

Subject: GHC Community Info

COMMUNITY MEMBER'S SUBMISSIONS

APPRECIATION FOR BILLETING YOUNG SINGERS

Our billet needs have been met – 102! Bravo to you all.

Members of the Saanich International Folk Dancers, Getting' Higher Choir, Philharmonic, Crystal Singers, Arbutus Singers as well as First Met folks have joined together in opening their homes to folks.

Submitted by Anne Forester Monday Soprano

AN OPPORTUNITY TO SING

Re-Naming The Salish Sea

10:00 AM Thursday, 15 July 2010 Esquimalt, BC

Lieutenant Governor Stephen Point has written a song for this event that he is giving as a gift to the Province of British Columbia. He has invited The Victoria Good News Choir to provide the core in the presentation of this song at the official re-naming of The Salish Sea on Songhees Nation land in Esquimalt (near the longhouse). It will involve the 50-100 drummers of the Songhees and Esquimalt Nations (a community drumming circle) and a **mass community** choir – anchored by members of The Victoria Good News Choir.

Invite your friends and neighbours. Everyone is welcome. I mean it!! Come. Sing.

His Honour wants old, young, black, white, brown, yellow, young, old, middle aged every segment of the society - that is his British Columbia (and mine and yours, too) - represented as a living testament to the fact that we are, indeed, one people and that separation is no longer acceptable.

Wouldn't it be wonderful to have a choir of 150 singers?

For rehearsal dates/times, contact information and other details about this event plus background information on the Salish Sea click on: <http://www.o-my.info/ghc/nl/2010/0629/salish.pdf>

Blessings and thanks,

Louise Rose, director
The Victoria Good News Choir

Submitted independently by:

Donna Bell former Tuesday/Thursday Soprano
Marnie Lamb past GHC/HNC Alto
Frances Backhouse GHC Tuesday Alto

A RECOMMENDATION FROM CYBERSPACE

[Avaaz.org](http://www.Avaaz.org), a 5.5-million-person on-line global campaign network, is currently circulating an email inviting us to use their system to send 75th birthday greetings to the Dalai Lama. In that email they say (in part)...

For decades he has given us all hope -- setting a generous example of wisdom, non-violence and compassion for a better world.

Now we can return the favour -- let's send the Dalai Lama a birthday tribute from millions of us worldwide! It will be delivered personally to him on a "wall of warm wishes" outside the temple in Dharamsala and broadcast around the region.

To add your wishes please visit:

http://www.avaaz.org/en/dalai_lamas_birthday/?v

The email they are circulating was too long for inclusion here but you can read the original version by clicking on:

<http://www.o-my.info/ghc/nl/2010/0707/dalai-lama.pdf>

Recommended by Bill Hanson GHC Bass etc. & Chris Gower Rees former GHC & Soundings Tenor

GERMAN LESSONS

Guten Tag! Sprechen Sie Deutsch? Ich heisse Joanna.

Would you like to start learning German or refresh your skills? My lessons are enjoyable, engaging, easy to understand, and always tailored to your needs. 1 hour / \$25

I have over 10 years of academic and private teaching experience in Germany and Canada - Master of Arts in German Language & Literature and Pedagogy.

For more information please visit my website www.germanlanguageservices.ca

email to: germanconsulting@shaw.ca or call 250 884 2265

Submitted by: Joanna Schaller, former GHC Alto

TRYING PERSIAN FOOD

Doug Paterson, former GHC Bass and Director of the Harmonious Family Choir, and I went out to dinner last night . Since we wanted to try something different we went to the Side Dish Restaurant at 1008 Langley St. which specializes in Persian food.

It was a very tasty meal at reasonable prices and we were both glad we went. We shared a couple of appetizers and we both had beef kebabs for our entree for less than \$20 each including tip.

For some idea of what they serve have a look at their take-out menu:

<http://www.o-my.info/ghc/nl/2010/0707/persian.pdf>

Their in-restaurant menu is, of course, more substantial.

Check them out sometime.

Submitted by Bill Hanson GHC Bass etc.

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 their design specifications.

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

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.

LAND WANTED Farm Tax Status Work Trade

A young couple in their late 20's, each with 7 years experience who are committed to educating about local medicines/foods are seeking long term growing space with accommodation or place for a trailer. Potential partners for land owners who would like help with farm status.

Edible Landscape consultation, creation and care.
Certified Horticultural Landscaper, Permaculture designer and Sustainable gardener.

For detailed lists of criteria & intentions plus contact info please click on:

<http://www.o-my.info/ghc/nl/2010/0707/farm.pdf>

Submitted by Jonathan Francoeur former GHC Monday Bass

THEATRE SKAM BIKE RIDE:

Enjoy music, stories, theatre, and dance along the Galloping Goose Trail. Bicycle to the Goose to experience a world without cars as seen through the eyes of talented actors, singers, dancers and storytellers, Saturday and Sunday July 10, 11, 17 and 18, 3:30 to 8:30 p.m. \$15 for adults, \$5 for children 6 to 10, free for kids 5 and under. Includes singing under the Gorge Street Mural, three easy bike routes, nine fun performances, bike decorations and more. Bike rentals available. Enter off Burnside Road near the SPCA. For more information contact allison@skam.ca or call 250.FUN.SKAM (386.7526)

Submitted by Shoshana Litman former (and possibly future) HNC singer

WANTED: SWEET 1 BEDROOM SUITE

I am single, retired looking for a bright, warm, quiet home where I can put in a vegetable garden. Rent \$750ish preferably with parking and neighbours to share tea with. I don't drink or smoke and have no pets.

I have been in my current suite for 20 years but my landlady has recently passed on and her son wants it for his use. I have excellent references.

Contact info. banrigh_clotha@shaw.ca 250-381-4253

Submitted by Margo Akins HNC alto

COMMUNITY EVENTS THROUGHOUT THE SUMMER

ART GALLERY OF GREATER VICTORIA
SUMMER SMALL WORKS EXHIBITION AND SALE (Now 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://aggv.bc.ca/>

Submitted by Aurafidelite Arindam, GHC Thursday Soprano

A BHAKTI NIGHT INVITATION (Jul 9, Aug 13, +)

Come and sing your heart open and enjoy a simple vegetarian meal

The 2nd Friday of every month

July 9
Aug 13
Sep 10
Oct 8
Nov 12
Dec 10

6 to 7 pm ~ vegetarian meal

7 to 9 pm ~ call and response kirtan (<http://en.wikipedia.org/wiki/Kirtan>)

9 pm ~ chai time

Poster

<http://www.o-my.info/ghc/nl/2010/0629/bhakti.pdf>

Submitted by Grace Golightly

Editor's Note

For the first year and a half that I was a member of the Gettin' Higher Choir I was also an enthusiastic member of a Sanskrit chanting circle. As with this event many of the chants were call and response and all were composed of simple word and beautiful melodies that begged to be sung from the heart.

WINGS
(Walk In Nature Gratefully Singing) (July 9 or 16)

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

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

This month to Partridge Hills, meet at Durance lake parking lot by 10:00. We'll hike on an old logging road to a beautiful view point, returning to cars by 12:00.

Wear sturdy shoes, bring a drink, a walking pole if needed, binoculars ? Contact me to confirm date and location if interested.

marieclaireben@yahoo.com
250-652 1509

Submitted by Claire Ebendinger, Monday soprano,

SUPPORTING ONE OF OUR OWN

(Jul 10)

Sarah's Liberation

You are invited to come and bring friends to a salmon feast and fundraiser for MS testing and treatment for Sarah Mathison (former GHC Tuesday/Thursday Tenor 2003-06)

Featuring:

- A Salmon feast (chicken & vegetarian food, too)
- Silent auction
- Art: valuable paintings, prints
- Book & CD table
- ~ plus ~
- Live Music

Saturday, July 10, 4 - 10 pm
Cobble Hill Agricultural Hall 3550 Watson St Cobble Hill

A message from Sarah:

<http://www.o-my.info/ghc/nl/2010/0629/sarah.pdf>

Information about the treatment:

<http://www.sanoviv.com/medical-services/ccsvi>

For enquiries phone:

- 1-250-597 4650 Sarah
- ~ or ~
- 1 250-748 3557 Brenda

Submitted by: Brenda Grenier former GHC Alto.

VOICEWORKS AT THE YURT WITH BISIA BELINA (Jul 11)

Date: Sunday, July 11th

Time: 1 - 4 pm (includes a break)

Cost: 5 people or less \$60
6 people or more \$45. (limit 15)

Register: Anita: amarshall1953@yahoo.ca

Bring: Water bottle. Snacks to share during break. Tea will be provided.
Wear comfy clothes.

The Yurt: has electricity, running water & an outhouse. There is plenty of hang-out space inside or out with lovely trees everywhere.

Location: CorUnum Yurt

- 5990 Old W. Saanich Rd (close to Brentwood Bay)
- Enter off of Killdeer Rd (first driveway on the left).
- Park near the house and then walk up the trail to the Yurt.
- Here is the Mapquest link...

<http://www.mapquest.com/mapscity=Victoria&state=BC&address=5990+Old+West+Saanich+Road&zipcode=V9E&country=CA&latitude=48.546687&longitude=-123.428922&geocode=ADDRESS>

Carpool: if you need a ride, or can offer a ride, email Jennifer at:
music@jenniferlouisetaylor.com

Submitted by Patricia Houston GHC Alto

ECKHART TOLLE DVD NIGHTS (Jul 11 & 25 +)

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 (July 11 & 25, etc.)

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

Submitted by Linda Chan, Former Tuesday Soprano

OPEN INQUIRY MEDITATION GROUP (Jul 14, 21 & 28 +)

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

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

Time:

6:30 7:30pm, please arrive 5 minutes early

Dates:

Last three Wednesdays each month (July 14, 21 & 28)

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

**FOUNDATIONS OF
CONTEMPORARY SPIRITUALITY** (Jul 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

**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://aggv.bc.ca/>

Submitted by Aurafidelite Arindam, GHC Thursday Soprano

TAIZE SERVICE (Jul 20)

A special Taize service will be held on Tuesday July 20 at St. Andrews Cathedral on Blanshard Street.

Submitted by Anne Forester, GHC Monday Soprano

BODYTALK ACCESS CLASS (Jul 25)

Your own personal health care system!

In just one day, 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.

Sunday, July 25th, 10:00 am - 5:00 pm

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

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

Making
Universal
Sounds
In
Community

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

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