



The June 11, 2010
CHOIR COMMUNITY ISSUE
of the GHC's Choir Community Newsletter

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!

COMMUNITY MEMBER LIFE ANNOUNCEMENTS

If something of note is happening in your life, or in the life of another community member, that you would like the choir community to know about please send in a brief announcement for this section. Life arrivals or passings, celebrations or sadnesses, travels or returns, etc. Be sure to include your, and their, community affiliation (ie GHC, HNC, etc.) and, if GHC, the night and section.

CHUMI'S BLOG ANNOUNCEMENT

I have started a blog...not unlike the articles in Off the Clef. Please check it out and pass the link on to anyone you think might be interested.

<http://chumispeak.blogspot.com/2010/06/out-of-box.html>

Thanks

cHumi

Submitted by cHumi Goldstein former GHC & Soundings Bass

OPPORTUNITIES TO SING!!

SWATs

For Details On All Upcoming Swats...

June 12 ~ GHC & HNC ~ Victoria Grandmothers for Africa SWAT

June 13 ~ HNC ~ Garden Goddesses 2010 Art Show

July 1 ~ GHC ~ 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>

SUMMER COURSES WITH DEBORAH MILLAR

Deborah be offering vocal courses to choir members over the summer.

- The plan is to run 4 courses over the summer:
 - Two 5 week courses beginning at the end of June: one for altos (who have been patiently waiting) and one Level 1 course available to all (mix from all sections).
 - Two 5 week courses in August: one level 1 and one level 2 (attended level 1 course already). Both of these sections are open to everyone, from all sections.
- For details see our flyer by clicking on: <http://www.o-my.info/ghc/nl/2010/0610/deborahs-workshops.pdf>
- Sally Gose (Monday night alto) will be assisting Deborah with the organization and registration, and will be the contact person. sgose@telus.net (250) 474-3403

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

TRAGEDY HITS GUATEMALAN VILLAGES

Many of you have supported the work (in particular The Scarves for Stoves Project) that we have been doing in these impoverished Mayan villages for the past 4 years. A tropical storm has slammed into Guatemala causing horrendous mudslides, in particular in our little village of San Antonio where 20 were killed, more missing and countless homeless and which is now cut off except by water. The people are desperate for food, shelter and medical supplies. Please refer to Kathy Coster's letter at <http://www.o-my.info/ghc/nl/2010/0610/guatemala-devastation.pdf> to learn more about it and to see how we are trying to help San Antonio and the surrounding villages. Also please refer to our web page for more information and photos at: <http://www.crucible.ca/temp/guatemala.html>

Recommended by Kathy Coster, Linda Stanton, and Mary Lynch, GHC Choir members

Editor's Note:

Here is an informative youtube video about Paylaikai, the part of San Antonio, which is the worst hurt.

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

TELL ME WHY

An amazing song if you have not heard it yet!

<http://www.o-my.info/ghc/nl/2010/0610/declan.wmv>

Recommended by Doug Paterson GHC Bass, CCLT5 - 2008/09 & Harmonious Family Choir Director

Editor's Note:

Previously in the Feb. 19/10 newsletter but worth repeating

A LAID-BACK DENIS

Check out a fun photo of Denis directing Fall Back In The Arms Of Love on the Monday before the concerts on our Choir Photos page at:

<http://www.gettinhigherchoir.ca/community-info/choir-photos.html>

Thanks to Brian Husband Monday Bass for catching the moment and passing it on to me.

Recommended by Bill Hanson GHC Bass etc.

SAND PAINTING

This video shows the winner of "*Ukraine's Got Talent*", Kseniya Simonova, 24, drawing a series of pictures on an illuminated sand table showing how ordinary people were affected by the German invasion during World War II. Her talent, which admittedly is a strange one, is mesmerizing to watch.

http://www.youtube.com/watch_popup?v=vOhf3OvRXKg

I think GHC members will find it unbelievably touching.

Recommended by Win Procyshen GHC Tuesday Alto

Editor's Note:

A video of some wonderful performance artistry that was previously in the Jan. 22/10 newsletter submitted by Penny Pattison, GHC Tuesday Tenor, which is definitely worth repeating. For a more detailed background on it that accompanied Penny's submission please click on:

<http://www.gettinhigherchoir.ca/community-info/pdftemp/2010/0122/sand.pdf>

AMBASSADORS OF HARMONY

2009 International Barbershop Chorus Champions

<http://www.youtube.com/user/BarbershopHarmony38>

Recommended by Doug Paterson GHC Bass, CCLT5 - 2008/09 & Harmonious Family Choir Director

Editor's Note:

Another very worthwhile repeat,

BUILDING CONNECTIONS NEWSLETTER

Hello Everyone

We hope you enjoy this informative article that is sent to more than 2000 Housing Providers and others.

<http://www.o-my.info/ghc/nl/2010/0610/building-connections.pdf>

Kindly,

Homelessness Services Staff

Recommended by Josie Brocker former HNC singer

THE FOOTBALLING GRANNIES

Just received this and thought our choir community would enjoy it. I love the way music is such a part of the lives of the people who are shown. (Unfortunately there is a short commercial at the beginning of it – and I haven't any idea if that can be removed. It's the first time I've seen a commercial on such a site – probably will become routine in the future.)

<http://news.bbc.co.uk/2/hi/world/africa/10176759.stm>

Recommended by Pat Robertson, HNC Alto and CCLT5 & 6 - 2009/10 & 2008/09

VALIDATION

You will LOVE this short video - it's all about appreciation!!!

<http://www.youtube.com/watch?v=Cbk980jV7Ao>

Submitted by Chris Gower Rees

THE GALAXY SONG

This is the Galaxy Song with a couple of differences. I think you will enjoy Eric Idle's version set to photos.

<http://dingo.care2.com/cards/flash/5409/galaxy.swf>

Submitted by Lynne Crawshaw GHC Tuesday/Thursday Tenor

SOCIAL MEDIA FOR CREATORS WORKSHOP

FaceBook, Twitter, LinkedIn, Flickr, huh?

The Emerging Art & Practice of Creative Engagement

Are you an artist, writer, filmmaker or creator with a curiosity to explore how these dynamic communication tools can help you share your story?

Saturday, June 12, 2010 from 1:00 PM - 4:00 PM (PT)
Pacific Film & New Media Academy, 751 Discovery Street, Victoria

Recommended by Mike Sheehan former GHC Bass & CCLT 1 - 2004/5

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

The person who has lived the most is not the one with the most years but the one with the richest experiences.

Jean Jacques Rousseau,
Philosopher, Educator & Essayist

Editor's Collection

COMMUNITY NETWORKING

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 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 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.

USED STAMPS HELP ANIMALS

Used stamps, on letters we receive in the mail, are still useful. Here in British Columbia the SPCA collects them. The money they get for them helps pay for medical attention and surgery for animals in their care. I called the SPCA to verify this, and it's true, but not widely known.

We can wait till we've collected a pile of them, and drop them off or mail them to our local SPCA.

In order to protect the stamps, they ask us to cut or tear off the whole corner of the envelope with the stamps on it and send that in.

Please let your friends know, especially those who regularly receive letters.

Best wishes,

Recommended by Grace Golightly former GHC Alto

Want to learn new skills and help people?

BECOME A VICTIM SERVICES VOLUNTEER

Victim Services is now recruiting new volunteers for training in October 2010.

Victim Services Volunteers provide support, information and other services for people who are victims of crime or have experienced sudden trauma.

We particularly need
volunteers able to work 3-hour per week shifts
between 9:00AM to 5:00 pm, Monday to Friday.

Interested? Please contact Victim Services at: 250-995-7351, email: info@gvpvs.org; or go to our web site and fill out an application: www.gvpvs.org

For more details click on:

<http://docs.google.com/fileview?id=0B-BppHSeSigsYmJiYmRkNzktNGYxNi00Mjc4LWFiOWQtYWRkNDBIMDc5OTJm&hl=en>

Submitted by Mike Graham, GHC Bass on Sabbatical

NEW IMPROV PERCUSSION GROUP (Repeat)

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

VOLUNTEER CHORAL DIRECTOR & ASST. WANTED... (Repeat)

...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 Hanson GHC Bass etc.

OLD V8 CAMERA OR PLAYER REQUIRED

(TO BORROW, BUY OR RENT)

I am trying to save all my old family videos and the old camera is no longer working. If anyone has either a working V8 camera or player that I can borrow, buy or rent, I would be very grateful. Thanks!

Call 250-472-6654 or email carolludgate@shaw.ca

Submitted by Carol Ludgate Tuesday Alto

YOUR STORIES ARE WANTED

OOPS! examples of life's faux pas is the new book I'm editing. I'm asking for your classics providing laughs to readers and humility for yourself. Please call or write if interested. Thanks.

jackhaas@shaw.ca 250-360-2879

Submitted by Jack Haas sometimes GHC Bass (& Soloist Holdout)

VOLUNTEERS, SUPPORTERS AND SPONSERS NEEDED

Help needed to organize "Hands Across the Sands – Victoria" A non-political global gathering to say no to Oil Drilling & Oil Tankers to preserve our worlds beaches and oceans. People all over the world will be gathering June 26 at 11:00 a.m. to join hands together for 15 mins. at noon.

Need help with organizing, ideas and developing awareness of this important event.

If you are motivated by our recent tragedies please contact - Renee at (250) 361-7508 or renee.consciouslearning@gmail.com

Become a member at: facebook - Hands across the sands - Victoria, B.C. global web <http://www.handsacrossthesand.com/>

Also see my June 26th "Choir Community Events" item in this newsletter

Submitted by Renee Lindstrom former GHC Tuesday Tenor

SERVING EACH OTHER

CONVERSATIONAL GERMAN

So, you speak already German ...

... practice and expand your German conversational skills in a friendly, relaxed, and supportive environment!

We work on spoken German through different practical topics to allow you to feel comfortable speaking without depending on a dictionary.

I'm an experienced German tutor with an MA in German Studies and Pedagogy and over 10 years of academic and private teaching experience in Germany and Canada.

Lessons are structured around your goals. All ages and ability levels. \$25 for 1 hour

Contact Joanna at 250.884 2265 or germanconsulting@shaw.ca

<http://www.joannaschaller.wordpress.com>

Submitted by: Joanna Schaller, former GHC Alto

NEED A WEBSITE BUILT AND/OR MAINTAINED @ COMPETITIVE RATES? (Know someone who does?)

I have administered the "Choir Community Info" section of our GHC web site since shortly after the GHC site was built by Rocketday Arts and I created all the pages in that section in harmony with the their design specifications.

Other samples of my work include:

<http://www.harmoniousfamilychoir.com>

Designed and built to be compatible with the rainbow masthead that was supplied by the choir's director.

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

Built to the client's design specifications.

If you know someone who might need my services I would appreciate your passing this item on to them.

billh@crucible.ca or 250-920-4160 (8 to 8, weekdays)

Submitted by: Bill Hanson, GHC Bass etc.

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

HOUSECLEANING SERVICES : JAMES BAY, DOWNTOWN AND FAIRFIELD AREAS

Experienced, thorough and caring housecleaner looking for 1 or 2 more REGULAR CLIENTS (weekly or bi-monthly). Featuring 1 and 1/2 hour cleaning sessions at \$40 (most housecleaners expect a 2-hour min.)

Please pass along this info to family, friends, neighbours and colleagues.

Early Booking Bonus: \$ 5.00 off on first appointment if booked before June 24th 2010.

Call Nathalie at (250) 588-5535

Submitted by: Nathalie Vazan GHC Thursday Alto

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 *

<http://www.joannaschaller.wordpress.com>

Submitted by: Joanna Schaller, former GHC Alto

COMMUNITY MEMBERS WEB SITES

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

JOANNA SCHALLER (former GHC Alto)

<http://www.joannaschaller.wordpress.com>

German Language Services - Joanna Schaller teaches German to individuals and groups at all levels of experience. She translates and interprets for institutions like ICA and VIRCS as well as for private clients. She also conducts German-language tours in Victoria and elsewhere on Vancouver Island.

KAREN LEDGER (GHC Tenor)

<http://www.at-one.ca>

Yours in Health and LIGHT. Karen Ledger RN BScN. At-ONE Communications

PASHTA MARYMOON, (GHC & HNC Tenor)

<http://www.enchanting-beyond.ca>

En~chanting Beyond Bedside Singing services -- vocal music used to support the journey though the major life-passages of birthing and dying in Victoria, B. C.

NANCY WATTERS (CCLT 1 - 2004/5)

<http://www.sacredworldsong.com>

Monthly community chant circles (free), sacred song gatherings, concerts & workshops.

SOPHIE OLIVEAU-MOORE (GHC Thursday Soprano)

<http://www.ladybirdcommunications.com>

Ladybird Communications specializes in developing small business and NGO websites that are affordable and easy to manage and grow.

AURAFIDELITE ARINDAM (GHC Thursday Soprano)

<http://www.auraart.net>.

I am a professional botanical artist in Victoria. You will find a gallery display of my botanical artwork, information about my upcoming and past art exhibits and publications, what people are saying about my artwork, my artist's biography, and how to contact me about my artwork. Enjoy!

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 *****

One should keep his words both soft and tender, because tomorrow he may have to eat them.

Unknown
(quoted in "Sedging Harry" by Judith Marks-White)

Editor's Collection

FREE STUFF

COMMUNITY MARKETPLACE

FOR SALE:

computer table \$35.00

ocean kayak (capella) with all necessities \$2750

Thank you,

Janet 250-652-7706

Submitted by Amber Freer former GHC Monday Alto

EMPLOYMENT AVAILABLE OR WANTED

HOUSECLEANING SERVICES : JAMES BAY, DOWNTOWN AND FAIRFIELD AREAS

Experienced, thorough and caring housecleaner looking for 1 or 2 more REGULAR CLIENTS (weekly or bi-monthly). Featuring 1 and 1/2 hour cleaning sessions at \$40 (most housecleaners expect a 2-hour min.)

Please pass along this info to family, friends, neighbours and colleagues.

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Call Nathalie at (250) 588-5535

Submitted by: Nathalie Vazan GHC Thursday Alto

OPPORTUNITIES OR REFERRALS WANTED (Repeat)

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

SUMMER RENTAL

Do you know anyone who wants to hang out in the Okanagan this summer. My friend, Gayle, has a sweet summer rental in Penticton. <http://www.idealvacationrentals.com/canada/bc/walf/penticton-vacation-cottage.htm>

Submitted by Lorraine Huntley HNC Alto

JAMES BAY-BACHELOR SUITE

Available now.

Heat, hydro and hot water included. International students welcome. Ten minute walk to downtown and all amenities such shopping, banks, post office etc. Located on Beacon Hill Park, one block from the ocean and bus stop. Suits mature, quiet student looking for a safe and clean living environment. Furnished or unfurnished. Coin operated washer and dryer. No pets, no smoking.

Contact Danielle (250) 385-1109 daniellelavoie@shaw.ca

Submitted by Danielle Lavoie former GHC Soprano

Masters Of Social Work Student LOOKING TO RENT, SHARE OR HOUSE-SIT 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 or 250-429-3929, cell 250-417-7332. Thank you. Sincerely,

Submitted by Maureen Smith former GHC

FAIRFIELD, SHORT-TERM SUMMER RENTAL

Renovated, light-filled character house in the fabulous, quiet Victoria neighbourhood of Fairfield. You are just a few minutes' walk from everything: Gonzales Beach, scenic marine drive, shopping, parks, and bus access. Our family-friendly house includes three bedrooms, two bathrooms, deck, patio, and much more. An added bonus is our friendly cat, Pumpkin. Our house is available from July 14 to August 17. Rate is negotiable. Contact me at 250.598.1737 or penty@islandnet.com.

Submitted by Ros Penty GHC Tenor

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

Laughter -- An interior convulsion, producing a distortion of the features and accompanied by inarticulate noises. It is infectious and, though intermittent, incurable.

Ambrose Bierce, from The Devil's Dictionary

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.

===== UNKNOWN DATE =====

MS BENEFIT CONCERT... (???)

...featuring Lynne and Julian Greenwood, saxophone & piano duo, performing popular and light classical. To be held at St. Luke's Church, Cedar Hill Cross Rd. and Cedar Hill Rd. at 7:30pm. Tickets are available from Lynn Daniel (soprano) 381-7580, Ivy's Bookstore, Church office and at the door. \$15/\$10for seniors/students. I have organized this event for my MS Bike Tour and as part of St. Luke's series of concerts celebrating our 150th Anniversary.

Submitted by Lynn Daniel

Editor's Note

Since Lynn didn't include an event date you can contact her at 250-381-7580 or lynnandaniel@shaw.ca

=====

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

WINGS
(Walk In Nature Gratefully Singing) (Jun 11)

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
250-652 1509

Submitted by Claire Ebendinger, Monday soprano,

2nd Canadian Gathering Retreat for
HIGHLY SENSITIVE PEOPLE (Jun 11 to 15)

The 18th HSP Gathering Retreat™ since 2001

June 11-15, 2010
The Haven (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

ECKHART TOLLE DVD NIGHTS (June 13 & 27+)

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 (June 13, 27, etc.)

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

Submitted by Linda Chan, Former Tuesday Soprano

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

A COURSE IN MIRACLES (June 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 15

<http://www.OnlyLoves.org>

Submitted by Julia Day, disappeared Alto

FOUNDATIONS OF CONTEMPORARY SPIRITUALITY, (June 16 to 18)
with Michael Morwood.

A time to come together to consider our own questions, concerns and to look at ways to ground ourselves as we explore spirituality today. There will be time for solitude and quiet, group interaction and input from Michael.

July 16 – 18, Friday - Registration 4:00 - Sunday 1:00 pm, \$260.00 single room, \$250.00 share room, \$200.00 commuter. Rosemary Heights Retreat Centre, 3690 152 St. Surrey, BC

Registration: earthliteracies@shaw.ca 1-250-380-9786 or 1-250-220-4601 www.livinglanguageinstitute.org By Mail: Please make cheques payable to the Living Language Institute Foundation. Mail to Programs in Earth Literacies Box 224 Saanichton, BC, V8M 2C3.

Submitted by Gertie Jocksch, Monday Soprano

BODYTALK ACCESS CLASS (Jun 16 & 23)

Your own personal health care system!

In just 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 250-388-7905 or jkirby@holisticarts.ca.

June 16th & 23rd, 6:30 - 9:30 pm

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

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 with pay pal access, 250-220-4601 www.livinglanguageinstitute.org

Submitted by Gertie Jocksch, Monday Soprano

NIA DANCE JAM (Jun 19)

Seven Victoria Nia Instructors are hosting a Nia Dance Jam to raise funds for the Young Parents Support Network (www.ypsn.ca).

Saturday June 19th, 2010
1:00-3:00 pm
Victoria Dance Connection
110 2750 Quadra Street, Victoria BC

Cost is \$15.

Please join us for a unique and inspiring fitness experience supporting an incredible cause. <http://www.niac.ca>

For more information contact Karen at 250 478 1076 or karenia@shaw.ca.

Submitted by Karen Boissonneault HNC singer

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

Submitted by Sharon Schaan: former Soundings and GHC Soprano

CELTIC VESPERS SUNDAY (Jun 20)

Celebrate summer's arrival with the lively music of Brad Prevedoros, Nel Golden and Greg Joy
Sunday June 20th, 7pm at St. Johns United, 10990 West Saanich Rd. (across from Deep Cove School)

No admission fee but an offering will be taken.

Submitted by Eva Kerr Monday Alto

COMMUNITY EVENTS COMING WEEKS

CONVERSATIONS ON THE NEW COSMOLOGY (Jun 24)

With Bill Wilson, SJ PhD.

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

Date: Thursday Jan 28, 2010

Time:

12:00 am – 1:30 pm

Location:

Friends Meeting House, 1831 Fern St. Victoria, BC

Cost:

\$10.00 suggested donation

Register:

earthliteracies@shaw.ca 250-220-4601 www.livinglanguageinstitute.org

Submitted by Gertie Jocksch, Monday Soprano

MINDFUL YOGA WITH MISHA GITBERG (start Jun 24)

For a wonderful spiritual as well as physical workout that will help deepen your mind-body connection, leaving your body and soul open for music, I recommend this course.

Misha is a psychotherapist who has trained in Yoga and Buddhist Contemplative traditions in North America, India and Thailand who seeks to bring his understanding of mind-body connection into his professional and personal practice.

Dates: 6 sessions - June 24, July 8, 15, 22, 29 & August 5

Time: Thursdays, 5:30-7:00pm

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

Fee: Early bird - \$75 (if paid before June 14), regular fee \$90

More information contact Misha at misha@soulstir.net, tel. 778-678-0137 or check out: www.soulstir.net

Submitted by Lori McElroy, GHC Thursday Tenor

A CELEBRATION OF THE NEED CRISIS & INFORMATION LINE (Jun 25)

Sadly, after 39 years the NEED Crisis & Information Line will be hanging up the phones on June 30th.

We know that many in the choir community have had an association with NEED and hope you will come and share in our June 25th event to celebrate and remember 39 years of the Fine Heart of Listening.

Tickets are \$5. and can be easily obtained by calling 250-386-6328 or emailing to datkins@needcrisis.bc.ca Event location and details will be on your ticket. Doors open at 5 pm and the event will close at 7:30 pm.

You can also share your favorite NEED memory, or how NEED touched your life through the website at www.needcrisis.bc.ca

Submitted by Linda Woodward Stanton, Tuesday alto.

HANDS ACROSS THE SANDS GLOBAL GATHERING (Jun 26)

Victoria...lets meet on Dallas Road Beach near the Ogden Point Breakwater on June 26th at 11:00 a.m. We will form lines in the sand and JOIN HANDS at noon!

\The image is powerful, the message is simple. No to Offshore Oil Drilling, No to Oil Tankers along our Beautiful B.C. Coast, Yes to Clean Energy.

Gather old and new friends in your communities, come out and remember to make this a no-drive event! Walk, bike, take the bus, or carpool if necessary.

More info - Renee at (250) 361-7508 or renee.consciouslearning@gmail.com

Show your support, become a member on facebook page - Hands across the sands - Victoria, B.C.

Visit global site: <http://www.handsacrossthesand.com/>

also see my "Volunteers, Supporters & Sponsors Needed" item in the "Community Networking" section of this newsletter.

Submitted by Renee Lindstrom former GHC Tuesday Tenor

ART GALLERY OF GREATER VICTORIA
SUMMER SMALL WORKS EXHIBITION AND SALE (Jun 26 to Aug 29)

Four of my original botanical drawings will be on display and for sale.

1040 Moss Street, Victoria, BC.

Info: 250-384-4101

<http://agqv.bc.ca/>

Submitted by Aurafidelite Arindam, GHC Thursday Soprano

SHARI ULRICH & JULIA GRAFF (Jul 2 & 3)

(there still are a few seats left on July 2nd)

July 2nd & 3rd 7:30 PM (Doors open at 7:00 PM)

1725 Shearwater Terrace

North Saanich, B.C. V8L 5L4

Tickets: \$20.00 (waged); \$15.00 (unwaged)

To reserve: Call 250.655.3811 and leave a clear message including your name, your phone number (&/or email address), and the number of tickets you wish. Or, if you would prefer, respond to wooden_nickel@me.com or bdewolff@mac.com

As you are no doubt aware, the proceeds of house concerts go solely to the benefit of the performers.

Submitted by Bill Hanson GHC Bass etc.

TD ART GALLERY OF GREATER VICTORIA
MOSS STREET PAINT-IN (Jul 17)

I will be displaying and selling my original botanical artwork, large fine art giclee prints, small prints and art cards, from 11am to 4:30pm. I will also be doing drawing demonstrations during that time.

Moss Street from Fort Street to Dallas Road, Victoria, BC.

Info: 250-384-4101

<http://agqv.bc.ca/>

Submitted by Aurafidelite Arindam, GHC Thursday Soprano

JAMES BAY ART WALK SHOW AND SALE (Sep 11 & 12)

I will be showing and selling my original botanical artwork, large fine art giclee prints, small prints and art cards, from 11am to 5pm on both days.

205-425 Simcoe Street, Victoria, BC
Info: info@auraart.net
www.auraart.net

Submitted by Aurafidelite Arindam, GHC Thursday Soprano

JUST FOR FUN

A reward of laughter for reading this far

ANIMATOR VS ANIMATION

Submitted by Chris Gower Rees former GHC & Soundings Tenor

Just click on the link below, then click on play, then leave the mouse alone, sit back and enjoy a piece of creative brilliance.

http://fc01.deviantart.com/fs13/f/2007/077/2/e/Animator_vs_Animation_by_alanbecker.swf



NEWSLETTER SCHEDULE REMINDER

This issue is the last newsletter for the 2010 Spring season. The next scheduled issue will be the first Admin issue of the Fall season on September 3rd.

Between now and then there may be, from time to time, GHC News & Business "Special Announcements". Whenever one of those goes out I will attach whatever submissions I have on hand (possibly just in the order received).

As with the newsletter:

Dated Events will be repeated in such specials automatically until their date has passed.

Any other items that you want repeated must be re-submitted once they appear in one of these special announcements.

In order to keep my volunteer work in providing this extra summer service to a minimum please make sure that any item you send conforms to the newsletter submission guidelines specified on our site's "Using Our Newsletter" page. If you haven't visited that page lately please review it before you send your first summer submission at:

<http://www.gettinhigherchoir.ca/community-info/newsletterinfo.html>

Please submit your items to:

billh@crucible.ca

There are no guarantees when, or even if, such special announcements will go out so any items you submit are accepted on "standby" only.

~ Bill



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

Making
Universal
Sounds

In
Community

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

