

OPPORTUNITIES TO SING!!

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!

Taize Service (May 21)

Taize Service (Jun 18)

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

WORD OF MOUTH / RECOMMENDATIONS

NEW GHC T-SHIRTS

I am ordering a new batch of Gettin' Higher t-shirts, and will be making the order on Monday the 17th, to have them ready for the concert.

They are silk screened on 100% cotton in bright vibrant colours that are perfect for wearing in our concerts. The design is appealing and cunningly provides you with a cheat sheet for our original song 'Siyahamba', provided you can read Zulu upside down!

They come in sizes extra small to 3 extra large, and long sleeves are available in Black, Red and Royal. Short sleeves are available in Red, Royal, Black, Purple and Turquoise.

The prices are: \$27 for short sleeves, \$29 for Long sleeves and \$30 for XX and XXX large. These prices include tax.

I will bring some samples next week, and they also can be seen at my home. If you are interested, please e-mail me at heatherfox@telus.net, or call 250 592 5838.

Originally submitted to the last Admin issue by Heather Fox, Tuesday Soprano and Choir Veteran

Recommended highly in this issue by Bill Hanson GHC Bass etc.

SALMON ARE SACRED FOLLOW-UP

Some people at choir last week were asking about follow up actions from the Salmon Migration. They can check the following website for possible actions and letter writing suggestions:

<http://www.salmonaresacred.org>

Thank you

Recommended by Gertie Jocksch GHC Monday Soprano

THE BABY & BEYONCE

Check it out! You won't be disappointed.

<http://www.youtube.com/watch?v=ikTxfIDYx6Q>

Recommended by Betsy Sansby CCLT 4 - 2007/8

MAKE MUSIC WHEREVER YOU CAN

A way to get people to take the stairs?

<http://www.o-my.info/ghc/nl/2010/0514/musical-stairs.wmv>

Recommended by Arlene Antonik Monday Soprano

A TILT OF THE KILT

Have you ever wondered what they wear under there? Here's your chance to find out!

If you think you might be offended by what you see don't click on:

<http://www.o-my.info/ghc/nl/2010/0514/kilts.pdf>

It is amazing what drifts into our lives on the erratic tides of the internet.

For me this was too good to pass up and too good not to pass on!

Recommended by Bill Hanson GHC Bass etc.

THE ORANGUTAN AND THE DOG

Hi All,

How sweet is this?!!

<http://5thworld.com/Paradigm/Postings/Wisdom/OrangutanAndHound.html>

Submitted by Susan Lowe former GHC Tuesday Alto

DO YOU MISS FOLKFEST?

There is a movement afoot to create a new folk festival for Victoria. Check it out at:

<http://www.folkwest.ca>

Check it out and if you like what you see give them some support...be a member...a volunteer...etc.

Submitted by Bill Hanson GHC Bass etc.

NOMAD... KINOBE, MICHAEL WATERS & GINA SALA IN CONCERT

Three excellent musicians in a great concert that will take you to musical places you never knew existed.

May 21st, 8 p.m.
Fairfield United Church (Fairfield & Moss)
Tickets: \$20 at Lyle's Place, Larsen's Music and at the door

For photos and capsule bios visit:

<http://www.ladybirdmusic.com/shows/2010/Victoria.html>

Submitted by: Bill Hanson GHC Bass etc.

IT'S NEVER TOO LATE! SHE'S 80!

Well guys n' dolls....there isn't a person I know (I believe) that won't enjoy this....wait for it...it'll catch you by surprise!!...hugs, Won

http://www.tangle.com/view_video?viewkey=f31e8556d5ca80790144

Submitted by Woneta Matei former GHC Tuesday Alto

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

You miss 100% of the shots you don't take.

Wayne Gretsky

Editor's Collection

COMMUNITY NETWORKING

NEW HOME(S) FOR 2 FELINES?

Do you know someone who would be prepared to give a home to one or two beautiful, friendly and beloved cats?

Their concerned owner has to move into accommodation, May 25, where no animals are allowed.

If you can give either, or both, of them a home, please call Judy at 250-474-1230, or by email at judyb200@shaw.ca.

Submitted by Josephine Munro, 'resting' GHC alto/tenor.

DEAR CHOIR MEMBERS, (repeat)

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

SERVING EACH OTHER

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

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

GERMAN FOR TRAVELERS

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

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

***** **QUOTABLES** *****

If I wanted to become a tramp, I would seek information and advice from the most successful tramp I could find. If I wanted to become a failure, I would seek advice from people who have never succeeded. If I wanted to succeed in all things, I would look around me for those who are succeeding, and do as they have done.

Norman Vincent Peale

Editor's Collection

COMMUNITY MEMBERS WEB SITES

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

DAVID OTT (former GHC Alto)

<http://www.peakrecovery.com>

"Peak Recovery" is a two-phase program that will help you recover from any crisis, stress, loss, change or destructive coping choice and teach you the skills to reclaim the peace, power and joy within. It is available for individuals, couples and groups. Please visit my web site for more information.

MARILYN HENIGMAN (GHC Tenor)

<http://www.searchwise.ca>

SearchWise - Work Search Assistance. Helping you find rewarding employment. Affordable. Professional. Personalized. Flexible Appointment Hours. Ph. 250-413-3142

AUDREY MAIRI (GHC Thursday Alto)

<http://www.audreymairi.com>

Through my book, CD, workshops, seminars, and sessions I help people foster the connection to our energetic source using principles of the Trager Approach.

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.

FREE STUFF

I HAVE TWO SCANNERS TO GIVE AWAY!

An Epson "Perfection" 640U and a Agfa SnapScan Touch

Both connect via USB. Software, cables and manuals included

Can deliver them to choir on request.

Contact Bill at billh@crucible.ca

Submitted by Bill Hanson GHC Bass etc.

COMMUNITY MARKETPLACE

ALBACORE TUNA LOINS - FROZEN AND IN CANS

Soon the sun will be shining and you will want to have a great BBQ or make some excellent sashimi - and you can! Albacore tuna loins are available again as we have returned from our travels. The loins average 1lb in size and cost \$13 per pound. We also have cans (sorry, no smoked left) at \$4.50 each or \$100 for a case of 24. This is THE BEST fish. Please call and place your order and we can arrange for pick up. If there is a good amount of interest, I will deliver to choir nights.

We live in Cordova Bay - our number is 250-658-1881. You can call me or speak directly to fisherman Gordy.

Submitted by: Jan Walsh Hohert, temporarily lapsed GHC Monday soprano.

ORGANICALLY GROWN VEGGIE STARTS FOR CHEAP!

It's that time of the season where my veggie starts are bustin' out of their 4 inch pots, and ready to go into the ground or bigger pots...this means I will have tons of left-overs.

So if you are into organically and lovingly grown veggie starts, here's your chance to get some, and for cheap!

Mostly I have an abundance of tomatoes, many of which are already about a foot in height. They are off to a great start this year and looking really robust and healthy.

For a list of varieties plus contact and ordering information click on:

<http://www.o-my.info/ghc/nl/2010/0514/tomatoes.pdf>

Submitted by Sarah Nakatsuka GHC Thursday Alto

LEATHER OFFICE MANAGER'S CHAIR FOR SALE

A black "real leather" swivel and reclining office managers chair with arm rests for sale for \$100 obo that cost me over \$250 in excellent shape.

Submitted by Dennis Murphy GHC Bass Thursday Bass

FOR SALE:

A Half-size Cello for a Young Cellist

This cello comes with a bow and case.

In excellent condition, and was originally purchased from Larsen's Music for \$1,200.00

NOW selling for \$650.00

If interested, please call Christine at 250 381 7992.

Submitted by Christine Laurell GHC Tuesday/Thursday Soprano

BUTCHART GARDENS BOTANICAL ART DISPLAY AND SALE (repeat)

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

ACCOMMODATION AVAILABLE OR WANTED

FABULOUS JAMES BAY 2-STOREY CONDO CONVERSION,

Available for rental for coming academic year. I am looking for someone to rent my home while I'm away. Full details available by email: khoffman49@gmail.com.

Submitted by: Kitty Hoffman HNC Singer

HOUSING WANTED

Artsy mature woman to whom social justice and ecology are important is looking for a house mate to look for and share a 2 bedroom apartment for June 30th. Please email me at d_arsenault@hotmail.com if you would like to meet and discuss this. Darlene

Submitted by Rebecca Kennel former GHC tenor

SHARED ACCOMMODATION AVAILABLE

Our room-mate Tom is moving to Europe. We are looking for somebody else. Here are the details.

Two mature men seek a mature person to share a beautiful, spacious Fernwood character home with one and a half bathrooms. We want someone who is sociable, financially responsible, sensitive and cooperative, environmentally conscious and willing to share house cleaning and garden maintenance.

Rent: \$515.00 per month incl. utilities

Damage deposit: \$250.00

No smoking, no pets.

Available June 1st.

595-3978

Submitted by Edward Butterworth former GHC Bass

THIS IS FOR A FRIEND OF MINE WHO SAYS...

My apartment building had a fire that has left me homeless.

I am in need of a rental suite. I have a limited budget.

I would like a peaceful, private, spacious one bedroom, above ground, light, full kitchen, in Oak Bay, Fairfield or bordering areas. I have a cat (very responsible pet owner). A garden, would be wonderful. I can pay up to \$775 with some utilities

Yarrah Anstey

Voice mail - 250-370-9174,

email yarrahsb@yahoo.ca .

It's OK to forward this email to anyone you know.

Submitted by Ada Harrison, Tuesday GHC Alto

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

SEEKING A GOOD HOME IN VICTORIA

I am a quiet lady looking for a small affordable clean one bed room apartment or small suit in someones home for a reasonable amount. Some where between (\$550.00 and \$650.00)

Please contact me > Linda @ 250-818-6272 or email at villeneuvevelinda@yahoo.com

Submitted by Linda Villeneuve GHC Tuesday/Thursday Alto

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

Put not your trust in money, but put your money in trust

Oliver Wendell Holmes

1809-1894, American author, wit & poet

Editor's Collection

<http://www.2020site.org/poetry/owh.html>

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.

WEATHER WATCH (May 15)

Kintara Women's Chorus (formerly "Inspirata") is having it's year-end Concert on Saturday, May 15th, 7:30 pm at Philipp T. Young Recital Hall at the UVic School of Music. There are a limited number of tickets left for sale. \$12 each. Reception to follow. If you are interested in purchasing a ticket or tickets please contact kintarachorus@gmail.com as we cannot guarantee last minute seating.

Submitted by Marilyn Henigman former Alto with Gettin' Higher Choir

ENERGY EXPO (May 1 & 16)

Holistic Health & Metaphysics

Come explore, learn and grow with wisdom as the healing energy community of Vancouver Island and area gathers together to celebrate their work and educate the public about the benefits of holistic health and psychic /healing arts.

Fernwood Community Centre
Saturday & Sunday, May 15 & 16, 10 a.m. to 5 p.m.
Tickets \$10

For ticket outlets and other details:

<http://www.o-my.info/ghc/nl/2010/0514/energy-expo.pdf>
<http://www.victoriaenergyexpo.com>

Submitted by Matti Anttila former GHC Bass

**MOVIE - IN RECOGNITION OF
INTERNATIONAL DAY AGAINST HOMOPHOBIA** (May 16 & 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

ECKHART TOLLE DVD NIGHTS (May 16, 30 +)

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 16 & 30 etc.)

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

Submitted by Linda Chan, Former Tuesday 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

**A COURSE IN MIRACLES
ADVANCED STUDY GROUP**

(May 18, June 1 +)

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.OnlyLevels.org>

Submitted by Julia Day, disappeared Alto

LIVING A LIFE OF COMPASSION IN ACTION

(May 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

OPEN INQUIRY MEDITATION GROUP

(May 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

"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

PRACTICAL DIGITAL PHOTOGRAPHY (PDP) (starts May 20)

A small group course for beginners

Thursdays: May 20, 27, June 3 and 10, 6:00 p.m. Guided photo walk: Saturday, May 29, 5:30 p.m.
Oak Bay Branch of Public Library, 1442 Monterey Avenue, Victoria, BC
Five 2.5 hour sessions. Total 12.5 hours. Group limited to 9 students. Fee: \$280

For more info please check <http://www.goingdigitl.ca>
or call Andrew at 250 884 4012

Submitted by Andrew Kielbowicz former bass and official Gettin' Higher Choir photographer

NOMAD... KINOBE, MICHAEL WATERS & GINA SALA IN CONCERT (May 21)

Three excellent musicians in a great concert that will take you to musical places you never knew existed.

May 21st, 8 p.m.
Fairfield United Church (Farifield & Moss)
Tickets: \$20
Lyle's Place, Larsen's Music and at the door

For photos and capsule bios visit:

<http://www.ladybirdmusic.com/shows/2010/Victoria.html>

Submitted by: Bill Hanson GHC Bass etc.

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

**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

MYSTIC JOURNEY ANNOUNCEMENT (May 23) (Note the date change)

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 23, 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

COMMUNITY EVENTS COMING WEEKS

BODYTALK ACCESS CLASSES (May 24 & 31 or 29)

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.

May 29th, 10 am -5 pm

~ or ~

May 24th & 31st, 6:30 - 9:30 pm

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

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

Tuesday Afternoons –2-5 pm, beginning May 25th
\$325.00 * Special payment arrangements available

Call - 250- 385-2205

Full details

www.juneswadron.com
june@juneswadron.com

Submitted by June Swadron former GHC member Alto

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

WHAT MATTERS IN AFTERMATH OF CRIME? (May 29)

Using the perspective of those directly suffering as a result of crime, we offer the opportunity to explore what the goals of the legal system are in Canada, and what a more satisfying model of justice might look like. We will talk about some restorative approaches currently in use in Canada.

Join Meredith Egan to explore these and other questions at the Victoria Friend's Meeting House, 1831 Fern St, Victoria. Meredith Egan serves as Programme Coordinator for Quakers Fostering Justice of Canadian Friends' Service Committee. Meredith works in prisons, schools and community settings. <http://www.cfsc.quaker.ca>

More info:Linda Taffs 778 430 4366

Submitted by Linda Taffs HNC Soprano

BODYTALK ACCESS CLASSES (May 29 or 24 & 31)

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.

May 29th, 10 am -5 pm

~ or ~

May 24th & 31st, 6:30 - 9:30 pm

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

In Concert:

ONE HUMAN FAMILY GOSPEL CHOIR (May 30)

I sing with Eric Dozier/One Human Family Gospel Choir and we will be having a fundraising concert for ourselves as we are going to travel to and sing at the International Choral Festival, Kathaumixw in Powell River this summer! We are delighted and looking forward to it.

The concert is in Nanaimo, on Sunday, May 30/10 at 4:00 pm at St. Andrews United Church. Additional information, including ticket outlets (Music Maxx and Tom Lee) and more is on the poster you can view by clicking on:

<http://www.o-my.info/ghc/nl/2010/0514/gospel.pdf>

We also hope to raise some food contributions for one of our many fabulous food banks as we have in the past.

Submitted by Sylvia Wende CCLT 2 - 2005/6

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)

June 5 at the Edelweiss Club, 108 Niagara St., 8 to 11:30
Swing, jive, foxtrot, waltz, latin, quickstep and more.

Apple streusel, coffee incl. with ticket. Tickets \$20 in advance,
\$25 at the door. 3 ticket locations as follows:

Long and McQuade Music, 756 Hillside
Tom Lee Music, 105-2401 D Millstream Av.
Sidney Music Works, 5-2353 Bevan Av., Sidney
More info. call Rob Pearce-250 812 3354
Sponsor- Howard Halpenny

Submitted by Alan Clarke(previous member)

Concert
SHANTAKARAM (Jun 11)

Performers are Nadaka & Gopika from the Auroville Community in Pondicherry, India.

Websites with further info are:

<http://www.shantakaram.net/>
<http://web.mac.com/gopikaworld>
<http://www.nadaka.com/>

Friday 11 June 2010 - 8 PM
Victoria Yoga <http://www.victoriayoga.com>
Orange Hall, Victoria BC (Balmoral & Fernwood)

Mail: michelle@victoriayoga.com
tel: 250.812.8355

Submitted by Margaret Argue GHC Monday Alto

SOUNDINGS IN CONCERT (June 12 & 13)

I am excited about our upcoming Soundings concerts, which will be the weekend *following* the GHC concerts, June 12 (evening, in Victoria) and 13 (afternoon, in Saanichton). Our concerts this year have a fascinating and very entertaining mix of songs that speak of similar topics as experienced by people of different eras. A Renaissance lullaby and a lullaby from Billy Joel. Dance music from the 30's, from Bob Marley, and from 16th century Italy. Popular songs from the Beatles and from Shakespeare plays. And much more, and lots of surprises! Don't miss it! I'll have tickets at choir starting soon.

One of the jewels in the crown of our set is this piece, as performed here by a "virtual" choir. It's an exquisite choral song by Eric Whitacre. Have a listen: <http://www.youtube.com/watch?v=Z1h3Tf26TcA> It's an amazing piece.

Submitted by Denis Donnelly GHC & Soundings Director

TAIZE SERVICE (Jun 18)

The next Taize service will be on Friday, June 18 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

JUST FOR FUN

A reward of laughter for reading this far

The only Toyota that hasn't been recalled...

Submitted by Chris Gower Rees former GHC & Soundings Tenor



Watch for the updated Choir News & Business updates in the next
CHOIR ADMIN ISSUE
Check the most recent News & Business in the last issue
<http://www.gettinhigherchoir.ca/community-info/newsletters.html>

===== THAT'S ALL FOLKS =====

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

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