caldwell former Tuesday Soprano

**SWIFTSURE BIG BAND DANCE
WITH MIRANDA SAGE, VOCALIST,** (June 5)

A Community Choir Crescendo, check it out!
http://www.ubuntuchoirs.net/locator_coastal_BC.php

