

COMMUNITY MEMBER'S SUBMISSIONS

Please note:

This will be the last "GHC Community Summer Special" the next email that will go out containing community submissions will be the first "Community Newsletter" of the Fall season on September 10th

HELLO CHOIR COMMUNITY

In case any of us ever start thinking that we are too old to be singing, here's a video of Pete Seeger - at 90.

<http://www.youtube.com/watch?v=hM8QK4oM3Jk>

By the way the songwriter is the same one who wrote Somos El Barco.

Submitted by Denis Donnelly GHC & Soundings Director

SAVING THE WEST COAST SALMON

Andrea Morton has sent out an open letter to us all as a call to action regarding the threatened west coast salmon which you can check out by clicking on:

<http://www.o-my.info/ghc/nl/2010/0819/morton1.pdf>

To check out her critique of the proposed Federal regulations that will make and already bad situation worse click on:

<http://www.o-my.info/ghc/nl/2010/0819/morton2.pdf>

Submitted by Anne Caldwell former GHC Tuesday/Thursday Soprano

THE FERNWOOD URBAN VILLAGE

Are you interested in living in an earth friendly pocket neighbourhood located on the rim of Victoria's downtown core? The Fernwood Urban Village is in the process of being born. It is a community of owners living in a cohousing complex in a great part of Fernwood. Architect-designed, it appeals to active adults who are living alone, or as a couple. Gardening, and cooking are central to the community atmosphere. This is a strata title development, although there are some rentals. Look at <http://www.fernwoodurbanvillage.ca>

Contact Bill at 250 888 9167

Submitted by Bill McKechnie former GHC Bass

RENTAL WANTED

Can you help these well recommended people?

We are a Danish family who are looking for a place to stay from the 1st. of September until the 1st. of January. We are looking for something furnished downtown Victoria. We were thinking of spending around 800-1100 Canadian Dollars a month. We are a married couple who are both studying for a PhD. Ulrik is going to follow some courses at UVIC and Rikke will be spending time reading and taking care of our son Markus, who is 3 years old.

Please contact us if you need more information. Regards Ulrik" ulrik2307@gmail.com

Submitted 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

WADE IN THE WATER ~ CAMP 'N SING (Aug 21 & 22)

Join us for the second annual Wade in the Water singing retreat on Friday August 21st and Saturday 22nd

Twenty four hours of camping, relaxing and singing on the beautiful grounds of the Hideaway resort on the Oyster River in the Comox Valley, just 1/2 hour north of Courtenay. This workshop is open to everyone who wants to sing and is designed to make preparation as easy as possible.

There is a great indoor workshop space with wonderful acoustics in case the weather doesn't cooperate

To register, or for more details, see www.letzsing.com or call Tina @ 250-337-8328

Submitted by Tina Filippino CCLT 1 - 2004/5 grad

WORLD CHANT & INDIA TRIP SLIDE SHOW (Aug 22)

I'm hosting another evening when I will lead an hour of world chant, followed by tea and a slide show of my recent trip to India. It will be at my home, 1531 Yale Street on August 22, from 7-9 pm. Please come be my guest and enjoy the afterglow of this trip! The Oak Bay News picked up the story, which you can read here:

http://www.blocalnews.com/vancouver_island_south/oakbaynews/community/98284854.html

Sacred World Song
www.sacredworldsong.com

Submitted by Nancy Watters CCLT 1 - 2004/5

THE YOGA OF SOUND AND CHANT (Aug 23+)

If you would like a deeper experience of chant, consider "The Yoga of Sound and Chant", my workshop offered at Queenswood on Monday, August 23, 2-4 pm. Registration information here . . .

<http://www.queenswoodcentre.com/workshop/sound>

Sacred World Song
www.sacredworldsong.com

Submitted by Nancy Watters CCLT 1 - 2004/5

OPEN INQUIRY MEDITATION GROUP (Aug 25, Sept 15, 22 & 29+)

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 (Aug 25, Sept 15, 22 & 29+)

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

A BHAKTI NIGHT INVITATION (Sep 10+)

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

The 2nd Friday of every month

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 former GHC Alto

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.

**A Spiritual Tour to Sacred Mother Earth
PACHAMAMA & MACHU PICCHU, PERU** (Sept 10 to 24)

Embrace your Joy & Open your Heart in a Life Changing Experience on the Inka Initiation Path in Mystical Peru with Mallku Aribalo, Renowned Andean Cosmologist, International Lecturer/Teacher of Andean Culture & the Wisdom & Ancient Initiation Knowledge of the Amauta Sages.

Contact Catherine reikivictoria@gmail.com

Submitted by: Catherine Harvey - former Monday/Tuesday Alto

WRITE YOURSELF HOME (Sept 11)

A One-Day Writing Retreat with June Swadron

This workshop experience includes the writing of stories, poetry, memories and learning the fundamentals of moving past the head and into the heart of writing. You will be led gently into the soul's inner landscape where passion, originality and truth are revealed. Not a critique group but a safe, nurturing environment.

For those who have never experienced June's on-going creative workshops and writing life stories workshops, this is an excellent opportunity to experience a beautiful blend of both.

Full details <http://juneswadron.com/retreats/write-yourself-home>

Saturday, September 11th 9:30 – 5:30 \$85.00
Church of Truth, 111 Superior Street, James Bay
250 – 385-2205

june@juneswadron.com
www.juneswadron.com

Submitted by: juneswadron, former GHC Alto

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

VALDY (Sept 17)

with Hank Cramer and Tiller's Folly

Fri., Sept. 17, at the MacPherson Playhouse

I hope to have more details for the Sept. 10 Community Issue of the newsletter.

Submitted by Bill Hanson GHC Bass etc.

8 weeks with June Swadron **RE-WRITE YOUR LIFE WRITING SERIES** (Starts Sept 20 or 27)

Learn to write your life stories using a unique transformational process that empowers you make peace with the past so that you can fully rejoice in your life today. A sacred circle and an honouring of each person's personal journey. The course is based on June's widely acclaimed book, *Re-Write Your Life* endorsed by Julia Cameron, author of *The Artist's Way*.

Watch video <http://www.youtube.com/watch?v=EcDtScvbpZY>

Full details: <http://juneswadron.com/re-write-your-life>

Monday Mornings - 10:00 to 1:00 - begins September 20
Monday Evenings - 6:30 to 9:30 - begins September 27

\$325.00 or \$295.00 by September 13th

* Special payment arrangements available

Call - 250- 385-2205 or email june@juneswadron.com

Submitted by: juneswadron, former GHC Alto

8 weeks with June Swadron
“WRITE” WHERE YOU ARE (starts Sept 23 or 30)

with June Swadron

Do you like to write and play with words or do you stand on the sidelines wanting to write but avoid it by telling yourself: “I’m not good enough, it’s too much effort and besides I can’t spell!” This writing series dispels these myths and teaches you the joy of writing. You will break through writer’s block, access your inner muse, hone your writing skills, deepen self-awareness & have fun! For seasoned & novice writers alike.

Thursdays - 8 Weeks

Thursday Mornings - 10:00 to 1:00 - begins September 23
Thursday Evenings - 6:30 to 9:30 - begins September 30

Mornings– 10 – 1 - Begins September 23rd

Evenings - 6:30 – 9:30 – Begins September 30th

\$325.00 or \$295.00 by September 19 *Special payment arrangements available

250 – 385-2205

Full details - <http://juneswadron.com/workshops/write-where-you-are>

june@juneswadron.com

Submitted by: juneswadron, former GHC Alto

BAHA'I CHANT CIRCLE (Sept 28+)

You are welcome at a monthly Baha'i chant circle that I will be leading at UVIC's Interfaith Chapel the last Sunday of each month from 3-5 pm. September 28, October 31, November 28. It's free and open to the public.

Sacred World Song
www.sacredworldsong.com

In harmony,

Submitted by Nancy Watters CCLT 1 - 2004/5

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

Making
Universal

Sounds
In
Community

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

