



## 2. "CURRENT SINGERS ONLY" SECTION UPDATE

MP3 parts files for "Lay Back In The Arms Of Love," the new song we will be backing Gina on, have been posted to our site.

## 3. NEWSLETTER SCHEDULE

Remember...there won't be a newsletter on Friday, June 4 because of the concert "bizzies" and that there will be a combined Admin & Community issue to tie off the season on Friday June 11. For that one issue you are welcome to submit "Community Event Items" dated any time up to the end of September.

## **COMMUNITY MEMBER'S SUBMISSIONS**

When reading (skimming) the contents of this newsletter keep in mind that what your choir companions are requesting or offering may be of interest to one or more of your non-choir contacts. Support each other...pass the word!

## **OPPORTUNITIES TO SING!!**

### **SWATs**

For Details On All Upcoming Swats...

June 12 ~ Victoria Grandmothers for Africa SWAT

~~June 25~~ — ~~NEED SWAT~~ CANCELLED

July 1 ~ Gorge Road Canada Day Picnic SWAT

...please visit the Choir Schedule page of our web site:

<http://www.gettinhigherchoir.ca/community-info/index.html#swat>

\*\*\*\*\*

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

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**

### **HOW WE DON'T WANT TO STAND OUT ON STAGE!**

From time to time we've all heard Shivon talking about posture on stage. Standing straight with shoulders back and hands by our sides etc rather than hips cocked, legs crossed, arms folded and/or in the the notorious fig-leaf pose. For example:

<http://www.gettinhigherchoir.ca/community-info/images/figleaf.jpg>

Thanks again to Daphne Maclain, GHC Tenor, for submitting this photo a few season's ago

Recommended by Bill Hanson GHC Bass etc.

\*\*\*\*\*

## **TEAM GHC! - IT IS NOT TOO EARLY...**

**...to register for Team Gettiin Higher Choir Run for the Cure.**

As our newsletters are soon to end for the summer it is important to at least declare your intention to participate in this wonderful community event. We are the only singing team in the run.

Details as follows:

Date: Sunday, Oct. 3rd. 9 - 10:30 A.M.

Walk: 5 Kms. as a team around U Vic with 5,000 others.

Register: Canadian Breast Cancer Foundation , [www.CBCF.org](http://www.CBCF.org) go to upper right corner BC/Yukon then to left side and click "Victoria" You can call for assistance there as well.

No need to pay money now. Try to raise as much as you can. Even if you don't want to register now please let me know by email that you hope to join. [phouston@telus.net](mailto:phouston@telus.net) I am the team captain and we are:

Team Gettin Higher Choir!  
It is great fun and a great cause.

Many thanks,

Recommended by Patricia Houston Tuesday Alto.

\*\*\*\*\*

## **GHC T-SHIRTS UPDATE**

Choir t-shirts have now been ordered and will be ready for the first week of June, before the concert. I will bring them to choir on Monday, Tuesday and Thursday that week.

I have ordered extras so if you didn't order one, you still may be in luck if I brilliantly ordered just the right size and colour for you! To place a request for one of the "extras" e-mail me at [heatherfox@telus.net](mailto:heatherfox@telus.net), or call 250 592 5838 and let me know your size. If I can I will.

Recommended by Bill Hanson GHC Bass etc.

\*\*\*\*\*

## **SUPPORTING RAFFI'S CAUSE!**

If GHC members and their friends and family go to Raffi's website at [www.raffinews.com](http://www.raffinews.com) and click on "Join the Centre for Child Honouring's Children & Nonviolence Initiative Sign the Plea" and sign up it will make a big addition to the cause. It is a very interesting website too. He is such a crusader for Child Honouring in the world.

Recommended by Wendy Gedney GHC Monday Alto

\*\*\*\*\*

## **SCOTTISH WONDER**

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

Recommended by Susan Lawrence, High Noon Tenor

\*\*\*\*\*

## **PUTTING THE PUPPIES TO BED**

Unbelievable...

<http://www.o-my.info/ghc/nl/2010/0528/bedtime.wmv>

Recommended by Kirstine Potentier GHC Thursday Soprano

\*\*\*\*\*

## SAVE THE WILD SALMON

To all who care about wild salmon...

On Wednesday May 5, Minister Fin Donnelly introduced a private member's bill, Bill 502, that would move the pacific salmon farming industry out of coastal waters and into closed containment. I support this bill, and urge you to do the same.

For additional information, a letter to send to elected officials along and contact information go to:

<http://www.o-my.info/ghc/nl/2010/0528/salmon.pdf>

Recommended by Aziza Cooper GHC Monday Soprano

\*\*\*\*\*

## ARE YOU A FISH 'N CHIP LOVER?

Recently I had a young passenger in my taxi who is running the "Salty's" at 1008 Craigflower (at Tillicum). I liked his entrepreneurial spirit and had a enjoyable conversation with him on the trip. Since I rarely eat fish 'n chips I can't vouch for the food just the attitude.

One thing that impressed me was the fact that they peel and cut their potatoes on the spot rather than using the much more common frozen French fries. If you are a fish 'n chip lover try theirs and let me know how you like them.

Salty's menu:

<http://www.o-my.info/ghc/nl/2010/0528/saltys.pdf>

Recommended by Bill Hanson GHC Bass etc.

\*\*\*\*\*

## DEAR FRIENDS,

Back in April I recommended that you to vote for my dear friend Grace's book. Well thank you - she made it into round 2! Here is what she says:

I just wanted to say thank you so much for voting for me in round 1. The link to my book proposal is <http://www.nexttopauthor.com/profile.cfm?aid=568>

If you have any problems with voting for the first or second time, please e-mail me at [simplyblissful@hotmail.com](mailto:simplyblissful@hotmail.com) I thank you so much for taking the time to read this e-mail and for your support.

Blessings of love

Grace

Recommended by Linda Lake vacationing Mon/Tues alto

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

I do not understand the mystery of grace, only

that it meets us where we are but does not  
leave us where it found us"

Anne Lamott

Submitted by Patricia Houston, GHC Alto

\*\*\*\*\*

## COMMUNITY NETWORKING

### NEW IMPROV PERCUSSION GROUP

I have this vision of a small improv group (8-12 people) playing a wide variety of percussion instruments, with each having a voice i.e., no instrument would dominate or drown out more "subtle" sounds. This requires good sense of rhythm and good listening skills. The result will be some really sweet and complex rhythms. Everyone can express ideas to try out and then possibly lead the group if they're comfortable with that. I'd like to do this once a month, starting on June 12 at 7pm. Those interested could contact me at <mailto:gratitude@trustcooperation.com> or call 250-588-8138.

Submitted by Chris Gower-Rees Former GHC / Soundings Tenor

\*\*\*\*\*

### HELP WITH A MOVE WANTED

Hello my GHC Friends,

I am moving out from my temporary location to longer term place, at the end of this month. I need the hand of two men in good health condition with the station wagon or small van.

This is very small move, basically almost no furniture, except basic shelving, just boxes with books and plastic containers with my archives. Distance is also very short, between Belmont off Begbie and Jubilee Ave of Oak Bay. (less than one mile). So probably 2 hours at Monday evening (May 31st) around 7:00 pm, and another 2 hours at Tuesday (June 1st) early morning, at 8:00 am will do.

Please e-mail me: [adlibitum007@gmail.com](mailto:adlibitum007@gmail.com) or call: 250 884 4012.

Your help will be very appreciated.

Submitted by Andrew Kielbowicz, former bass and Choir photographer

\*\*\*\*\*

### A VOLUNTEER OPPORTUNITY

The Vancouver Island Cancer Centre (in Victoria) is recruiting volunteers to do Therapeutic Touch with cancer patients in our Therapeutic Touch clinic on the 1<sup>st</sup> & 3<sup>rd</sup> Wed of each month.

Training in Therapeutic Touch is preferred but those with training in other energy work may also be considered. This involves a 6 month commitment of two 3.5 hour shifts per month.

Please contact Tina Lowery, Volunteer Services Co-ordinator, at 250-519-5669 to apply. For specific questions regarding the TT Clinic, please contact Catherine Traer-Martinez, Counsellor, at 250-519-5528.

Submitted by Catherine Traer-Martinez former GHC Tuesday Tenor

\*\*\*\*\*

### VOLUNTEER CHORAL DIRECTOR & ASST. WANTED...

...for The Saanich Songmen located at Saanich Silverthreads at 286 Hampton Rd.

We practice Saturday mornings from 9:30 to 11:30 and perform in hospitals, senior homes and care facilities for an hour on Wednesday afternoons starting between 1 and 3 p.m.

Please call either Dali 250-361-9878 or Sue 250-382-3151

Submitted by Bill

## SERVING EACH OTHER

**UNLEASH YOUR CREATIVE POWER.**

**LEARN HOW TO TAKE GREAT TRAVEL PHOTOS**

(and save on HST, this is one of the last classes before July 1st)

Practical Digital Photography (PDP) for beginners

Thursdays: June 3, 10, 17, and 24, 6:00 p.m.

Guided photo walk: Saturday, June 12, 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

Please e-mail me: [info@goingdigital.ca](mailto:info@goingdigital.ca) or call: 250 884 4012.

For more info please check: <http://www.goingdigital.ca>

Submitted by Andrew Kielbowicz, former bass and Choir photographer

\*\*\*\*\*

## WINGS

**(Walk In Nature Gratefully Singing)**

For those who like to hike and enjoy nature's gifts... and like to sing.

I am going to offer monthly outings to local parks, with the focus on walking in a peaceful environment, appreciating and learning about nature, and singing choir songs.

The first outing will be on Friday June 11th, at Todd inlet, meeting at the Wallace road gate at 9:45 am. We'll walk to the inlet along the winding river trail, returning to Wallace rd by 12:00 via the forest road.

Wear sturdy shoes, bring a drink, a walking pole if needed, binoculars ? Contact me if interested.

[marieclaireben@yahoo.com](mailto:marieclaireben@yahoo.com)

250-652 1509

Submitted by Claire Ebendinger, Monday soprano,

## COMMUNITY MEMBERS WEB SITES

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

**AMAIH PARADINE**, (former Tuesday GHC Alto)

<http://www.mandalawellness.ca>

Amaiah Paradine (Mandala Massage and Fitness) now offers deep relaxation massage (Swedish, Zen Shiatsu, CranioSacral and Reflexology) at Simple Remedies Herbal Solutions (Cook and Rockland). To tone and strengthen your muscles and improve your posture for signing she also offers personal fitness training through Oak Bay Recreation Centre or in your personal studio. 10% discount on services (except OBRC) to current choir members!

\*\*\*\*\*

**LOWELL ANN FUGLSANG**, (GHC Tenor)

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

Lowell Ann Fuglsang (Fullsang) is a workstyle-lifestyle coach who specializes in mid-life career coaching and third age retirement planning.

\*\*\*\*\*

**JUNE SWADRON**, (former GHC Monday Alto)

<http://www.juneswadron.com>

Coaching, Counselling, Creative/Cathartic Writing Workshops and "Writing Our Life Stories" Workshops

\*\*\*\*\*

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

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

### \*\*\*\*\* QUOTABLES \*\*\*\*\*

He who has a why to live for can bear almost any how.

Friedrich Nietzsche  
(1844-1900, German philosopher)

Submitted by Patricia Houston GHC Alto

\*\*\*\*\*

## **FREE STUFF**

### **I STILL HAVE ONE SCANNER TO GIVE AWAY!**

An Epson "Perfection" 640U

Connects to your computer via USB cable. Software, cables and manuals included

I can deliver it to choir on request or you can arrange to pick it up at my place near Gorge & Tillicum.

Contact Bill at [billh@crucible.ca](mailto: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.

\*\*\*\*\*

## 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.

Call 250-995-1770

Submitted by Dennis Murphy GHC Bass Thursday Bass

## EMPLOYMENT AVAILABLE OR WANTED

### HOUSECLEANING SERVICES

Experienced, thorough and caring housecleaner looking for 2 or 3 new regular clients. Featuring "mini" cleaning sessions of 1 hour 1/2.

If you know anybody who might be interested in my services and who lives preferably in James Bay, downtown or Fairfield, please pass along my contact information.

(250) 588-5535    mustangnv@hotmail.com

Submitted by: Nathalie Vazan    GHC Thursday Alto

\*\*\*\*\*

### OPPORTUNITIES OR REFERRALS WANTED

My Daughter Sasha is job hunting and says:

I'm looking for a new field of work, either in retail or as a receptionist. I'm a hard worker with strong computer skills who's willing to work on her feet for hours. While I may not have much experience dealing with customers, I've been told the few times I have that I'm very friendly and good at interacting with them. As well, even if I don't have a lot of experience outside of kitchens, I tend to be a fast learner.

Resume: <http://www.o-my.info/sasha-lyonson.pdf>

If you, or someone you know, might be able to use her services please contact her as specified on the Resume.

Submitted by Bill Hanson GHC Bass etc.

## ACCOMMODATION AVAILABLE OR WANTED

### HOUSE FOR RENT:

In Brentwood Bay, ocean view, 1/2 acre garden maintained by gardener, quiet street 2 blocks up from the Mill Bay ferry and Brentwood Lodge. Spacious upper, 2 bedrooms, wood Fireplace in living room, Washer/Dryer, Dishwasher, off road parking for one car. No pets, Non Smoking.

\$1200/month, plus utilities.

Phone Rose Hunter @ 250-652 6264 or email: connect@islandnet.com

Submitted by Claire Ebendinger, Monday soprano

\*\*\*\*\*

**Masters Of Social Work Student  
LOOKING TO HOUSE SIT OR RENT IN KELOWNA.**

I am a past member of GHC alto, quiet and mature and will be attending UBC Okanagan to pursue my Masters of Social Work. I am looking for a place to live in Kelowna starting September 2010. Please contact me at [maureen\\_margaret@yahoo.ca](mailto:maureen_margaret@yahoo.ca) or 250-429-3929. Thank you. Sincerely,

Submitted by Maureen Smith former GHC Alto

\*\*\*\*\*

**For Rent:  
SUMMER RETREAT FOR THE WHOLE FAMILY**

Enjoy the summer on the Salish Sea from this waterfront 2 bedroom suite on quiet north end of Gabriola Island. Fully furnished, ladder to the water and 2 minutes to a boat launch and swimming beach. \$1200 a month. East access to Vancouver or Victoria. Available June 1 . Call 250 247 7860.

Submitted by Robin June Hood returning GHC Soprano

\*\*\*\*\*

**SUMMER RENTAL:**

Oak Bay home for summer rental. Steps from the ocean this bright spacious Art Moderne house is lightly furnished and ready for you July 1. Two bedrooms, a very large studio and 2 dens, 2 baths, large living room, dining room, & garage. Very private location in park like setting.

Please no pets or smoking. \$3000 per month. Call 250 247 7860.

Submitted by Robin June Hood returning GHC Soprano

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

All our sadness is a rear view mirror.

The Abrams Brothers  
in their song: "I will drive while you sleep"

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.

**“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 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 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 (Fairfield & 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)

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

\*\*\*\*\*

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

\*\*\*\*\*

**ECKHART TOLLE DVD NIGHTS** (May 30 + June 13)

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 30, June 13, etc.)

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

Submitted by Linda Chan, Former Tuesday Soprano

\*\*\*\*\*

**A COURSE IN MIRACLES** (June 1 & 15)  
**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: June 1 & 15

<http://www.OnlyLoves.org>

Submitted by Julia Day, disappeared Alto

\*\*\*\*\*

**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](mailto:jocelin@possibilitiestraining.com). For more details, visit <http://www.possibilitiestraining.com>.

Submitted by Jocelin Caldwell former Tuesday Soprano

\*\*\*\*\*

**INCA SPIRITUAL MESSENGER**  
**ANDEAN ELDER.WILLARU HUAYTA** (Jun 2)

Messages from the HEART of the Andean Masters

Wednesday June 2 - 7:30 to 9:30pm

University of Victoria – Science Building

(The Bob Wright Centre) Room B150

By Donation

For details regarding this and other Vancouver Island appearances please visit:

<http://www.o-my.info/ghc/nl/2010/0528/inca.pdf>

Submitted by Catherine Harvey former Monday Alto

\*\*\*\*\*

**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)

\*\*\*\*\*

## AN INVITATION...

For everyone who:

Is writing and wants the tools,  
Wants inspiration and guidance to self-publish,  
Is ready to launch their next dream,  
Is interested in labyrinths  
~ or ~  
Is an artist.

**You get:** drinks, fabulous food, motivational speakers, live music, art exhibition, door prizes a labyrinth to walk and networking at an intimate celebration...bring your business cards.

Save \$10 – early-bird price \$39, at the door \$49

For complete details on the speakers, location, etc. please visit:

<http://www.o-my.info/ghc/nl/2010/0528/invitation.pdf>

Submitted by Aryana Rayne former GHC Tuesday Alto

## COMMUNITY EVENTS COMING WEEKS

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](mailto:michelle@victoriayoga.com)  
tel: 250.812.8355

Submitted by Margaret Argue GHC Monday Alto

\*\*\*\*\*

## **2nd Canadian Gathering Retreat for HIGHLY SENSITIVE PEOPLE**

The 18th HSP Gathering Retreat™ since 2001

June 11-15, 2010

The Haven ([www.thehaven.ca](http://www.thehaven.ca))

Gabriola Island, British Columbia

Special Guest (via teleconference) is Dr. Elaine Aron, author of *The Highly Sensitive Person: How to Thrive When the World Overwhelms You*

For more information click on:

<http://www.o-my.info/ghc/nl/2010/0528/hsp.pdf>

Submitted by Cynthia Pattison former HNC member

\*\*\*\*\*

### **MUSIC FOR A JUNE AFTERNOON** (Jun 12)

Benjamin Schaan, Baritone  
Heather MacLeod, Soprano  
Jane Edler-Davis, Piano

Saturday, June 12 2:30 P.M.  
University of Victoria  
School of Music  
Phillip T. Young Recital Hall  
Admission by donation  
Reception to follow

Submitted by Sharon Schaan: former Soundings and GHC Soprano

\*\*\*\*\*

### **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 Donnely GHC & Soundings Director

\*\*\*\*\*

### **GARDEN GODDESSES 2010 ART SHOW** (Jun 13).

A Celebration of all that is Feminine. Bring your flutes, lutes and voices, sing and dance with us all through a garden filled with 94 of Ann-Rosemary Conway's paintings out of storage for this day only.

Refreshments served.

Sunday, JUNE 13th. 12-4.P.M  
Dream Hill Studio, 4515 Emily Carr Drive.

250-658-8770

Submitted by Ann-Rosemary High Noon Alto

\*\*\*\*\*

**A HIGH NOON CHOIR INVITATION** (Jun 15)

You Are Invited...

To join the High Noon Choir for our

End Of Session Potluck Picnic  
Tuesday, June 15

from 12 noon - 1:30  
at the Church of Truth  
111 Superior Street (James Bay)

Note: We'll be meeting across the street at the park across from Fisherman's Wharf

This is the High Noon Choir's closing week for this session. We would love to celebrate our weeks of singing in community with you. We'll sing together and share Potluck foods and beverage. All are welcome.

Please bring a plate, cutlery and cup and blanket or folding chair to sit on.

Submitted by Shivon and Gloria

\*\*\*\*\*

**OPEN INQUIRY MEDITATION GROUP** (Jun 16, 23 & 30 +)

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

\*\*\*\*\*

**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

\*\*\*\*\*

**BOMBO PALLIATIVE CARE PROJECT FUNDRAISING EVENT!!** (Jun 19)

We are helping to raise funds to train Tanzanian medical clinicians to provide palliative care in the Tanga Region of Tanzania.

On June 19th from 4-9pm we will host a Summer Jam at the Sleeping Dog Farm and Retreat Centre on Burnside Road in Victoria. Tickets are available at Tanner's (Sidney), Ten Thousand Villages (Broadmead) and Munro's (Victoria).

It promises to be a fun event in a beautiful location with music provided by Mufaro and Jennifer Louise Taylor, food, beer, a raffle and a silent auction.

For lots more details visit:

<http://bombopal.com/2010/04/spring-fair-for-bombo-music-food-kid-friendly-activities-silent-auction>

Rose Stanton (Monday tenor) and Sally Gose (Monday alto) on behalf of the Project Team

\*\*\*\*\*

**CIRCLE DANCE AT SUMMER SOLSTICE** (Jun 19)  
**with Bernice Vetter SC**

At this time of the year --at sun's fullness and earth's abundance, let us dance together in celebration of resplendent Radiance (as described in Brian Swimme's "Powers of the Universe" DVD series). Radiance is the primary language of the universe; everything gives off light. Every being contains 14 billion years of radiance within it.

Date:

June 19, 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

\*\*\*\*\*

**PFLAG** (June 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](mailto:victoriabc@pflagcanada.ca)

Submitted by Sharon Schaan: former Soundings and GHC Soprano

\*\*\*\*\*

**CONVERSATIONS ON THE NEW COSMOLOGY** (Jun 24)  
With Bill Wilson, SJ PhD.



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

**M**aking  
**U**niversal  
**S**ounds  
**I**n  
**C**ommunity

A Community Choir Crescendo, check it out!  
[http://www.ubuntuchoirs.net/locator\\_coastal\\_BC.php](http://www.ubuntuchoirs.net/locator_coastal_BC.php)

=====