

# **COMMUNITY MEMBER'S SUBMISSIONS**

## **A SPECIAL HOLLYHOCK OPPORTUNITY**

One voucher for Hollyhock tuition, valid for 2010. Contact Lillian at 250 370 1207 if you can use it.

Submitted by Lillian Kamper Tuesday Soprano

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## **WHY THE WORLD NEEDS WIKILEAKS**

If you do nothing else this week, please watch this, it is really important.

<http://english.aljazeera.net/focus/2010/07/2010726112724506988.html>

Recommended by Chris Gower Rees former GHC & Soundings Tenor

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## **ERRIN ENG'S BIG ADVENTURE**

Our son Errin left July 22nd for the first two months of an adventure dedicated to raising awareness about basic nutrition and healthy exercise in children in order to prevent the development of lifelong unhealthy habits toward food and exercise.

To learn more about his adventure please use this link and join his facebook page: "Fight the Flab: 100 000 KM to end childhood obesity."

[http://www.facebook.com/n/?group.php&gid=144419888905107&mid=2ac30e5G299e464cG52fb92fG6&n\\_m=sunlady%40shaw.ca](http://www.facebook.com/n/?group.php&gid=144419888905107&mid=2ac30e5G299e464cG52fb92fG6&n_m=sunlady%40shaw.ca)

It is also a link to news and information about his fund raising efforts and the 100 000 KM goal.

He will be blogging most days, so you can follow his progress.

For some ways you can help him meet his 100,000 km goal please click on:

<http://www.o-my.info/ghc/nl/2010/0728/errin-eng.pdf>

Submitted th Christie Eng GHC Thursday Tenor

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## **CONSCIOUS CARPENTRY & CONTRACTING...**

...is a local company that offers alternative and green solutions for the home owner/business owner who wants to create, transform or re-vitalize their space, home or landscape into an environmentally conscious place where you can live and feel more connected and inspired.

Offering a wide spectrum of services from consulting, to building, handy man services to recycling materials, locally sourced flooring and finishing, doors and windows, alternative products and building, rammed earth, cob, grey water systems & composting toilets, you dream it we can create it!

Conscious Carpentry & Contracting also works to connect you to a network of sub-trades like electrical, plumbing, solar systems, water catchment, permaculture, natural cleaning products etc...

For your free estimate contact:

Laughlin Meagher (*pronounced Lock-lin Mar*)

[consciouscarpentry@gmail.com](mailto:consciouscarpentry@gmail.com)

1-250-508-3023

Recommended by Mike Sheehan *CCLT 1 - 2004/5 grad and former GHC Tenor*

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## **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](http://www.germanlanguageservices.ca)

email to: [germanconsulting@shaw.ca](mailto:germanconsulting@shaw.ca) or call 250 884 2265

Submitted by: Joanna Schaller, former GHC Alto

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## **AMAZING TEEN TENORS**

You have to listen to this.

<http://www.wimp.com/threetenors/>

Absolutely amazing and beautiful!

Recommended by Audrey Glynn GHC Monday Soprano

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## **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.

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

Submitted by: Bill Hanson, GHC Bass etc.

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## **WINGS (Walk In Nature Gratefully Singing) (July 30)**

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, sharing, and singing choir songs.

Next outing to Upper Thetis lake; meet at Prior lake access (Highland road-continuation of Watkiss) small parking, by 10:00. We'll hike on a trail in the woods, swim optional, returning to cars 12:30ish.

Wear sturdy shoes, bring a drink, a walking pole if needed, binoculars ? Contact me if you are interested (I am away from July 23-28).

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

250-652 1509

Submitted by Claire Ebendinger, Monday soprano,

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### **VOLUNTEERS NEEDED FOR SELF-TRANSCENDENCE TRIATHLON / DUATHLON (Aug 1)**

Various positions available on the day of Triathlon / Duathlon. Race starts at 7 a.m. at Elk Lake. You will be finished and enjoying the post race meal at 11:45 a.m. Volunteers also receive race shirt, water bottle plus a special draw prize just for volunteers and gratitude from all the athletes and organizers.

Please call Patricia at (250) 592-5355 or by email at [info@scmt.ca](mailto:info@scmt.ca). Web: [www.victoriatriathlon.com](http://www.victoriatriathlon.com)

Submitted by Linda Chan, High Noon Choir

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### **HOUSE SITTING**

If you need someone, or you know someone who needs experienced housesitters, to look after home/pets while away this fall/winter you can contact Tracy at 250-857-8185 or E-mail Tracy at [tracy.koebel@gmail.com](mailto:tracy.koebel@gmail.com).

Submitted by Tracy Koebel former Summer Singer

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### **DISCOVER SAILING**

Join us for 1 day to 3 week spiritual retreats through the Gulf Islands and the Inside passage to the Broughton Archipelago. We also provide sail training, tailored to your specific needs and learning goals. For more information visit our website [www.discoverysail.com](http://www.discoverysail.com) or call Tracy or Nathaniel at 250-858-4978.

Submitted by Tracy Koebel former Summer Singer

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### **A book recommendation: TOMORROW'S CANCER CURES TODAY**

Should you know of anyone in your circle of family and friends who is addressing the challenge of cancer, please be sure to forward this message to them.

I have just read 22 of the 25 "cures" in this book, "Tomorrow's Cancer Cures Today" and can tell you this is a worthwhile addition to the library (and the high priority reading list) of anyone who wants to increase their measure of control over their own health.

For more information click on:

<http://www.o-my.info/ghc/nl/2010/0728/cancer.pdf>

Recommended by Matti Anttila former GHC Bass

## **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

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### **OPEN INQUIRY MEDITATION GROUP** (Jul 28, Aug 11, 18 & 25+)

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 28, Aug 11, 18 & 25)

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

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### **2010 TANGO FESTIVAL** (Aug 6 to 8)

Do you have a passion for Tango? Come to the Festival August 6th to 8th!

Really passionate? Get involved in Victoria's Tango community and help make it happen as a volunteer!

For details of the festival and how you can join the fun check the July 21, 2010 "Passion for Tango" newsletter at:

<http://www.o-my.info/ghc/nl/2010/0728/tango-nl.pdf>

Submitted by June Waters former HNC Singer

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**A BHAKTI NIGHT INVITATION** (Aug 13, Sep 10+)

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

The 2nd Friday of every month

- 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.

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**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](mailto:info@auraart.net)

[www.auraart.net](http://www.auraart.net)

Submitted by Aurafidelite Arindam, GHC Thursday Soprano

===== 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)

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