

Choir Admin & Community SUMMER SPECIAL

CHOIR ADMIN ITEMS

AN APPRECIATION FROM KINOBE

Dear Wonderful friends,

Thank you SO MUCH for having me come to share such a beautiful experience with you, to be part of your family and feel all the beautiful music around me. It brought me to such a special place and you are all in my heart. A true moment that will never leave my memory but always bring me a smile when I think of it... I dearly miss you all, but your beautiful voices and spirits are deeply in my dreams.

Thank you for your love, harmony, brotherhood and sisterhood, you made a deeply positive impact on my life and will always be thankful for having met you on the path of my life.

Submitted by Kinobe
www.kinobemusic.com

COME TOGETHER AND SING (Aug 8 to 12)

Monday Aug 8 - Friday Aug 12, 2011, award winning conductor Denis Donnelly is coming to Denman Island to lead a 5 day, four part singing workshop, culminating with a concert on Friday night, at the Denman Community Hall. Denis has his roots in sixties folk music, a degree in music from UVic, and was the director of the Victoria Conservatory of Music for many years. He is presently the co-director and chief arranger for the wildly successful Gettin' Higher Choir in Victoria. In this workshop, with great joy, we will explore the world and ourselves through song with Denis as our guide. We will sing from 9:30 – 12 with a tea break, and from 1-3 also with a break. Workshop start and end times will be coordinated with the ferry times to make it easy for off island folks to participate.

For information about accommodation on Denman please click on:

<http://www.gettinhigherchoir.ca/00-Posts/2011/0627/denis-ws-accommodation.pdf>

Denman Island is beautiful and unique as all gulf islands are. Our community hall is beautifully suited to this kind of event with its grand piano, fabulous acoustics, and pastoral setting. The day after our workshop ends is the day that Denman Island artists open up their studios to the public.

For more information or to register, e-mail me at kathyrieder@telus.net or call me at 250-335-0559 Cost is \$130-\$160 sliding scale, \$60. for students

Please make your cheque payable to Kathy Rieder Workshop
Send to Kathy Rieder, 3260 Lake Road, Denman Island B.C. V0R

Submitted by Kathy Rieder CCLT 2 - 2005/6, former GHC Thursday Alto and workshop organizer

ORDINARY ENCHANTMENT: (Aug 17 to 21)

Songs for everyday Life.

A workshop with Shivon at Hollyhock on Cortes Island

Infuse your life (and your family's) with the magic and joy of songs and chants for all life's passages and celebrations. Learn songs for beginnings, endings and everything in between. All voices welcome.

August 17-21

Click here for details:

http://www.hollyhock.ca/cms/index.cfm?Group_ID=4767

Click Here For Poster

<http://www.gettinhigherchoir.ca/community-info/pdftemp/2011/0414/shiv-holly.pdf>

Click here for Program Description:

http://www.hollyhock.ca/cms/index.cfm?Group_ID=4767

~ Shivon

TWO TOONIES FOR TUNES ON TUESDAYS (August)

Once again Gloria will be leading us in joyful song every Tuesday in August - starting on August 2 and running through to August 30.

7:30 - 9:00 Church of Truth.

All singers welcome - GHC, HNC, Soundings, and guests.

~ Bill

CCLT UPDATES

Community Choir Leadership Trainings ~ A two week workshop for current and prospective community choir leaders facilitated annually by Denis & Shivon. Please pass the information below on to anyone you know who might be glad to receive it.

PLEASE PASS THIS ON TO POTENTIAL CHOIR LEADERS

We are still accepting registrations for the 2011 Community Choir Leadership Trainings (8th year) and have a great start on confirmed participants.

Details at:

<http://www.communitychoirleadership.com>

Please pass this information on to friends from far and wide who may be interested in learning how to lead a choir modeled on the Gettin' Higher Choir.

CCLT GRADUATE'S UPDATES

Anna Baignoche CCLT 2 - 2005/6 ~ Vancouver (based)

Family World Music. Song And Dance

in Naramata

It is a natural human impulse to sing and dance, and much to some people's disbelief, everyone can do it! It is how we can express ourselves. It is enlivening, freeing, connecting and deeply spiritual. Allowing ourselves to sing and dance, is the basis for this multi-generational musical collective. We will travel experientially through the music of West Africa, Ireland, the U.S., Japan, Cuba, Brazil, Canada, and more.

I lead Local Vocals, a 90 member world music singing and dancing group in Vancouver, BC. I am also a performer, teacher, and a graduate student in the Ethnomusicology Department at UBC.

Join me in the sunny Okanagan! July 17-23

For information and registration contact Naramata Centre

Phone: (250) 496-5751

Toll free 1 (877) 996-5751 (in AB and BC)

info@naramatacentre.net

Anna Baignoche CCLT 2 - 2005/6

SUMMER SUBMISSION GUIDELINES

There may be, from time to time other GHC News & Business "Special Announcements". Whenever one of those goes out I will attach whatever submissions I have on hand.

As with the newsletter:

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

General Info 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 next summer submission. You will find it at:

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

Please submit your items to:

bill@gettinhigherchoir.ca

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

~ Bill

COMMUNITY "GENERAL INFO" ITEMS

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.

AN APPRECIATION OF OUR CHOIR COMMUNITY

I am touched beyond words with this choir's generosity and love for mankind. We get so many chances to make this time in our lives more fulfilling thru the presence of opportunities. Opportunities to give, receive and love one another in the moment.

I have heard how one can make a difference in life, and now I really see it, and feel it. I look forward to the choir for a long time to come.

It is a privilege to be associated with all of you.

Submitted by Richard Acomba GHC Thursday Bass

HUGE THREAT OF PROPOSED DEVELOPMENT TO JUAN DE FUCA TRAIL ALONG OUR BEAUTIFUL COASTLINE GREATER THAN EVER

Dear friends, I am so disheartened at the prospect of the beautiful Juan de Fuca trail being ruined by this proposed massive development, which would disastrously impact the trail, the incredible coastline and the wild life and in spite of the huge public outcry, it could happen as early as July

If you can with this short notice, please join me at a CRD meeting at 1:30 tomorrow afternoon (Wed. Jun. 29th) at 625 Fisgard st.

Beyond that please check out a this list of other things you can do by clicking on the following link:

<http://www.gettinhigherchoir.ca/00-Posts/2011/0627/juan-de-fuca.pdf>

Recommended by Mary Lynch, Monday soprano

“NOTHIN’ BUT SWING”

Last Saturday a new dancing friend and I followed our curiosity to a swing dance held in a church hall on Balmoral St. that had a very small town community hall feel to it. The all ages group of dancers (teens to seniors but mostly young to middle adults) comfortably filled the hall with plenty of room on the dance floor to swing (and in some cases jive and jitterbug). Good fun!

It happens every Saturday at 953 Balmoral. Kevin & Cristobel's lessons (incl. in \$8 admission) start at 8:30 and the actual dance gets going 9:15. For more details please visit:

<http://www.NothinButSwing.com>

I have 4 free passes available...1 each to the first four people who contact me to request them....billh@crucible.ca or 250-920-4160

Recommended by Bill Hanson GHC Bass etc.

PS Kevin and Cristobel are the son and daughter-in-law of Sandy & Peter Savage (former GHC Alto & Bass) and were the couple who did the swing dancing at a Soundings concert a couple of seasons ago. They definitely swing!

SWING DANCE ON YOUTUBE!

40's Swing:

<http://www.youtube.com/watch?v=b1Vj3uqd4jA&feature=related>
<http://www.youtube.com/watch?v=B3yym4ZEseY&feature=related>

50's Jive:

<http://www.youtube.com/watch?v=zSpWJss5Gjc&feature=related>
<http://www.youtube.com/watch?v=Rf55gHK48VQ&NR=1&feature=fvwp>

2006 Swing:

<http://www.youtube.com/watch?v=myJj0mNNe1Y&feature=related>

Swing Dancing Lindy Hip Hop

<http://www.youtube.com/watch?v=4ayMPFsJmnU&feature=related>

Tricks & Airsteps for Swing - Dance Clip

<http://www.youtube.com/watch?v=FAy0cYbPi18&feature=related>

Suggestion: Do your own "Swing Dance" search on YouTube and feast your eyes. (Pssst! Avoid the formal competition videos like the plague...maximum posing and very little dancing).

Recommended by Bill Hanson GHC Bass etc.

DEAR FRIENDS,

I need your help in getting the Federal Government to remove fish farm feed lots from our waters onto land. It seems the industry is here to stay, but it doesn't have to be in the water, destroying the sacred salmon due to the sea lice from the Atlantic salmon. Instead, the Farmed fish people can have their technology on land as it should be, considering it is deemed agricultural.

For more information and details on the easy way you can help please read my full open letter by clicking on:

<http://www.getinhigherchoir.ca/00-Posts/2011/0627/salmon.pdf>

Recommended by Laura Finch former GHC Alto

"SOUP SISTERS" In Support Of Victoria Women's Transition House

An evening of soup-making fun at The London Chef, topped off by a light meal and a glass of wine. Your \$50 registration covers groceries for up to 200 servings of nourishing soup to offset operating costs for Women's Transition House (see www.soupsisters.ca)

Space is available to register for "Soup Sisters" on these evenings:

July 25/11 (Please call Cathie Roper (Tue. tenor, 250-888-5217, catrope@shaw.ca)

June 27/11 (Please call Dale Lawlor (Thurs. soprano at 778 -433-9876)

If you are interested, we will send you an Evite. Thank you!

Recommended by Cathie Roper GHC Tuesday Tenor

AUSSIE LEGEND (THE BEST VIDEO)

If any video is worth watching this one from my Aussie friend Noni is ... it'll speak to you deep in your heart; be prepared for tears and smiles.

<http://www.gettinhigherchoir.ca/00-Posts/2011/0627/be-happy.wmv>

I'm de-cluttering my messages; this one is definitely worth saving.

Recommended by Claire Ebendinger Monday Soprano

LAUNCHING MY LATEST E-BOOK/CD COMBO, *PATHWAY TO PRESENCE*

I am pleased to announce the launch of my e-Book/CD combo, *Pathway to Presence: Trager as a Way of Living*.

To describe what it's about I'll quote Rick Bockner from his song *Cosmic Ragtime Lullaby*. "Out of your story and into the now. I know you can do it and I'll show you how."

Pathway to Presence gives you a real physical experience of a present moment connection to the source of all life for greater physical, mental, and emotional resilience.

Click here to empower your life:

http://audreymairi.com/pathway_to_presence_easy_step

Submitted by Audrey Mairi, Thursday Alto

[HTTP://CUTNUKES.GLOBALZERO.ORG](http://cutnukes.globalzero.org)

Guess what? I just signed a petition with Global Zero to call on world leaders to cut nukes, not the things we desperately need. Will you join me?

FACT: politicians plan to spend \$1 TRILLION globally in the next decade on nukes! These weapons are senseless and dangerous remains of the cold war that do not address today's actual security threats.

How can they justify spending that much on nuclear weapons at the same time that budgets for vital things like education, jobs, health care, and more are being slashed?

Please join me in signing the petition calling on world leaders to cut nukes, not the things that matter most. Let's tell them to get their priorities straight.

<http://cutnukes.globalzero.org>

Recommended by Submitted by David Cheatley Soundings and former GHC Bass

Friends Uniting for Nature
FUN CAMPS...INSPIRING YOUTH INTO ACTION!

An environmental education and leadership summer day camp for 6-16 year olds! July 11 - August 26, 9am-4pm, Mon – Fri. For more information, and to register, please visit our website: <http://www.funcamps.ca>, or email: info@funcamps.ca.

For details click on:

<http://www.gettinhigherchoir.ca/00-Posts/2011/0627/fun.pdf>

Submitted by Maia Green HNC Soprano

THE WORKING SINGERS' NEWSLETTER

Periodically this email newsletter shows up in my inbox. I have no idea how I got on their list but, even though I am not a working singer and have absolutely no desire to be one, I am content to remain on it as much of the newsletters content is also of interest to me as a very casual, amateur choral singer.

If you would be interested in checking it out visit:

http://www.auditiontrax.com/AuditionTrax.com/Links_Newsletters.html

To subscribe send your email request to:

Tom@AuditionTrax.com

Recommended by Bill Hanson GHC Bass etc.

DATED COMMUNITY EVENTS

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.

FUN CAMPS (pre-reg now to July 11)

(Friends Uniting in Nature)

These hands-on environmental leadership camps make caring for the environment and exploring the natural areas in our cities FUN and interactive!

For details check out our site at: <http://www.funsociety.ca>

For a schedule of Victoria area camps visit: http://www.funsociety.ca/Victoria_Schedule.html

We are gearing up for our summer schedule and accepting now.

Submitted by Maia Green HNC singer

**VOLUNTEERS WANTED FOR
“SONGS OF THE WORLD 2011”** (Jul 4 to 9)

A Choral Festival of Children’s and Youth Choirs, in the lower mainland July 4 - 9th, 2011.

Web sites:

www.coastalsoundfestival.com
www.facebook.com/coastalsound

Poster:

<http://www.gettinhigherchoir.ca/00-Posts/2011/0513/songs-of-world.pdf>

Festival Contact: 604-916-5973

Submitted by Shivon

SINGING THE FOREST AWAKE! (Jul 3)

A workshop at Hollyhock (Cortes Island) with Su Hart & Martin Cradick of Baka Beyond on July 3rd to 6th

Journey into the rainforest with the joyful compelling music of the Baka Pygmies.

Poster: <http://www.o-my.info/ghc/nl/2011/0415/hart.pdf>

Info & Registration: 800-933-6339 or registration@hollyhock.ca

I would highly recommend Su’s workshops if you are looking for a new and different learning experience. The chants are multilayered and polyrhythmic really take singing and listening to a whole different level. Su is an expert facilitator, so along with the experience of doing the Baka music, you can learn a lot by watching her teach.

Recommended by Tina Filippino CCLT 1 - 2004/5 & by Shivon

NATURE AND THE HUMAN SOUL.... (Jul 12)

Don’t miss depth psychologist, wilderness guide, renowned author, agent of cultural transformation, and Animas Valley Institute founder, [Bill Plotkin](#) on [Tuesday July 12](#) at 7pm at Royal Roads University speaking on the topic

Nature and the Human Soul: Cultivating Visionary Leadership in a Time of Global Change. Tickets \$20 (tax exempt) Please register in advance to avoid disappointment, call 250-391-2600 x 4801 or online by following the links on our homepage at www.royalroads.ca/continuing-studies

Submitted by Hilary Leighton GHC Alto on hiatus

SACRED CIRCLE DANCING (Jul 12, 19 & 26, etc)

Join us in the circle dancing meaningful and heartfelt circle dances in the tradition of Findhorn.

Each dance is taught, beginners always welcome. We meet at the Quaker Meeting House , 1831 Fern Street in Victoria
from 7-9pm the 2nd, 3rd, and 4th Tuesdays of every month.

Submitted by Catherine Cardinal HNC Soprano

OGAM OILS WORKSHOP (Jul 15, 16 & 17)

With Irish Seer, Author/Healer - Roisin Carroll

Trees for Health - Sacred Tree Essence/Oil Presentation & Workshop

Roisin Carroll offers links to Ancient Druids & Celts Wisdom, between Sacred Ogham (Ohm) & Ancient Druids/Celts way of creating health integrating Ancient Medicine & Tree Symbols, sharing awareness of how trees help people heal themselves on Path of Life.

Church of Truth, Victoria, 111 Superior St - July 15,16,17
Evening Presentations Nanaimo/Parksville/Duncan July 12,13,14

Catherine reikivictoria@gmail.com 250-298-8191

For background info on Ogam Therapy see Roisin Carroll's poster:

<http://www.gettinhigherchoir.ca/00-Posts/2011/0614/ogam-oils-ws.pdf>

For full workshop details click on

<http://www.gettinhigherchoir.ca/00-Posts/2011/0614/ogam-oils-ws2.pdf>

Submitted by Catherine Harvey former GHC Tuesday Alto

FELDENKRAIS® SUMMER CLASSES (Jul 16)

Classes are composed of gentle, pleasant and easy movements that are designed to improve your co-ordination, flexibility, balance and posture. Enjoy relief from chronic pain, tension, stress and discomfort. Functions like turning, reaching, walking or breathing will be explored.

Suitable for any level of ability. Late joining: cost will be pro-rated for new students or drop-in. [see schedule](#)

Secrets to Vitality, Strength and good Posture

Sat. July 16, 10am - 1pm \$65.00 2928 Fifth Street.

This workshop is a practical introduction to the basics of the Feldenkrais Method®.

Please pre-register.

250.208.1553

www.feldenkraisivictoria.ca

Submitted by Sophia Buchholz former Tuesday Alto

SOOKE YOGA CAMP (Jul 15 to 18)

Experience a community of like minded people joining together to share a life affirming experience. Join the Kundalini Yoga Teachers of Vancouver Island for a beautiful weekend of Kundalini Yoga, healing and relaxation at the Ocean Wilderness Inn.

July 15th - 18th,

Camping - 4 days of camp with 3 nights of camping is \$120 per person. A single night of camping and day of classes will cost \$40 per person per night.

Indoor accommodation (paired) is available in a limited supply for \$90 per night per person including all classes and events. Total indoor weekend cost \$270

Classes only - \$25 per day for all classes and activities. \$10 for a single drop in class.

For more accommodation and other information or reservations contact Alanda:

muircreek@hotmail.com

Submitted by Tatiana Evans former Tuesday/Thursday Alto/Tenor

“SOUP SISTERS” (Jul 25 & 27)
In Support Of Victoria Women's Transition House

An evening of soup-making fun at The London Chef, topped off by a light meal and a glass of wine. Your \$50 registration covers groceries for up to 200 servings of nourishing soup to offset operating costs for Women's Transition House (see www.soupsisters.ca)

Space is available to register for “Soup Sisters” on these evenings:

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June 27/11(Please call Dale Lawlor (Thurs. soprano at 778 -433-9876)

If you are interested, we will send you an Evite. Thank you!

Submitted by Cathie Roper GHC Tuesday Tenor

House Concert:
STACEY EARLE AND MARK STUART (Jul 26)

Stacey and Mark hail from Tennessee, and write their own folk/Americana style music that we have been following for over 12 years. (Stacey is also Steve Earle’s younger sister). They will be performing at the Island Folk Festival before playing our living room, so this is a wonderful opportunity to see them in an intimate environment.

Tuesday July 26, 2011 7:30 PM
in Vic West (details provided with ticket)
Tickets \$15, pre-sale only – limited to 40

msantosha@gmail.com
250-361-0992

Potluck Appy's at 6:30 PM, BYOBeverage

Below are the details for the show, and some links to more information on their music.

<http://www.staceyandmark.com/>
<http://www.youtube.com/watch?v=o8aVhuqnsks&feature=related>
http://www.youtube.com/watch?v=P7AsJa_it0s&feature=related
<http://www.youtube.com/watch?v=CRhV5kcblok&feature=related>
<http://www.youtube.com/watch?v=sJEh4mDBXgw&feature=related>

I can promise you a great evening.

Submitted by Michele Hibbins former GHC Tuesday/Thursday Soprano/Alto

DANCES OF UNIVERSAL PEACE IN VICTORIA (Jul 29, Aug 26, etc.)

The Dances combine love, joy, and sacred phrases from many spiritual traditions with simple folkdance movements - with the intention of creating peace where we are and peace throughout the planet, using whole body prayer.

No experience necessary - we teach every dance each time.

Suggested donation \$7 - \$10

Where: Church of Truth, 111 Superior St.

When: 7:00 - 9:00 pm the *Last Friday* of each month

For more info:

<http://www.o-my.info/ghc/nl/2011/0429/universal-peace.jpg>
kjphoenix@dancingflowers.com

"May the Dances of Universal Peace inspire you to energize your own Dance of Life."
Saadi Neil Douglas Klotz

Submitted by Khrystie Phoenix, Monday Alto

Fourth Victoria Tango Festival **NORTEÑO QUINTET IN CONCERT** (Aug 14)

Leaving traditional tango behind, Norteño (meaning "people of the north" in Spanish) inhabits the turbulent universe of "tango nuevo" (new tango). Norteño opened for Branford Marsalis at the Ottawa International Jazz Festival for an audience of 4,000. "...they truly rip out your heart and "knead" it without shame. What joy! ***** (Five stars out of a possible five)" - La Scena Musicale, Montreal.

Sunday August 14th 8PM, Alex Goolden Hall

Cost: \$24 Advance \$28 Door, \$20 early bird

View our poster: <http://www.gettinhigherchoir.ca/00-Posts/2011/0527/norteno.pdf>

For information on the full festival August 12-14th/tickets
<http://www.passion4tango.com/>

Submitted by June Waters GHC and former HNC Alto

HAMAKUA RETREATS WITH KINOBE

Set your soul free

African Music Retreat for singers and instrumentalists - All Levels Welcome!

Join Kinobe and his two brothers for 10 days on the Big island of Hawaii, Sept 21-30. 2011
www.hamakuaretreats.com 410-374-9059

Submitted by Denis Donnelly GHC & Soundings Director

===== 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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