



The January 21, 2011
CHOIR COMMUNITY ISSUE
of the GHC's Choir Community Newsletter

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NO NEWSLETTER NEXT FRIDAY

The next newsletter will be an end of season combined Admin & Community Issue
It will be sent out as soon as possible after the concerts

IF YOU ARE SINGING IN EITHER GHC CONCERT....

Be sure to "Reply" to the Jan. 12th "GHC Concert Sign-up Time!" Email

If you didn't get it, or deleted it, you can open a copy by clicking on:

<http://www.o-my.info/ghc/nl/2011/0114/census.pdf>

GHC CONCERT TICKETS FOR SALE

Continuing at all choir sessions until the concerts

For details see this item in "Community Marketplace"



For a PDF Version of this week's issue plus all our archived issues
including last week's Choir Community Issue please go to:

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



SPECIAL NOTES!!!!

1. GHC JANUARY 28 & 30 CONCERT INFO

Please visit: <http://www.gettinhigherchoir.ca/community-info/#concerts>

2. GETTIN' HIGHER CHOIR T-SHIRTS!

Looking for something bright to wear in the concerts? Check out Heather Fox's item in the Community Marketplace section.

3. CONCERT VIDEO VOLUNTEER(S) WANTED

No experience necessary. Just a willingness to sit in the front and centre of the balcony at one, or both, concerts and help Howard Dieno GHC Thursday Tenor video our concert. See his item in the Choir Networking section.

GHC/HNC CHURCH OF TRUTH LOST & FOUND

Tues/Thurs: on the foyer closet shelf to the left as you enter the building.

HAVE YOU LOST SOMETHING AT CHOIR?

If you are missing something and think you might have left it at the CoT but haven't checked the Lost & Found box for it here is a list of its contents to joggle your memory:

- 1 box of Island Princess chocolate covered Macadamia nuts
- 1 black Basics Ultra Classic Twin Coil Notebook full of notes mostly in purple ink
- 4 hats
 - Green 'Bula" (brimless) cap/beanie/???
 - Knitted orange and brown toque
 - Light green brimmed hat
 - Black baseball cap with yin yang symbol on the front
- 1 white cardigan with pockets
- 1 black on light olive green patterned scarf
- 1 black shopping bag claiming to be Canada's greenest
- 1 Black BBW Originals wrap-around top
- 1 pair of black xtra lg Hot Paws gloves
- 1 pair of white ankle socks
- 1 slightly water stained GHC name tag with the name Joanne on it
- 1 pair of Bluenote Sun Glasses with little blue decorations on the arms
- 1 pair of Foster Grant (prescription?) glasses
- 1 dark grey glasses case
- 2 hair brushes
- 1 black plastic comb

If you recognize any of the above items as yours please get it or them the next time you are at choir.

NEWSLETTER NOTES & REMINDERS

PSSSST! PASS IT ON!

Networking involves connecting people you know who have potential value for with each other. Even if you are not personally interested in some of the sections of this newsletter there may be information in them of value to someone you care about...a home or a tenant...a job or an employee...a need or an opportunity...pass it on in joy!

~ Bill

COMMUNITY MEMBER'S SUBMISSIONS

Any time you want to support a choir community member's offering that includes a link to a poster, flyer or brochure it is easy to pass on the link to your contacts or to print copies to post on home, local or work bulletin boards.

GHC CARPOOLING

FROM/TO FERNWOOD ON MONDAY

I may already have a ride but there is a possibility that I may not so I would appreciate hearing from anyone travelling from, or through, the Fernwood neighbourhood to the Monday Jan. 24th session.

Please contact me at 250-370-5965

Submitted by Anne Cookson GHC Thursday Soprano

RIDE WANTED FOR CONCERTS

To/From 10478 Resthaven Drive in Sidney between Bowerbank and McDonald Park Road

Home Thursday and Friday nights, company at the party there and back Sunday

It could be with the same person all three times or different ones each time.

655-0465

mlhendry@shaw.ca

Submitted by Mary Lou Hendry GHC Tuesday Soprano

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.

DONNA LEWIS FORMER GHC TUESDAY/THURSDAY ALTO

Donna is very ill right now and is wanting to notify her friends of her condition. If you are a friend of hers and you aren't already getting information about her situation and would like to be kept informed you can:

request email updates

~ or ~

be directed to a googleshare website where you can go to look up the latest information on her condition without getting a lot of emails.

Please email mglavina@mymts.net "Donna Lewis" in the subject area followed by either 'emails' or 'website'.

Submitted by Margaret Glavina on behalf of Donna

SAVING A LIFE

Dear Friends,

Two weeks ago at the mouth of Gyro Beach, Benson & I saved a life. I invite all of you who love their animals as much as my husband John and I do to enjoy the story (submitted to the Globe & Mail to be published in their Facts & Arguments)

by clicking on:

<http://www.o-my.info/ghc/nl/2011/0121/benson.pdf>

Fondly, Jean Anderson former GHC Soprano plus John & Benson

OPPORTUNITIES TO SING!!

HOME SECTIONAL SCHEDULE

The following Home Sectional is the last one scheduled:

January 23rd (Sunday) ~Altos at Patricia's

For details please click on:

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

Submitted by Bill Hanson

PLEASE PASS THIS ON TO POTENTIAL SINGERS

Do you know singers, or wannabe singers who might like an opportunity to sing in a GHC/HNC type choir? Many of the graduates of the Shivon and Denis' Community Choir Leadership Training program (CCLT) are involved in choirs of their own across North America and in Australia. Send the following link to the singers you know wherever they may be so they can check to see if there is a sister choir in their area:

http://www.ubuntuchoirs.net/locator_coastal_BC.php

CHORAL WORKSHOP OPPORTUNITY

Come and join the Unitarian Chalice Choir in a daylong workshop with clinician Sara Weicker-Partridge. We will focus on techniques for improving individual and collective tone and pitch. Sara Weicker-Partridge has a Bachelor of Music (with distinction), Secondary Choral Education from UVIC. She has taught voice at the Victoria Conservatory of Music, St. Margaret's Girls School, Glenlyon Norfolk School and she is currently on the faculty of the Canadian College of Performing Arts.

Where: First Unitarian Church of Victoria, 5575 West Saanich Rd.

When: February 19, 2011 from 9am to 3pm.

Details: Please bring your own lunch and we will provide coffee, tea and goodies.

The cost is \$30 and you can register by contacting Jennifer Young at uujenyoung@gmail.com

Submitted by Susan Smith GHC Tuesday Soprano

SING WITH SPIRIT

Hello choir friends

I thought some of you might be interested in this Feb. 19th workshop opportunity with Louise Rose. It should be a great event.

<http://www.o-my.info/ghc/nl/2011/0107/louise-rose-201102ws.pdf>

Submitted by Denis Donnelly

THE HARMONIOUS FAMILY SINGERS & CHOIR

Our Winter Season Runs Until March 14/11

New singers always welcome!

Open to all voices! No audition!

Please pass the word to all Grandparents, Parents and Kids that might like to sing together!

You and the kids you love are invited to a trial session any Monday in any season at the Fairfield United Church Hall (Fairfield & Moss).

The Singers (6:30 to 7:30 p.m.)

Kid and Family friendly singing with dance, musical games, body percussion and story play.

The Choir (7:45 to 9:00 p.m.)

Inter-generational & multi-cultural chants, rounds & songs sung in unison and in harmony.

For details:

<http://www.harmoniousfamilychoir.com>,

sing@harmoniousfamilychoir.com or

250-385-SING (7464)

Submitted by Doug Paterson CCLT 5 and lapsed GHC Bass & Bill Hanson GHC Bass etc.

A SINGING TOUR OF TURKEY

Join me on a musical adventure, sing your way to a musical connection with the history and people of the ancient land of Turkey.

Tour A: May 16 – May 23 2011

Tour B (Option): May 23 – June 1 2011

It is a natural human impulse to sing, and much to some peoples' disbelief, *everyone can do it!* Allowing ourselves to sing freely in our environment is the basis for this musical collective. On this unique tour, you will travel experientially, singing songs from around the world as well as connecting with local musicians and learning Turkish songs, you will *experience Turkey through song*.

For all the details click on:

<http://www.o-my.info/ghc/nl/2011/0107/sing-in-turkey.pdf>

Submitted by Anna Baignoche CCLT2 2005/6

Editor's Note

This is a very special opportunity that is worthy of bringing to the attention of anyone in your life that you think might be interested.

COMMUNITY EVENTS ITEMS THAT INVITE YOU TO SING!

TAIZE NOTICE (Jan 21)

TRANQUIL MOMENTS (Jan 30 +)

For details on the above "Opportunities To Sing" see the full items in the Community Events section below

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

Where words fail, music speaks.

Hans Christian Andersen

Editor's Collection

WORD OF MOUTH / RECOMMENDATIONS

FACEBOOK MEMBERS...FLEX YOUR COMMUNICATIONS MUSCLES!

Choir members who are on Facebook can write a status message that says something like " I'm excited to soon be singing in concert with the Gettin' Higher Choir Jan 28 and 30." Then add in the message our Facebook event page link of <http://www.facebook.com/#!/event.php?eid=116745781731850>

That will notify thousands.

Recommended by Gary Blechingberg GHC Thursday Tenor

Editor's Note

While on that Event page you could also click on the "+ Select Guests To Invite" button under the poster image in the top left corner and invite all your friends to the concerts.

WHY WE LOVE MUSIC

I found this on Eric Whitacre's Facebook page:

<http://www.guardian.co.uk/science/2011/jan/09/why-we-love-music-research>

Recommended by Anu Patel Soundings and former GHC Alto

SOUP SISTERS VICTORIA LAUNCH

Who/what is Soup Sisters

<http://www.soupsisters.org>

Victoria Launch Info:

<http://www.soupsisters.org/victoria-soupsisters.php>

Recommended by Paula Carey GHC Thursday Tenor

JOHN LENNON'S IMAGINE MADE VISIBLE

This is a video clip of John Lennon's song "Imagine" sung by a creative choir.

<http://www.o-my.info/ghc/nl/2011/0121/imagine.wmv>

Enjoy!

Recommended by Michèle Ducharme former GHC Monday Soprano,

DEAR FRIENDS

Snatam Kaur is a very special chant performer. Her concerts sell out, so I wanted you to have lots of advance notice of this Mar. 18 performance.

<http://www.o-my.info/ghc/nl/2011/0121/satnam-kaur.png>

Create a vision board--to manifest the life you want

See the Jan. 25 & 26 listing for this event in the Community Events section below

In harmony,

Recommended by Nancy Watters CCLT 1 - 2004/5

Editor's Note

The image that will display from the clicking on the above link may be too small to read easily. If so hold down the Ctrl key and hit the + sign twice. Each time you do that it will get bigger. Ctrl - - will make it smaller. Continue using these two commands until you find your best balance between too small to read and too fuzzy. A community Events listing for this concert will start running in the next issue of this newsletter.

5 TIPS FOR USING ALUMINUM FOIL

Amazing!! Worth watching folks! It's an eye opener. Some smart person!

<http://video.about.com/frugalliving/5-Uses-For-Foil.htm>

Recommended by Audrey Glynn GHC Monday Soprano

HAVE YOU SEEN THIS?

It has Hello Goodbye and all the Beatles songs with accompanying pictures or videos! It's pretty cool.

<http://www.beatlestube.net/video.php?title=Hello,%20Goodbye>

Cheers,

Recommended by Kirstine Potentier GHC Thursday Soprano

TOUCHING THE DIVINE!!!!!!!!!!!!!!

This was sent to me by a friend and I found it so amazing and inspiring that I thought it might be interesting to send it out to the choir community so they can all enjoy this brilliant 10 year old girl and perhaps also be inspired to sing from our Souls in the upcoming concert like her. On the side bar once on Utube she is singing "Time to say good-bye" with the great Sarah Brighton.

<http://www.youtube.com/watch?v=6ar0r02FZng&feature=related>

<http://www.youtube.com/watch?v=SKhmFSV-XB0&feature=related>

Submitted by Dennis Murphy GHC Thursday Bass

SUPPORT THE CBC PETITION

On November 23rd, 2010, Stephen Harper's secret plan for the CBC was revealed when the Parliamentary Secretary to the Minister of Canadian Heritage mused publicly about killing our public broadcaster!

You can hear the audio for yourself here:

<http://www.friends.ca/news-item/9854>

You can sign the petition here:

<http://www.friends.ca/ILoveCBC/petition.html>

Recommended by Margaret Argue GHC Monday Alto

GREAT YOGA TEACHER

Sheri Killam, my friend is an amazing yoga teacher who is helping me recently to fight with painful fibromyalgia symptoms. Relaxing and gentle practice for all age students intended to enhance your health, flow of creativity and inner balance. Private lessons in a comfort of your own home.

Call Sheri at 250-858-9010 or email: sherikillam@me.com

Submitted by Andrew Kielbowicz, official Choir photographer, former GHC Bass.

COMMUNITY NETWORKING

CONCERT VIDEO VOLUNTEER(S) WANTED

Hello Fellow GHC Singers,

I will be singing both days of our upcoming concert and would like to have the songs videoed as I have either done, or arranged for, the past couple of times.

If you are planning to attend one, or both, of the concerts as an audience member, and are willing to sit in the middle of the upper balcony to run my video camera, that would be greatly appreciated.

I will run through all that you would need to do. The task is a pretty simple one. I will do the editing and uploading to YouTube/ prep for Bill to post the songs to our website.

Please let me know if you are willing to help out in this way by getting in direct contact with me, Howard Dieno, Tuesday night Tenor.

Email: hvdieno@shaw.ca Cell: 250-217-9568

A REQUEST TO OUR COMMUNITY

The "cons" of my weekend taxi driving now seriously outweigh the "pros" but I can't afford to simply pack it in. I can, however, take a leave of absence starting on our concert weekend and use the time freed up to reduce or, ideally, eliminate my dependency on driving by increasing my other income streams.

I would appreciate your help in expanding my services beyond our choir community by forwarding my WebEasy Services and/or Very Sound Services items in the "Serving Each Other" section below to all of your personal or business contacts that you think might be suitable prospects for either service.

Submitted by Bill Hanson GHC Bass etc.

HOUSESITTER/CARETAKER AVAILABLE.

Mature, quiet, considerate, capable, trustworthy, bonded, experienced and clean. Have been house sitting on Maui for several months, returning to BC. I normally work as a personal assistant, but I have experience in many fields. Can offer many good references. Perhaps you have pets/chores/projects and looking for a responsible caretaker. I would consider locations in and around Victoria....looking forward to my next opportunity to live, love, laugh and be of service.

Available as of February 1st.

808-268-3766

Submitted by Linda Lake, lapsed Mon./Tues. Alto

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

A different language is a different vision of life.

*Federico Fellini, Italian film director, script
writer and caricaturist (1920-1993)*

Submitted by: Josephine Munro, GHC Alto

SERVING EACH OTHER

NIA CLASSES:

LOVE YOUR BODY, LOVE YOUR LIFE

(ongoing)

This joyful, dynamic fitness practice will transform how you experience your body and your life. No experience necessary.

Nia blends concepts from martial arts, dance and healing (eg yoga).

Monday, Wednesday, Friday @ 5:15 PM plus Thursday @ 9:30 AM

St. Nicholas Hall 1110 Caledonia @ Cook

First 2 classes \$15

For more information about Nia and Karen's classes (Oak Bay & Brentwood Bay): www.niac.ca

Contact info: karenia@shaw.ca or 250 478 1076

Submitted by former HNC soprano, Karen Boissonneault

WEBEASY SERVICES

Need a web site created and/or maintained?

Easy on your budget! Easy on your time!

Services

URL Registration
Site Hosting
Site Creation
Site Maintenance

Testimonials & Sample Sites

<http://www.webeasyservices.com/testimonials.html>

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

Please contact me at: bill@gettinhigherchoir.ca or 250-920-4160 (8 to 8, weekdays)

Submitted by: Bill Hanson, GHC Bass etc

VERY SOUND SERVICES

Do you have an old record (LP or 45) or tape (R/R or cassette) that you would like on a CD or in your MP3 player?

I can convert them to audio files for you and burn them onto a CD or give them to you for your MP3 player!

Instructional recordings? Audio Archives?
Recordings of your children, your parents or other loved ones?
Favourite music? Custom download compilations?

You can contact me at 250-920-4160 (8 to 8, Tues to Fri) or at co-admin@crucible.ca

If you know of someone else who might need this service I would appreciate your passing this item on to them.

Submitted by: Bill Hanson, GHC Bass etc.

A MAP OF GUIDANCE FOR YOUR NEXT 3 - 6 MONTHS

Tarot Reading with Oriane Lee Johnston

Supporting personal & professional growth ~ are you curious about your inner life/values and the interface with your actions/circumstances in the world?

Locations: Oak Bay Ave. and Goldstream.

More info: www.oljtarot.com

To book a reading: 1-250-202-3498 / olj@orianelee.com

Submitted by: Oriane Lee Johnston, former HNC

EMPLOYMENT AVAILABLE OR WANTED

DO YOU NEED A SECRETARY, BUT NOT ALL THE TIME?

Do you need someone with typing/transcription, clerical, software, editing and writing, or scheduling skills who's mature, tactful, and discreet? A virtual assistant (VA) may be what you need! I've been a VA for fifteen years in Victoria. Check out www.islandscribe.ca for more information.

Submitted by Mayne Ellis, GHC Tuesday night soprano

PART TIME WEEK DAY WORK WANTED

Light work--not heavy lifting. I am trained for office work, retail, sales, financial, um. I love art, music, and helping people when they need it.

Please contact Rhiannon Davis at wish_i_were_snowboarding@hotmail.com

Submitted by Bill Hanson GHC Bass etc.

COMMUNITY MEMBERS WEB SITES

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

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!

BILL HANSON (GHC Bass)

<http://www.webeasyservices.com>

Web site registration, hosting, building and maintaining. Easy on your time! Easy on your budget!

KAREN LEE PICKETT (former GHC Thurs soprano)

<http://www.kaleepi.com/fernwoodwriters>

Fernwood Writers Workshops - "Everyone is a writer." - Karen Lee Pickett leads writing workshops using the Amherst Writers & Artists method (developed by [Pat Schneider](#), author of *Writing Alone and With Others*), which welcomes writers of all skill levels and life experience. Workshops provide a safe space in a small group setting to develop your writing and explore your creativity.

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 (in the order received) through this section of the Choir Community Member's Issue that goes out every second week. This will give your site periodic exposure to 1300+ people and offer readers different web sites to check out each week.

COMMUNITY MARKETPLACE

CONCERT TICKETS AT CHOIR – From now to the concerts

As always in the Fall Season we start selling tickets at choir before we take our holiday break. This offers us all a great supply of stocking stuffers and gifts. Our last pre-break night is Thursday, Dec. 16 and we start again Monday, Jan. 3.

The concerts are on Friday January 28 at 7:30 p.m. and Sunday January 30 at 2:00 p.m.
Tickets are \$20 regular and \$15 for seniors, students and the un-waged

Please make it easy on the ticket sellers by working out in advance which concerts you want tickets for, how many of each type you need and their total cost. If you give them away as gifts and the recipients would like to change the concert night simply bring the tickets back and exchange them.

Please make cheques payable to The Power Of Hope (<http://www.powerofhope.org>).

GETTIN' HIGHER CHOIR T-SHIRTS:

I have a small selection of beautiful bright choir t-shirts available for the concert, in red, black, royal blue, turquoise and purple. They are 100% cotton, and come in short sleeves (all colours) and long sleeves (black blue and red)

They are \$27 for short sleeves and \$29 for long. I will bring them to choir on Tuesday. If you're interested, see them then, or contact me at 250 592 5838, or e-mail: heatherfox@telus.net so I can save the right one for you.

Submitted by Heather Fox, Tuesday Soprano

A UNIQUE OPERA CRUISE OPPORTUNITY

Join some of Canada's rising artists for a once in a lifetime opera lover's musical adventure. *Explore the lives, loves and music of Puccini, Verdi, Bellini and other beloved Italian Composers with Tenor Derek Johnson and Soprano Jane Parret.*

September 29 - October 9, 2011

Simply click on this hyperlink and you will see the itinerary:

[10 night Europe Mediterranean cruise sailing aboard Regent Seven Seas Cruises's Seven Seas Voyager, 9/29/2011](#)

The focus will be onboard presentations and performances connecting wonderful ports of call.

Please call Marni at 250-589-5524 or email me at mhorner@cruiseshipcenters.com for more details.

Submitted by: Marni Horner, Tenor, Gettin' Higher Choir - Thursday nights

ACCOMMODATION AVAILABLE OR WANTED

JAMES BAY, UNFURNISHED LARGE ROOM FOR RENT

In a quiet, attractive, furnished 2 bedroom, 2nd floor suite. Shared bath, kitchen, dining room, dishwasher, balcony, laundry in apartment building, \$500 plus half utilities.

I'm a quiet, mature, friendly, caring, spiritually oriented, grounded woman who seeks a peaceful, balanced, connected, healthy lifestyle. You are a working female or gay male - mature, responsible, quiet, caring, clean, tidy, considerate and companionable seeking a congenial roommate and a peaceful, sacred space to call home.

Available now. No drugs or parties please. If interested please call Gaynor at 250-382-0044. Thank you.

Submitted by Gaynor Hughes, High Noon Soprano.

HOUSESITTER/CARETAKER AVAILABLE.

Mature, quiet, considerate, capable, trustworthy, bonded, experienced and clean. Have been house sitting on Maui for several months, returning to BC. I normally work as a personal assistant, but I have experience in many fields. Can offer many good references. Perhaps you have pets/chores/projects and looking for a responsible caretaker. I would consider locations in and around Victoria....looking forward to my next opportunity to live, love, laugh and be of service.

Available as of February 1st.

808-268-3766

Submitted by Linda Lake, lapsed Mon./Tues. Alto

ARTZY, PRIVATE NO STEP RANCHER

On acreage with hot tub.

Very comfortable, 20 minutes to town. Close to beach and lake.

I am away for February. \$ 1000.

Sherri 250 658 5891 tenor

Submitted by Sherri Hohert GHC Tuesday Tenor

2 BR. SUBLET IN JAMES BAY, AMAZING VIEW

Available April 14 June 30 (Dates are flexible.)

Prime location: walking distance to downtown, cook st. village, Beacon Hill park, the ocean and grocery stores. Bus route at door.

Bright and spacious

Includes high-speed internet, local phone calls, utilities, ns, np

\$1195/mo.

Contact Mary Lou Hess, mlhess99@gmail.com 250 590 2993

Submitted by: Mary Lou Hess, CCLT 2007/8, lapsed HNC, GHC soprano

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

This is my simple religion. There is no need for
temples; no need for complicated philosophy.
Our own brain, our own heart is our temple;
the philosophy is kindness.

Dalai Lama

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.

MINDFUL YOGA COURSE WITH MISHA (now to Feb 23)

Jan 20-Feb 24, 2011
Thursdays 5-6:30pm
Church of Truth, 111 Superior st., James Bay
beginners and experienced students are welcome

for more info:

www.soulstir.net
misha@soulstir.net

Submitted by Bill Hanson GHC Bass etc on behalf of Misha our chronological neighbor in the CoT on Thursdays.

TAIZE NOTICE (Jan 21)

The first Taize service of the year will be held on January 21st from 6:00 to 7:00 PM at Fairfield United Church, 1303
Fairfield Rd. at Moss. For extra singing come at 5:30 and join the small lead choir.

Submitted by Anne Forester retired Monday soprano

TRANSITION VICTORIA FOOD GROUP OPEN HOUSE (Jan 25)

Come learn more about what Transition Victoria's Food Group is doing! We'll be focusing on Spring Ridge Common, a
permaculture garden located in Fernwood . Join us for slides, presentations on Spring Ridge Commons and on
permaculture, conversation, snacks, tea, learning and sharing. Find out how you can get involved with this exciting
project.

Date / Time: Tuesday, January 25, 7 to 9 p.m.
Location: Main Hall, Fernwood Community Association, 1923 Fernwood Road

Information:

<http://transitionvictoria.ning.com/events> or <http://transitionfood.ca>
And/or Libby at libsea@resist.ca and (250) 882-3551

Submitted by Linda Chan, High Noon Choir

YOGA of REFLECTION & INTUITION (starts Jan 26)

RADHA Yoga Centre, 2530 Fernwood, 2nd Floor
(between Bay & Haultain)

Jan 26-Mar 2, 2011
Six Wednesdays 7-9pm

For more info:
yoga@radhavictoria.ca
250-298-8478
www.radhavictoria.ca

Submitted by Patricia Hurdle GHC Thursday Soprano

QIGONG (starts Jan 26)

“Expanding the Heart and Balancing the Blood Practice” was developed in China by the medical profession in cooperation with Qigong masters for use as treatment for hypertension, coronary disease, anxiety, stress or low vitality, with remarkable results.

The eight slow movements are performed with breath and mindfulness four times each and take about 20-25 minutes to complete

Classes start January 26th, 2011 on Weds, 5:30-6:30 pm, for 8 weeks in the Gary Oak Room, at Fairfield Community Association, 1335 Thurlow St. To enroll call 382-4604, cost is \$72 plus HST.

For more information contact instructor Dennis Murphy (with 38 years training) at 995-1770.

Submitted by Dennis Murphy GHC Thursday Bass

WRITE YOURSELF HOME (Jan 29)

One-Day Writing Retreat with June Swadron

Donation or Trade

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.

This is an excellent opportunity to experience a beautiful blend of both my on-going creative workshops and my writing life stories workshops,

Full details <http://juneswadron.com/retreats/write-yourself-home>
Must register at juneswadron@gmail.com
Saturday, January 29th 9:30 – 5:30
Church of Truth, 111 Superior Street, James Bay
250 – 385-2205
juneswadron@gmail.com

Submitted by June Swadron former GHC member Alto

YOUR GUIDING PURPOSE & EMERGING FUTURE (Jan 29)

One Day Intensive Creative Process
with Oriane Lee Johnston

** What is wanting to come into the world through you? **

Using modalities that bring up our deepest intelligence ~ intuitive, imagery, cognitive, artistic:

Define your Guiding Purpose ~ a potent point of reference that makes decisions, planning and priority-setting clearer and easier.

Craft your Emerging Future ~ a projection of new and real possibilities that make your work or vision concrete in the world.

Full description: <http://www.orianelee.com/newsletter/?14>

Saturday January 29th. 10 a.m to 3:30 p.m

@ Spirit Gate Farm, Victoria. Cost \$115

To reserve a space: 1-250-202-3498 / olj@orianelee.com

Submitted by: Oriane Lee Johnston, former HNC

TRANQUIL MOMENTS **Updated** (Jan 30 +)

I warmly invite you to participate in the monthly Baha'i chant circles that I am leading in conjunction with UVIC's Interfaith Chaplaincy. "Tranquil Moments" is being held the Last Sunday of each month at the Interfaith Chapel.

<http://www.uvic.ca/buildings/cha.html>

Dates: We start up again Jan. 30

Time: 10:30 - 11:30 a.m., chanting from cross-cultural spiritual traditions

Followed by an opportunity for questions and answers about the Baha'i Faith

Chanting is a spiritual practice that creates deep joy, harmony and health. It is my pleasure to share this with the community at no charge.

See also: www.sacredworldsong.com

In harmony,

Submitted by Nancy Watters CCLT 1 - 2004/5

COMMUNITY EVENTS COMING WEEKS

COMMUNITY HEALTH CENTRE OPEN HOUSE (Feb 5 & 6)

Heart & Hands Health Centre is focused on making holistic therapies more affordable to our community. Treatments start at \$20 on a sliding scale. If you know anyone who could use a little more self-care in their life, we want to meet you at our Feb 5 & 6, 2011 Open House at #6-2020 Douglas St. Victoria, BC.

Only \$5-10 for drop in Feldenkreis, Yoga, Acupuncture, Meditation and Massage all weekend long.

Or stop by in the evening for some refreshments.

See <http://heartandhandscommunity.ca/open-house> for schedule. _

Submitted by: Sabrina Lundquist, Former Getting Higher Choir Soprano

PHOTOSHOP FOR BEGINNERS (starts Feb 8)

New course starts February 8, 2010 at 6:00 p.m. at Emily Carr Public Library.

Four Tuesdays, 10 hours total, Max 7 students.

Cost: \$275 plus hst.

Call Andrew 250-884-4012
or email: info@goingdigital.ca

Submitted by Andrew Kielbowicz official Choir photographer and former GHC Bass.

RE-WRITE YOUR LIFE WRITING SERIES (starts Feb 16)

8 weeks with June Swadron

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>

Listen to live radio interview

<http://rabble.ca/podcasts/shows/living-purpose/2010/12/178-re-write-your-life>

Full details:

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

Wednesdays – 12:30 -3:30 p.m. – begins February 16th, 2011

\$325.00 or \$295.00 Early Bird by February 7th

* Special payment arrangements available

email juneswadron@gmail.com
or call June at 385-2205

Submitted by: juneswadron, former GHC Alto

“POWER OF PRACTICE” WORKSHOP (Feb 18 to 20)

Integral Transformative Practice (ITP) trainers Pam Kramer and Barry Robbins, from California, will lead a Victoria workshop February 18-20. ITP was developed by Esalen's co-founder Michael Murphy and president emeritus George Leonard, based on rigorous study of practices that lead to lasting transformational change. ITP includes elements of yoga, meditation, visualization, martial arts, clear communication, focused intention and positive affirmations, and is designed to be integrated into busy lives. Barry and Pam have conducted ITP workshops at Hollyhock, Esalen, and other venues. Contact Barbara Power (250) 893-8681.

February 18 – 20

Poster: <http://www.o-my.info/ghc/nl/2011/0121/pop-poster.pdf>

Q & A: <http://www.o-my.info/ghc/nl/2011/0121/pop-qa.pdf>

Registration: <http://www.o-my.info/ghc/nl/2011/0121/pop-reg.pdf>

Submitted by Ian McLachlan, GHC Tenor (Tuesday/Thursday)

GATHER THE WOMEN (Jan 23)

The Gather the Women Circle: creates opportunities for women in authentic conversation to share stories, to inspire and be inspired, and to step into authentic leadership.

This is an invitation to become involved in the Gather the Women core.

Sunday, Jan. 23, 1-3p.m.

Church of Truth, 111 Superior St.

This event is free...for info call Anne 250-519-4784

Submitted by Anne Caldwell former GHC and former & future HNC Soprano

CREATE A VISION BOARD --TO MANIFEST THE LIFE YOU WANT (Jan 25 & 26)

Instructors: Val Pusey, Kathleen Arnason, June Swadron

Jan. 25 & 26; 6:30--9:00 pm

Full Circle Studio Arts, www.fullcirclestudio.ca

Register: 250-920-4037 \$45

Recommended by Nancy Watters CCLT 1 - 2004/5

“WRITE” WHERE YOU ARE WORKSHOP IN CREATIVE WRITING: (starts Feb 24) **8 weeks with June Swadron**

Do you want to write and play with words or do you avoid it by telling yourself: “I’m not good enough, it’s too much effort, I have nothing valuable to say and besides I can’t spell!” This writing series dispels these myths and teaches you the joy of writing. You will learn to use stream of conscious writing to break through writer’s block, access your inner muse, have fun, hone your writing skills, and deepen your self-awareness.

Radio interview

<http://rabble.ca/podcasts/shows/living-purpose/2010/12/178-re-write-your-life>

Thursdays, 6:30 – 9:30 begins February 24th
\$325.00 Early Bird - \$295.00 by February 14th

Call: 250 – 385-2205

email juneswadron@gmail.com

Full Details: www.juneswadron.com

Submitted by June Swadron former GHC member Alto

“WRITE” WHERE YOU ARE WORKSHOP IN CREATIVE WRITING: (starts Mar. 3) **8 weeks with June Swadron**

Do you want to write and play with words or do you avoid it by telling yourself: “I’m not good enough, it’s too much effort, I have nothing valuable to say and besides I can’t spell!” This writing series dispels these myths and teaches you the joy of writing. You will learn to use stream of conscious writing to break through writer’s block, access your inner muse, have fun, hone your writing skills, and deepen your self-awareness.

Radio interview

<http://rabble.ca/podcasts/shows/living-purpose/2010/12/178-re-write-your-life>

Thursdays, 10 – 1 p.m. begins March 3th
\$325.00 Early Bird - \$295.00 by February 16th
* Special payment arrangements available

Call: 250 – 385-2205
email juneswadron@gmail.com
Full Details: www.juneswadron.com

Submitted by June Swadron former GHC member Alto

JUST FOR FUN

A reward of laughter for reading this far

MY BLACKBERRY IS NOT WORKING...

<http://www.youtube.com/watch?v=kAG39jKi0II>

Submitted by Bill Hanson from a cyber forward received from wife #1, Irene Harris of Paris

===== 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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