



The January 27, 2011

**ADMIN & COMMUNITY ISSUE  
OF THE GHC, HNC, SOUNDINGS & CCLT  
COMMUNITY CHOIR NEWSLETTER**



**NO NEWSLETTER BETWEEN GHC SEASONS**

**The next issue will be an Admin Issue on Feb. 10th**

The first Community issue of the GHC Spring Season will be on Feb. 17th

**SPRING SEASON STARTS THE WEEK OF FEB. 13**

**Bring or send the wannabe and/or shouldabe singers you know to try us out!**

New singer orientations start at 7 pm Feb. 13, 14, 16, 20, 21 & 23



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>



## ADMIN TEAM NOTES

### SHIVON

#### HOW WE LOVE

What a strange and marvellous thing is this practice of singing together! Week after week, we come together, stand in a big circle, and vibrate our voices in tune with each other, for the purpose of creating something beautiful. This practice requires a lot of attention, focus, balance, presence and deep listening. From some, it asks that they step forward out of hiding; of others, it asks a calming down of a more dominant sort of energy. All this in the service of harmony, of beauty. Whether or not you choose to perform in concert, all of you singers in our choir community are part of this essential work of creating more beauty and harmony. It is one very fine expression of "How We Love" the world.

I am profoundly grateful for the honour of supporting you in this expression, grateful for all you dedicated singers, grateful for Denis and all the grace and depth of musicality he brings to our community, grateful for Bill and Gloria who keep it all flowing so smoothly, with humour and kindness, and grateful to Deborah Millar for her amazing ability to hear not only how we sing, but how we could be singing, and to draw out our very best.

So that's it from me, basking in a post-concert glow, looking forward to our Spring Season of GHC, and loving the rich warmth of High Noon on Tuesdays!

~ Shivon

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## DENIS

Well, what a session, and what a concert! It is beyond heartening for me when all the work that goes into a session, from everyone, Gloria, Bill, Shivon, myself, and most especially you, the singers, culminates on such a high note. I was extremely pleased with the concert, and the audience seemed to agree with me! Thank you all so very much for all your diligence, attention, and dedication. Together we made music!

So now it's on to the future. Shivon and I are busy planning the session, and we have some great new songs for you to sing. We will be sending out an email to everyone shortly giving you some details.

Our guests at the next concert, Soundings, have already begun working on the songs that we will be singing together. If you don't know about Soundings, you can find out about them here: [www.soundingsmusic.com](http://www.soundingsmusic.com)

See you in two weeks.

~ Denis

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## GLORIA

What a treat to sing with all of you and with Paul O'Brien and his family. I heard lots of feed-back that having a family sing for the Power of Hope Concerts really struck a positive note for many. And considering the weather - we had a remarkable turn-out. I think we all agree that coming up on stage and seeing a full house always makes us feel good.

There are so many who help make the concerts work. In particular I want to thank the following:

- Choir members who put up posters everywhere.
- Choir members who helped me sell tickets and collect for the Honouring Fund during the break on all choir nights.
- Choir members who really put energy and heart into selling tickets to their friends and families.
- And at the Concerts: Bob and Marnie Lamb, who are so instrumental in making everything go smoothly at the front door and with CD Sales
- CD Sales helpers: Josephine Munro and Bruce McCormack
- Ushers - Cathleen Hart, Ann Wilmot, Bob Bowen, Katherine Bruce, Cindy Humpartzian, Lisa Hurst-Archer and Linn McKeown

Many thanks to you all. See you in February.

~ Gloria

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## BILL

To sing or not to sing? There should be no question! (damn germs). Oh well, the next best thing to singing along in a GHC concert is to listen along with one! Y'all was grrrrreat!

Two whole weeks until we start again. Can I survive that long? Like the little engine that tried...I think I can... I think I can... I think I can... I think I can!

~ Bill

# Gettin' Higher Choir Info

## GHC NEWS & BUSINESS

### SPRING SEASON START-UP

Our Spring Season starts the week of February 13

Bring or send any potential singers to our New Singer orientations **Feb. 13, 14, 16, 20, 21 or 23** from 7:00 to 7:30. Those wanting to join will need to register by Feb. 23.

If you are a veteran you will, as always, be automatically registered when you pay your fees by the Feb 23 intake deadline.

If you will be away until after that date or for any reason you will need to make your payment after it please register by email anytime between now and Feb 23.

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### ARE YOU STARTING LATE FOR THE SPRING SEASON?

If you plan on singing in the Spring season but won't be starting until after Feb. 23<sup>rd</sup> please register by email any time between now and that date.

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### GHC CONCERT PAGE PROBLEM FIXED

Internet Explorer users who had trouble accessing our Concerts page to leave a comment about the concerts are invited to try again. Simply go to:

<http://www.gettinhigherchoir.ca/calendar/category/concerts>

Click on Past Concerts, once you have found the "How We Love" listing then scroll down it to Read or post comments about this concert

## Other Info About Our Community Of Choirs

## HNC NEWS & BUSINESS

### WINTER SEASON IN FULL SWING

#### New singers always welcome

Tuesdays, 12:00 - 1:30, Church of Truth - 111 Superior Street (in James Bay)

This is a non-auditioned daytime choir.

We have a lot of fun and create some beautiful harmonies together.  
Come join us...and bring your neighbors, family and friends.

Led by Shivon Robinsong

~ Shivon Robinsong and Gloria Hansen

## 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

Information about the 2012 Community Choir Leadership Trainings (9th year) is now available on the CCLT website at:

<http://www.communitychoirleadership.com>

Please pass this information on to friends from far and wide who may be interested in learning how to organize, administer and direct a choir modeled on the Getting' Higher Choir (or who may know someone else who might be interested). Passing the information on via any singing/music oriented organizations or newsletters as well as via any websites, blogs and social networking tools that you are involved with would also be appreciated.

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### CCLT GRAD UPDATES

#### Vanessa Lindsay-Botten CCLT 8 ~ 2011 - Halifax

It's hard to believe that my choir "You Gotta Sing! CHORUS" is finishing up our Fall/Winter Session this week. We have had 18 weeks of growth, laughter, connection, and harmony. How amazing to have work that is the most incredible "play"!

Our choir is hosting a Community Singing Event this Friday (Jan. 27th) ~ a combination of audience sing-along and performances by the choir. I have 41 folks signed up to sing and they are enthusiastically inviting friends, family, and co-workers to this fundraiser for Phoenix - a local organization that supports youth ages 12-24 who are experiencing truly hard times. The choir will perform 11 songs and there will be 5 audience sing-along songs.

Our new Spring Session begins Feb. 20 and I will offer Monday and Tuesday evenings and a Wednesday noon-time choir. I am now beginning to accept that all is well, I am right where I need to be, the people will come, and I will be enough!

2012 Schedule: <http://www.gettinhigherchoir.ca/00-Posts/2012/0127/you-gotta.pdf>

#### Editor's Note

If you have family or friends in Halifax that might want to sing with Vanessa please pass this information on to them.

#### Tina Filippino (Erickson) CCLT 1 - 2004/5 ~ Comox Valley & Black Creek

Do you know anyone from the Comox Valley or Black Creek area who would like to be singing regularly?

Please send them the link below for the Letz Sing Community Choir.

<http://www.letsing.com>

A choir community for every voice

Director, Tina Filippino

## PAST GUEST ARTIST UP-DATES

What are they doing now... with particular focus on their activities in the Victoria and South Island area.

PAUL O'BRIEN

Paul, in addition to being a great “How We Love” guest artist and the father of a wonderful band also offers guitar/mandolin/bodhran/singing and writing and stagecraft lessons (individuals and groups).

For more information about him please visit: <http://www.paulobrien.ca>

You can contact him at [paul@paulobrien.ca](mailto:paul@paulobrien.ca)

~ Bill

## NEWSLETTER SCHEDULE

### SPRING SEASON UPDATE

A corrected schedule that can help you plan your newsletter submissions has been posted on our site’s “Using Our Newsletters” page at:

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

## General Info

## ADMIN TEAM SPECIAL ANNOUNCEMENTS

From time to time Shivon, Denis, Gloria or Bill will use this section to announce activities and events that they are involved in, or support, outside of their normal work for the choirs and the CCLT. Please note that submissions are not accepted for this section.

### **Power of Hope Workshop - Royal Road University EXPRESS YOURSELF! - CREATIVE FACILITATION I (Feb 4 & 5)**

*Imagine leading groups infused with participation and excitement, where people take creative risks and connect from the heart. Picture yourself feeling creative and grounded in your work, enjoying yourself to the fullest.*

#### Who Should Attend?

This workshop is an experiential training for youth workers, teachers, artists, counselors and trainers who work with adults or youth and is based on the highly successful facilitation models designed by The Power of Hope  
<http://powerofhope.org/>

More information and registration here:

<http://www.gettinhigherchoir.ca/00-Posts/2012/0106/express-yourself.pdf>

~ and/or ~

<http://www.royalroads.ca/continuing-studies/CYPATL2594-Y11.htm>

Saturday & Sunday, Feb 4 & 5th, 2012, Times: 9am - 5pm

Cost: \$175 + applicable taxes

Best to Register By: Sat, Jan 21, 2012

Submitted by Gloria Hansen, GHC and HNC tenor and Board Chair of the Power of Hope

\*\*\*\*\* QUOTABLES \*\*\*\*\*

We are all just walking each other home

Ram Dass

Submitted by Patricia Houston GHC Tuesday Alto

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## **COMMUNITY MEMBER'S SUBMISSIONS**

### **SUBMISSION GUIDELINES**

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

### **PLEASE NOTE**

The appearance of an item in this newsletter does not constitute an endorsement by the GHC of whatever that item offers. The responsibility for each item rests with the person named in the item's "Submitted by..." line.

### **For more information please visit**

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

## **APRECIATIONS**

### **DEAR GHCers**

I was unable to sing in the concerts this session, so I was in the audience with friends last night. My heart was full to overflowing many times during the concert, most during Everything is Possible when you sang "You can go anywhere that your heart leads, and know that I will love you still". My brother works in a distant country and my mother is 97, so you can see some of its significance in our family!

Pieces were challenging and you handled them so beautifully. It made me proud to be a choir member!

Bless you all. See you next session!

Submitted by Lynne Crawshaw GHC Tuesday/Thursda sitting Tenor

## **COMMUNITY MEMBERS' 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.

### **YVES PARIZEAU & CLAIRE EBEDINGER IN MALI**

This open letter that arrived from Yves & Claire (Monday Tenor & Soprano) just after the last Community Issue went out. With all the interesting information and photos it offers about their stay in Mali can't be printed here in full. The opening paragraph reads as follows:

Dear choir members,

Greetings from Mali and happy new year to you all. We often think of the choir when we hear people sing here. Mali is full of talented musicians, dancers and singers. When you hear the music here, you can't help but start moving to the rhythm!

To read the whole letter and enjoy the photos please click on:

<http://www.gettinhigherchoir.ca/00-Posts/2012/0127/yves-claire.pdf>

~ Bill

# OPPORTUNITIES TO SING!!

IF YOU MISSED THE OPPORTUNITIES LISTED IN THE CCLT UPDATES SECTION ABOVE...TAKE A LOOK!

## THE HARMONIOUS SINGERS' WINTER/SPRING SEASON

The Harmonious singers starts up again in its new Fairfield Gonzales Community Association location (1330 Fairfield Rd.) on Monday January 16th.

Your choice of either:

The Kids & Adults program from 4:00 to 5:00 p.m. ~ Upstairs ~ All Ages Welcome  
~ or ~

The Teens & Adults program from 7:00 to 8:30 ~ Downstairs ~ 12+ yrs recommended

For more information please visit: <http://www.harmonioussingers.com>

Submitted by Doug Paterson CCLT5 - 2008/09 & former GHC Bass

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## COMMUNITY EVENTS ITEMS THAT INVITE YOU TO SING!

Cook Street Village Sing-A-Long (Jan 31 + Feb 7, 14, 21 & 28)

Living Music: Learning Life Skills Through Music (Feb 1, 8, 15, 22 + 29)

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

\*\*\*\*\* QUOTE BREAK \*\*\*\*\*

Humming is like a gateway drug to singing

Will Hewitt

from his TEDX Talk "Singing Yourself Alive"

<http://www.youtube.com/watch?v=lt8VtkHwtd4&feature=share>

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## WORD OF MOUTH / RECOMMENDATIONS

### THE O'BRIENS ~ WAGON WHEEL (MAMA ROCK ME)

This video from our concerts (I think Friday's) was posted on the GHC FaceBook page by Anu Patel (I believe) the day after the concerts. I had intended to put it into the newsletter but forgot until I was reminded by Rhianna's submission.

The sound isn't great but the energy and excitement is palpable.

[http://www.youtube.com/watch?v=ktCsbPnVgXc&feature=youtube\\_gdata\\_player](http://www.youtube.com/watch?v=ktCsbPnVgXc&feature=youtube_gdata_player)

Submitted by Rhianna Barr GHC Thursday Soprano

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## CHORISTERS SAY...

A fun clip, courtesy of the Vancouver Cantata Singers - any of this sound familiar???

<http://www.choirplace.com/videos/1143/sh-t-choristers-say>

Submitted by Denis Donnelly GHC & Soundings Director

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### **A youtube slide show of RIVER, ART ROCKS & WIND HARP MUSIC**

If you've never experienced an outdoor wind harp check this video out.

<http://www.youtube.com/watch?v=fFDqgb8TglQ>

It was built by Greg Joly, Aeolian Wind Harp Artisan. Piano Tuner-Technician and former GHC Tenor who is currently competing for a City of Victoria arts award to install a permanent one in our city of gardens and winds (see Community Networking below). If you like what you see and hear please vote in favour of the project I did.

Recommended by Bill Hanson GHC Bass etc.

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### **TUMARE DARSHAN - OPEN HEART CHOIR**

From Stockholm's Open Heart Choir's concert "Boundless Beauty" on June 5th 2010 in Allhelgona Church in Stockholm. Bertil Twede sings the intro.

<http://www.youtube.com/watch?NR=1&feature=endscreen&v=cOuqKtrUhdM>

A Community Choir for sure---one is even holding a baby! Can just 'hear' the Gettn' Higher Choir singing this!!!

Recommended by Sharon Alder former GHC Soprano (editorially item-napped from her FaceBook posting)

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### **THIS ONE WILL LIFT YOUR HEART TODAY**

You absolutely must see this video. It is taken from a British series where a guy called Gareth Malone takes a group of people and turns them into a choir. This time he's taken a group of military wives whose husbands are all away in Afghanistan and turned them into a choir. Gareth looks about 16yrs old but is actually in his mid-30s and a Choir master for the London Symphony Orchestra, among other things. They wrote a song based on excerpts from letters written by the couples whilst apart and this is the beautiful result. I defy you not to cry!

Enjoy! <http://www.youtube.com/user/militarywiveschoir?feature=watch>

The single is out in the UK on Monday and thousands have been pre-ordered (including by us!) and all the money raised is going to military charities.

Recommended by Audry Glynn Monday Soprano

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### **THE IMPORTANCE OF HAVING GOOD MANNERS**

<http://www.values.com/inspirational-stories-tv-spots/117-Oliver-With-A-Twist>

Recommended by Bill Huot, chronologically inconsistent GHC bass

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## MESSAGE ~ FABULOUS WINTER SPECIALS

I thought maybe some choir members might want to take advantage of this winter special. She is my massage therapist and as a professional bodyworker myself I can testify that she is great.

If you haven't been treating yourself well lately and haven't been in for a massage in awhile, then please check out the attachment for some fabulous winter specials. Come out of the cold into my warm, candle lit sanctuary to experience a soothing awakening for all the senses.

Professionally trained and skilled massage therapy with many years experience.

Relaxation and deep tissue available.

Gift certificates also available.

Please see my flyer: <http://www.gettinhigherchoir.ca/00-Posts/2012/0127/massage.pdf>

Marcelle Welch MA, CMP Therapeutic Bodywork  
250-386-5600 [www.spiritdevelopment.ca](http://www.spiritdevelopment.ca)

Recommended by Dennis Murphy GHC Thursday Bass

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## SINGING YOURSELF ALIVE

About this video:

Eva says:

It's a good fit for our choir in my opinion.

Matti says:

Here's what happened when one man made a commitment to sing every day for a minimum of 15 minutes for a whole year.

<http://www.youtube.com/watch?v=lt8VtkHwtd4&feature=share>

Submitted independently by Eva Kerr GHC Monday Alto & Matti Anttila former GHC Bass

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## OLD CROW MEDICINE SHOW - WAGON WHEEL

Check out this video on YouTube:

[http://www.youtube.com/watch?v=1gX1EP6mG-E&feature=youtube\\_gdata\\_player](http://www.youtube.com/watch?v=1gX1EP6mG-E&feature=youtube_gdata_player)

Recommended by Rhianna Barr GHC Thursday Soprano

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## THE MAN WHO THINKS HE CAN

This is a wonderful poem for the times we think we should give up. The (man) in the poem can easily be neutral

<http://www.opcenter.net/~bjaffee/man.html>

Recommended by Rhianna Barr GHC Thursday Soprano

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**The Cosmic Carnival**  
**YOU AIN'T GOING NOWHERE**

Check out this video on YouTube:

[http://www.youtube.com/watch?v=s4UlpISMpyo&feature=youtube\\_gdata\\_player](http://www.youtube.com/watch?v=s4UlpISMpyo&feature=youtube_gdata_player)

great version of an old Bob Dylan song and one of my favs

Recommended by Rhianna Barr GHC Thursday Soprano

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**Libby Says:**  
**“THIS IS STUNNING!!!“**

My cousin Libby sent me this cyber forward with the following comment....

This is stunning!!! Store Front in Berlin...a must see Wow...

[http://www.youtube.com/watch\\_popup?v=XVTga6GmbGw&vq=medium#t=74](http://www.youtube.com/watch_popup?v=XVTga6GmbGw&vq=medium#t=74).

Definitely worth viewing

Recommended by Bill Hanson GHC Bass etc.

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**Casey offers:**  
**MARIO LANZA SINGING WITH PAVAROTTI AS A CHILD**

My cousin Casey (Libby's sister) sent me this cyber forward with the following comments....

At the beginning of the video there is a boys' choir, but one of them sings a duet (which will raise you in goosebumps) with one of the best lyrical singers the world had known. The little boy who is singing with Mario Lanza (the biggest of them all) is none other than Luciano Pavarotti himself!!!!

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

A rare musical jewel well worth hearing. Very emotional and precious.

She's more excited by it than I am but it's definitely interesting and the more you are into opera singers the more you will like it.

Recommended by Bill Hanson GHC Bass etc.

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**Another one from Libby**  
**DIAPORAMA KIZOA : COSTA CONCORDIA**

Libby says:

This is \*amazing\* coverage from the beginning to the end of the Costa-Concordia cruise. Be sure your speakers are on.

<http://www.kizoa.fr/diaporama/d2197002k3297031o1/costa-concordia>

I say its worth a viewing. I guesstimate, however, that it is close to 30 minutes long so settle in with a beverage of choice.

Recommended by Bill Hanson GHC Bass etc.

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## JACKIE EVANCHO ~ TO BELIEVE

I think folks will love her and her song, very inspiring.

<http://www.staged.com/video?v=NtK>

Submitted by Khrystie Phoenix Monday Alto

### Editor's Note

If you would like to hear more of this amazing young (very) girl with the mature (very) voice go to YouTube and put her name in the search box. You will find a bunch of videos of her.

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## HON SOULO

One of the positive things to come out of my organizing and running the Honouring Zachariah Silent Cyber Auction over the Christmas period was making a connection with Hon Soulo. Among other talents and interests Hon is an image collector and since he has become a FaceBook friend he has shared some amazing images with me. For those of you who aren't on FaceBook I have pasted a couple of examples into this document:

<http://www.gettinhigherchoir.ca/00-Posts/2012/0127/hon-soulo.pdf>

If you are on FaceBook you can check out his image at:

<http://www.facebook.com/people/Hon-Soulo/100002884215098>

Submitted by Bill Hanson GHC Bass etc.

## COMMUNITY NETWORKING

### CITY WIND HARP PROPOSAL VIDEO (3:28) NEEDS YOUR VIEWING

I am competing for an arts award from the City of Victoria to install a permanent wind harp. I have made a video "Aeolian (wind) harps of a wooden variety" (3:28) that the selection committee will be watching soon, and would like to ask for your support of the proposal by watching the video ASAP to develop momentum and increase its count. Of course share it with others, lists. If you have a Youtube account or would like to get one you could click 'like', as well as leave a supporting comment. A few sincere words on how you appreciate wind harps, maybe think our city should have one, or.... There is already a lot of enthusiasm for the wind harp proposal, more would be welcome!

Video URL:

<http://www.youtube.com/watch?v=g-CjKAPWsos&context=C3c15e6dADOEgsToPDskJfLfVrpfosrWDxxKkvxtm5>

In gratitude,  
Greg Joly

Submitted by former Thur. GHC tenor Greg Joly

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## BUTTERSCOTCH CHIP OATMEAL CAKE RECIPE

The Sunday Alto sectional at Sandy's home was wonderful! I took this cake to share and so many asked for the recipe that I said I would send it out via the newsletter.

<http://www.gettinhigherchoir.ca/00-Posts/2012/0127/myrnas-cake.pdf>

Submitted by Myrna Fisher GHC Tuesday Alto

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## **I'LL MAKE A DONATION TO YOUR FAVOURITE CHARITY!**

I will donate up to \$50 to the charity of your choice for each new web site customer that you refer to WebEasy Services through my (recently updated) Community Bonus Program. To find out how works please visit:

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

Submitted by Bill Hanson GHC Bass etc.

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## **INCENTIVES FOR TAKING YOUR OLD CAR OFF THE ROAD**

Do you or someone you know have a 1995 car or older that you could take off the road and spare the environment? The BC Scrap-It program offers incentives such as a discount on a newer car, a lifetime membership in the Car Share program (refundable to you at any time), a transit pass or other choices.

And heres another incentive. Before you apply, let me know at [99balance@gmail.com](mailto:99balance@gmail.com) and Ill share their Referral incentive with you.

See [www.scrapit.ca](http://www.scrapit.ca) or email [info@scrapit.ca](mailto:info@scrapit.ca) for more information.

Submitted by Helen Durie, former GHC Tues soprano

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## **YOU DO NOT HAVE TO BE GOOD**

A couple of weeks ago Shivon shared a few words by Mary Oliver with the High Noon Choir, perhaps to encourage us to sing out even if we weren't sure of the notes, or perhaps it was to encourage us to be open to the daily inspiration offered by nature.

The GHC family might enjoy reading the rest of Mary's poem...

<http://www.gettinhigherchoir.ca/00-Posts/2012/0127/mary-oliver.pdf>

Submitted by Tom Ovanin HNC Bass

### Editor's Note

A number of the other poems quoted by Shivon or Denis at the end of each practice can be found in the Poetry Resources section of Denis' web site at: <http://www.denisdonnelly.ca/poetry.html>

## **SERVING EACH OTHER**

### **FINDING CAREER CLARITY**

#### **DESIGN THE NEXT STEPS ON YOUR PROFESSIONAL PATH** (Feb 21 to Mar 20)

Frustrated at work? Not sure what to do next? Join certified life coach Julia James for a course on career clarity. Learn how to get in touch with your passion, strengths, values and dreams. Make your path to success meaningful and enriching.

Meghan Mergaert (Thursday night, Soprano) participated in November and says: Julias course helped me realize my values & strengths that had gotten buried in day to day life, using creative ways to explore ourselves.

Tuesdays, 7 8:30 pm, Feb. 21 Mar. 20

Where: Monterey Recreation Centre, 1442 Monterey Avenue

Space is limited, to register call 250-370-7300

Submitted by: Julia James, Choir member (Thursday night, Soprano)

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## **ALL AGES PIANO & GUITAR LESSONS FOR INDIVIDUALS & FAMILY GROUPS**

Doug Paterson, former GHC Bass and Director of the Harmonious Family Singers & Choir also teaches both piano and guitar and likes to create family bands so people play together at home as well as to provide individual instruction.

For information call Doug at 250-385-SING (7464)

Submitted by Doug Paterson former GHC Bass, CCLT5 - 2008/09 & Harmonious Family Choir Director

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## **UVic Continuing Education ~ Winter Term A VARIETY OF GERMAN COURSES**

Three German courses will be offered this winter; *German for Beginners - Part 1* which requires no previous knowledge of the language, *Beginners - Part 2* for those who completed Part 1 or would like to improve their oral and reading skills as well as deepen their knowledge of grammar, *Intermediate - Conversation* which focuses on developing your speaking and listening skills.

These courses start on the 30th of January/ 1st of February. They will be held on Mondays and Wednesdays from 5:00 - 9:00pm at UVic in the Clearihue Building. Fee: \$208 plus \$23.28HST (including the course manual) for 10 Sessions. To register please follow the instructions at [www.uvcs.uvic.ca/register/](http://www.uvcs.uvic.ca/register/) or call the phone registration: 250 472 4694

Submitted by the teacher Joanna Schaller, MA, former GHC Alto

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## **COMPUTER SERVICES**

Reasonable rates. Very thorough, with 9 years experience.

Virus removal, upgrades of all kinds.

Tune up and cleaning of your computer.

Better security setup against attacks and viruses.

Sales of New and rebuilt computers.

laptops, Macs and pc's

Pickup and drop-off service: 1711 Coronation Ave.

call: 250-472-0530 or email: [wakefieldcomputers@shaw.ca](mailto:wakefieldcomputers@shaw.ca)

Submitted by: Thomas (Chris) Wakefield, Soundings Baritone.

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## **TIRED OF NOT HAVING YOUR OWN WEBSITE?**

Would you like to create a web site, or get help with an existing one? I offer very competitive rates!

For examples of my work please visit:

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

If you know of someone else who might need my services passing this item on to them would truly be a gift.

Please contact me at 250-920-4160 (8 to 8, Tues to Fri) or at [co-admin@crucible.ca](mailto:co-admin@crucible.ca)

Submitted by: Bill Hanson, GHC Bass etc.

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**HANDYMAN AVAILABLE FOR HOUSE AND YARD MAINTENANCE:**

Available to assist with do it yourself Projects or for Complete Projects

Repair and Light Reno, Drywall, Drywall Repairs, In/Exterior Painting, Roofing - Asphalt Shingle,

Yard Work, Clean-up, Gardening, Mowing, Maintenance (regular or one time)

E-Mail: [Work4YouVictoria@Gmail.com](mailto:Work4YouVictoria@Gmail.com) or Call 250 479 7769

Submitted by Brian Grady, Soundings tenor

\*\*\*\*\* **QUOTE BREAK** \*\*\*\*\*

The penalty that good men pay for not being interested in politics is to be governed by men worse than themselves.

Plato, Greek philosopher ~ 427-347 BCE  
(Ladies please forgive his patriarchal blindness and substitute the word "people" for "men" as you consider the wisdom of what he had to say!)

Submitted by Josephine Munro former GHC Monday Tenor

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**COMMUNITY MEMBERS WEB SITES**

Check out the sites listed here and add them to your favourites if they are of on-going interest. Check out the whole list, including any new ones at: <http://www.gettinhigherchoir.ca/community-info/members-web-pages.html>

**KIM WILLOUGHBY** (GHC & Soundings Alto & Soloist) **\*\*\*New\*\*\***

<http://www.jamesbaycoffeeandbooks.com>

Sip a latte while you cruise the books at James Bay Coffee and Books, a GHC founding member's independently owned coffee shop, used book store, art gallery, music venue, workshop location, meeting place and scrabble hub. We foster community. All of our coffees are organic fair-trade. See you soon, kim

\*\*\*\*\*

**JAMIE ROSANNA DORIG** (HNC Singer) **\*\*\*New\*\*\***

<http://www.JamieRosanna.com>

<http://www.TheMythicBody.com>

I offer massage, chakra readings, personal guidance, and inner healing lectures/workshops. Grounded in the teachings of Carl Jung, my passion is to address the undercurrents of soul and I have engaged in this work since 1983. I wrote The Mythic Body, a book that approaches soul as manifested in body.

\*\*\*\*\*

**JOANNA SCHALLER, M.A.**, (former HNC Singer)

[www.GermanLanguageServices.ca](http://www.GermanLanguageServices.ca)

Joanna, German-language teacher and translator, teaches German to individuals and groups at all levels of experience at UVic: at Victoria German School and at the Continuing Education Department as well as translates for ICA and VIRCS. Joanna conducts also private tutoring. She also works at REACH and Elizabeth Buckley School with children with special needs so all ages and ability levels are welcome!

\*\*\*\*\*

**KAREN LEDGER** (GHC Tenor)

<http://www.at-one.ca>

Yours in Health and LIGHT. Karen Ledger RN BScN. At-ONE Communications

\*\*\*\*\*

(last in the newsletter 20120127)

**PASHTA MARYMOON** (GHC & HNC Tenor)

<http://www.beyonds.ca/Enchanting/home.html>

En~chanting Beyond Bedside Singing services -- vocal music used to support the journey though the major life-passages of birthing and dying in Victoria, B. C.

\*\*\*\*\*

**NANCY WATTERS** (CCLT 1 - 2004/5)

<http://www.sacredworldsong.com>

Monthly community chant circles (free), sacred song gatherings, concerts & workshops.

\*\*\*\*\*

**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.

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## **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.

## **FREE STUFF**

### **PORTABLE INDOOR GREENHOUSE**

Get your spring seedlings started in a 4-tiered indoor greenhouse 19.25" X 2'3" X 5'2" High. Four metal grid trays and soft plastic cover. It worked well for me when I used it and it's easy to assemble and take down.

Happy gardening! Hope to see you.

Anne 250-595-7661

Submitted by Anne Forester former GHC Alto

## EMPLOYMENT AVAILABLE OR WANTED

### EXPERIENCED HOUSEKEEPER

Available for weekly cleaning Monday through Friday

I am an organized and efficient worker with exacting standards. I can help organize problem rooms/areas or just do weekly upkeep cleaning such as dusting and floors.

Please contact me, Tecuana Clifton, at 250 213 2082 or [tecla.1@hotmail.com](mailto:tecla.1@hotmail.com)

Recommended by Shivon

\*\*\*\*\*

### WORKING WITH WHAT YOU'VE GOT

Offering light housekeeping, indoor plant care, house and cat sitting, etc.

Call Leah @ 250-652-7685.

Submitted by Leah Errington, (GHC Monday Alto)

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### HOUSEKEEPING SERVICES AVAILABLE

This is from a young woman from Cortes Island, who is in town for a few months, taking some courses:

Experienced Housekeeper available for weekly cleaning Monday through Friday.

I am an organized and efficient worker with exacting standards. I can help organize problem rooms/areas or just do weekly upkeep cleaning such as dusting and floors.

If you would like to contact me or need references I can be reached at 250 213 2082 or [tecla.1@hotmail.com](mailto:tecla.1@hotmail.com).

Tequana Clifton

~ Submitted by Shivon

## ACCOMMODATION AVAILABLE OR WANTED

### ACCOMMODATION WANTED---HOUSE SIT preferred

I am a professional artist visiting from Winnipeg, seeking home/workspace House sit, for February & March, possibly April, for myself and my gentle, well-behaved cat. In exchange, I will create a painting for your home. Please see my website: <http://www.kbruce.com>

Please contact me at 250-370-7097 or [kbruce@kbruce.com](mailto:kbruce@kbruce.com)

Submitted by Katharine Bruce, HNC Soprano GHC & HNC Director

\*\*\*\*\*

### ACCOMMODATION WANTED

Need a housesitter? Extremely clean, quiet, responsible 38-year-old woman seeks quiet place to housesit in April, May and/or June. I plan to use the time to work on revising my PhD dissertation for publication. I'll take great care of your place. I don't smoke or drink and don't have pets, but I like animals and would be happy to take care of dogs or cats, mow the lawn, water the plants, or whatever. Please email Lheisa, at [lheisa@uvic.ca](mailto:lheisa@uvic.ca) if you're interested.

Submitted by Grace Golightly, lapsed GHC Alto

\*\*\*\*\*

### CABIN/COTTAGE WANTED

A good friend of mine is looking for a new place to live in the Westshore/ Metchosin/Highlands area. She needs a detached, private, quiet cottage/cabin, and *it's very important to her that there's no wifi, smart meter, etc. nearby*. She can pay up to \$500 incl. utilities, will do light yard work as part of the bargain. She would prefer sunny rather than shady, and a woodstove or fireplace. She's a great tenant, an experienced organic gardener, and always takes really good care of her home and environs. Know of a place that might fit? Please email Robbie at [racreates@gmail.com](mailto:racreates@gmail.com).

Submitted by: Lee McLeod, GHC Thursday Bass

\*\*\*\*\* QUOTE BREAK \*\*\*\*\*

Once in a while it really hits people that they don't have to experience the world in the way they have been told to.

Alan Keightley

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.

### THE EMERGENCE OF THE UNIVERSE, EARTH, LIFE AND HUMANS;

**Journey Of The Universe Educational Series Part I** (Now to Feb 7)

*A series of interviews in conjunction with the Journey of the Universe film. The follow topics will be presented: Beginning of the Universe, Galaxies Forming, Emanating Brilliance of Stars, Birth of the Solar System, Life's Emergence, Learning, Living and Dying, the Passion of Animals, The Origin of the Human, and Becoming a Planetary Presence . Each session will include reflection and dialogue.*

With Gertie Jocksch SC DMin.

Location: Friends Meeting House 1831 Fern St

Date: Tues: Jan 10 – Feb 7

Time: 10 am – 12 pm

Cost: \$70 all-evenings, \$15 drop in

Registration: [earthliteracies@shaw.ca](mailto:earthliteracies@shaw.ca), 250-220-4601 [www.earthliteracies.org](http://www.earthliteracies.org)

Submitted by Gertie Jocksch Monday Soprano

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### **HEIDI IN THE MOUNTAINS ~ A MUSICAL**

Jan 27 and Jan28 Mountain Dream Productions and the Mary Winspear Centre Present this musical: Heidi in the Mountains. The theatre is in Sidney,

Adults \$10 -Children \$5 It is an excellent production to take the family with children for some fun. The play is educational and promotes good values. To buy ticket please phone: the theatre at 250-656-0275.

Thank you,

Submitted by Graciela Schwarz GHC Monday Alto

\*\*\*\*\*

### ***Two opportunities to learn* BODYTALK ACCESS - JANUARY CLASSES (Jan 28) January 19th and 26th or January 28th**

Learn How to Naturally Improve your Energy, Vitality and Health!

~better health and well being in just 10 minutes a day~

*In just six hours, learn 5 of the most powerful BodyTalk techniques to help create wellness for yourself and your family. The 10-minute daily routine will:*

*~improve mental clarity*

*~calm your nervous system*

*~increase energy levels*

*~boost your immune system*

*~reduce stress and pain*

*Limited class size so register soon! For information/ registration, contact Jill Kirby, Access Instructor 250-388-7905 or [jkirby@holisticarts.ca](mailto:jkirby@holisticarts.ca).*

*full-day class, Saturday, January 28th, 10:00am - 5:00pm*

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

\*\*\*\*\*

### **WORLD CLASS PIANIST SHOKO INOUE PERFORMS (Jan 29)**

Program: Beethovens Tempest & Pathetique Sonata with Selections from Bach and Shubert

Location: Church of Truth, 111 Superior Street

Date/ Time: Sunday, January 29 at 7 p.m.

Benefit Concert for Bach with Nature Starting in May 2011, Shoko Inoue and Ryan Mays tour will cross Canada planting fruit tree gardens and playing classical music; They will be bringing classical music and ecological solutions to the people and places that need them most. Tickets: \$25 at Ivys Bookstore, 2188 Oak Bay Avenue and at the door. All proceeds go to the Project.

Join us in the inspirational celebration!

Information: [www.backwithnature.com](http://www.backwithnature.com)

Submitted by Linda Chan, High Noon Soprano

\*\*\*\*\*

**THE GIFT OF DREAMING** (Jan 29 & Feb 5)  
**Transforming the Mundane into the Sacred**  
**with Dr. Corinne Allyson.**

Your dreams are a valuable and powerful tool for personal growth and transformational experiences that can be magical and even mystical. With a vital, authentic relationship with our dreams, we become more of who we are meant to be as we honour the mystery of our own journey. The workshop is NOT about dream interpretation. Rather, than work a dream, we will let the dream work us!

Sundays, Jan 29 & Feb 5, 2012 10am - 4pm \$ 155 + taxes.

[www.royalroads.ca/continuing-studies](http://www.royalroads.ca/continuing-studies)

Call 250-391-2600 x 4801

Submitted by Hilary Leighton former (and hopefully) future GHC Thursday Alto

\*\*\*\*\*

**UVic Continuing Education ~ Winter Term**  
**A VARIETY OF GERMAN COURSES** (start Jan 30)

Three German courses will be offered this winter; *German for Beginners - Part 1* which requires no previous knowledge of the language, *Beginners - Part 2* for those who completed Part 1 or would like to improve their oral and reading skills as well as deepen their knowledge of grammar, *Intermediate - Conversation* which focuses on developing your speaking and listening skills.

These courses start on the 30th of January/ 1st of February. They will be held on Mondays and Wednesdays from 5:00 - 9:00pm at UVic in the Clearihue Building. Fee: \$208 plus \$23.28HST (including the course manual) for 10 Sessions. To register please follow the instructions at [www.uvcs.uvic.ca/register/](http://www.uvcs.uvic.ca/register/) or call the phone registration: 250 472 4694

Submitted by the teacher Joanna Schaller, MA, former GHC Alto

\*\*\*\*\*

**INVEST YOUR MONEY in LOCAL CHANGE** (Jan 31)

A forum on present and future options for putting savings, RRSPs and investment dollars into local, sustainable, ethical businesses to build a more self-reliant economy.

Information about panelist can be found here <http://www.facebook.com/events/138615609588131/> and here <http://transitionvictoria.ning.com/events/invest-your-money-in-local-change>.

Rob Wipond's Focus article mentioning this event can be found here on page 10.

[http://focusonline.ca/sites/default/files/Focus\\_2012-01\\_January.pdf](http://focusonline.ca/sites/default/files/Focus_2012-01_January.pdf)

Admission Free

Jan 31, 7-9

Ambrosia Conference Centre, 638 Fisgard St. Victoria, BC

sponsored by Transition Victoria, Vancity and Focus Magazine

Submitted by: Jackie MacDonald, GHC, Monday Soprano

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**COOK STREET VILLAGE SING-A-LONG** (Jan 31 + Feb 7, 14, 21 & 28)

I have taken on the position of Sing-A-Long Leader every Tuesday morning from 10:30 to 12:00 in the Cook Street Village Activity Centre at 380 Cook St. starting January 10th.

There is an overhead screen to display the words and a piano/sax duo playing the music plus the fun of singing for all.

Tea 'n Tasties are available at reasonable rates between songs.

Entry fee: \$1.75 for members and \$3.50 for non-members (memberships available)

For more CSVAC event, membership and other information please call 250-384-6542 or visit:

<http://www.cookstreetvillageactivitycentre.ca>

Sing in joy

Submitted by Doug Paterson CCLT5 - 2008/09 and Director of the Harmonious Singers

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**LIVING MUSIC:  
LEARNING LIFE SKILLS THROUGH MUSIC** (Feb 1, 8, 15, 22 + 29)  
with Brian Martin

Using simple and fun interactive exercises, meditation and discussion we will discover how to embody the musical principles of Rhythm, Melody, Harmony and Tone and access the wisdom of our whole self. No prior musical experience is necessary so come and enjoy Living Music with a symphony of friends.

Drop-in Wednesdays

- Feb 1: Living a Musical Life;
- Feb 8: I've got Rhythm;
- Feb 15: Sing a New Song;
- Feb 22: What is Harmony, anyway?
- Feb 29: Is Sound Sacred?

Location: Church of Truth, 111 Superior St.

Cost: Free or by donation

Info: Linda at (250) 380-6383 or <http://cotvictoria.ca>

Submitted by Linda Chan, High Noon Choir

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**THE EMERGENCE OF  
THE UNIVERSE, EARTH, LIFE AND HUMANS;  
JOURNEY OF THE UNIVERSE EDUCATIONAL SERIES PART I** (Feb 1 to 29)

*A series of interviews in conjunction with the Journey of the Universe film. The follow topics will be presented: Beginning of the Universe, Galaxies Forming, Emanating Brilliance of Stars, Birth of the Solar System, Life's Emergence, Learning, Living and Dying, the Passion of Animals, The Origin of the Human, and Becoming a Planetary Presence . Each session will include reflection and dialogue.*

With Gertie Jocksch SC DMin.

Location: First Met. United Church 932 Balmoral Rd

Date: Tues: Jan 10 – Feb 7

Time: 7 pm – 9 pm

Cost: \$70, \$15 drop in

Registration: [earthliteracies@shaw.ca](mailto:earthliteracies@shaw.ca), 250-220-4601 [www.earthliteracies.org](http://www.earthliteracies.org)

Submitted by Gertie Jocksch Monday Soprano

\*\*\*\*\*

**RE-WRITE YOUR LIFE**  
**8-Week Transformational Writing Series** (Feb 2)  
**with June Swadron**

Bless and Release the Past Acknowledge the Gifts in Every Life Story!

Writing your life stories is a deep and powerful process that acknowledges and honours your life's journey. This workshop is designed to allow you to make peace with the past so that you can rejoice in your life today!

This course has given me the opportunity to revisit experiences of joy and pain and to eventually and gradually realize the deep sacred gift of each person and of each experience in my life.

Rosemary Anderson

Thursday's, 6:30 - 9pm beginning Thursday Feb 2nd

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

Submitted by June Swadron, Former GHC member Alto

\*\*\*\*\*

**HERE ON THE EDGE ~ A CONCERT** (Feb 4)

A concert featuring the works of four local, women composers, Sylvia Rickard, Joan Hansen, Leila Lustig and Diane Berry. It involves 18 musicians, in a variety of small chamber groups. Anne Grimm (soprano), Catherine Fern Lewis (mezzo-soprano), a trumpeter, cellist, saxophonist and members of the Pacific Opera chorus are all participating. All four composers will be in attendance.

Oak Bay United Church  
Saturday, February 4<sup>th</sup>, 8pm  
Tickets \$20

Available at Ivy's Bookstore, Larsen Music and at the door

Submitted by Marya Nijland HNC & former GHC Soprano

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**Power of Hope Workshop - Royal Road University**  
**EXPRESS YOURSELF! - CREATIVE FACILITATION I** (Feb 4 & 5)

*Imagine leading groups infused with participation and excitement, where people take creative risks and connect from the heart. Picture yourself feeling creative and grounded in your work, enjoying yourself to the fullest.*

Who Should Attend?

This workshop is an experiential training for youth workers, teachers, artists, counselors and trainers who work with adults or youth and is based on the highly successful facilitation models designed by The Power of Hope <http://powerofhope.org/>

More information and registration here:

<http://www.gettinhigherchoir.ca/00-Posts/2012/0106/express-yourself.pdf>

~ and/or ~

<http://www.royalroads.ca/continuing-studies/CYPATL2594-Y11.htm>

Saturday & Sunday, Feb 4 & 5th, 2012, Times: 9am - 5pm

Cost: \$175 + applicable taxes  
Best to Register By: Sat, Jan 21, 2012

Submitted by Gloria Hansen, GHC and HNC tenor and Board Chair of the Power of Hope

\*\*\*\*\*

**DRAWING OUT YOUR SOUL:** (Feb 10, 11 & 12)  
**Touch Drawing with Deborah Koff-Chapin**

Touch Drawing is a simple yet profound process. Move your hands on paper that is placed over paint and impressions form on the underside. It feels as if your soul is pouring through your fingertips and onto the page. Create a visual record of your inner process in an atmosphere conducive to deep expression and awareness. No artistic confidence necessary! Recommended:

[The Power of Touch Drawing Slideshow](#) - Friday night. Workshop - 2 days Sat Feb 11, Sun Feb 12, 2012. 10am-5:30pm

\$255 + taxes [www.royalroads.ca/continuing-studies](http://www.royalroads.ca/continuing-studies)  
Call 250-391-2600 x 4801

Submitted by Hilary Leighton former (and hopefully) future GHC Thursday Alto

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**EVERY BODY HAS RHYTHM** (Feb 4, 11, 18 & 25)

Four Saturdays in February 2012

Body Rhythm Workshop with Andrea Guyon

Saturdays 7pm to 8:30 February 4th, 11th, 18th and 25th  
at James Bay Coffee and Books 143 Menzies St across from Thriftys

Body Percussion is found in every culture. This raw, unplugged, connection with sound, silence and movement is a fun way to engage with other people and our surroundings. Using stepping, snapping, clapping and vocalizing we will explore how common rhythm can connect us in unexpected ways. Well have fun, laugh a lot, and work up a routine.

4 for \$50

Workshop info: <http://www.jamesbaycoffeeandbooks.com/rhythm-workshop.html>

Reply to [jbcoffeeandbooks@shaw.ca](mailto:jbcoffeeandbooks@shaw.ca) for more info or to sign up for the workshop

Submitted by Kim Willoughby GHC Alto and Soloist on hiatus owner of James Bay Coffee and Books

\*\*\*\*\*

**FINDING LIFE BALANCE WITH MINI-RETREATS** (Feb 7)

Frazzled and rushed? Struggling with the pressures of daily life? Join life coach Julia James for a workshop on Mini-Retreats. Learn how to completely relax in minutes, no matter where you are and how busy your life. Create a supportive environment for a more balanced way of life.

Quotes from participants:

Emily Blackburn: Made me realize that in order to be productive I need to take care of my needs.

Tristan Klassen: "The skills I learned here will definitely help me alleviate stress and take time for myself."

Tuesday, 7 8:30 pm, Feb. 7

Where: Monterey Recreation Centre, 1442 Monterey Avenue

Space is limited, to register call 250-370-7300

Submitted by: Julia James, Choir member (Thursday night, Soprano)

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## **SACRED CIRCLE DANCING** (Feb 7, 14 & 21 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

## **COMMUNITY EVENTS – COMING WEEKS**

### **VALENTINE'S DANCE** (Feb 11)

Featuring the music of  
Kristina & Quinn  
with dance caller  
Doug Paterson

February 11<sup>th</sup>  
@ St. Mattias Church Hall, **600 Richmond Rd. (at Richardson)**  
Doors open 6:30 p.m. Dance starts 7:00 p.m

\$12 adults, \$10 Seniors/Students (kids 8 and under free)  
Tickets available from: Larsen Music / Long & McQuade / Ivy's Books

For more info:

<http://www.harmonioussingers.com/#dance>

Letter sized poster to view/print/post

<http://www.harmonioussingers.com/pdf/20120211-valentines-dance.pdf>

Everyone welcome... come by yourself or with a friend...everyone dances with everyone...no experience necessary...all dances taught on the spot. Come and build community!

“All we are saying, just give peace a dance!”

Submitted by Doug Paterson

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### **THE ECOLOGICAL CRISIS AND A NEW COSMOLOGY** (Feb 11)

*We are aware that we have an ecological crisis. To paraphrase Einstein we cannot solve a problem with the same consciousness that created the problem. In this workshop we will explore why we see the world (our cosmology) is at fault. We will look at author Thomas Berry, who offers a new way of looking at our world (New Cosmology) and explore the implications of his vision.*

With Gertie Jocksch, SC DMin and Bill Wilson SJ PhD.

Location: Royal Roads University, 2005 Sooke Road

Date: Sat Feb 11

Time: 9 am – 5 pm

Cost: \$75

Registration: 250-391-2600 ext 4801

Submitted by Gertie Jocksch Monday Soprano

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**OPENING THE CREATIVE FLOODGATES WORKSHOP (Feb 21)  
with Michael Waters**

This is from Michael who is an excellent improvisational guitarist. Many of you will have seen him performing in Nomad with Gina Sala and Kinobe both of whom are former GHC concert guest artists.

Hi Victoria Friends,

I will be leading this workshop at 7:00 p.m. on Tuesday Feb. 21 at Royal Roads. All my secret techniques! :-)

FaceBook: <http://www.facebook.com/events/154675501312929/>

Please also consider suggesting it to friends who are creative artists.

I am happy to answer any questions in advance  
email me at [michael@ladybirdmusic.com](mailto:michael@ladybirdmusic.com)  
or call me at 250-598-7702.

All the best to all of you ~ Michael

More info about this event and about Michael and his music can be found on:

Royal Roads' web site:

<http://www.royalroads.ca/continuing-studies/CYTAEA2664-Y11.htm>

Michael's web site:

<http://www.ladybirdmusic.com/>

Submitted by Bill Hanson GHC Base etc. <http://www.creativefloodgates.com/>

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**THE RAVEN, THE DOVE AND THE EAGLE (Feb 24)**

An exhibition of the work of Catherine Fraser, a well known Vancouver Island Artist from the Cowichan Valley.

Catherine has had 22 one woman shows and her paintings are owned by collectors worldwide. Her paintings are for sale in galleries and available for rent through the Greater Victoria Art Gallery Art Rental Program.

This is your invitation to her Feb. 24th to Mar. 4th Art Show at Christ Church Cathedral in Victoria

<http://www.gettinhigherchoir.ca/00-Posts/2012/0127/art-show.pdf>

Submitted by Kathy Coster, former GHC soprano,  
(Scarf lady currently in Guatemala. [www.icoatitlan.blogspot.com](http://www.icoatitlan.blogspot.com))

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**COUNSELLING AS IF THE EARTH MATTERED:  
NATURE-BASED APPROACHES TO THERAPEUTIC CHANGE (Mar 3)  
with Dave Segal and Hilary Leighton**

Introducing the theory and practice of nature-based therapies to those involved in the delivery of social services and specifically addressing strategies, ethics and other important considerations in applying ecopsychological theory, or Ecotherapies into current practice. Experience for yourself highly experiential low-risk activities exploring nature in the therapeutic process as an important co-facilitator. Continuing Education credits may be available.

Sat. March 3, 2012 10am-4pm

\$135 + taxes.

[www.royalroads.ca/continuing-studies](http://www.royalroads.ca/continuing-studies)

Call 250-391-2600 x 4801

Submitted by Hilary Leighton former (and hopefully) future GHC Thursday Alto

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### **FABULOUS FACILITATION: BEST OF THE BEST** (Mar 8)

Tired of using the same old ice breakers and activities for workshops, courses, or staff meetings?

This workshop is based on our new book, "**Fabulous Facilitation: 60 Energizing Activities to Build Connections, Engage your Team, and Spice up and Workshop, Staff Meeting, or Training Session**" and will feature 3 hours of our favourite activities from the book.

When? March 8th 2012, 6:00pm-9:00pm

Where? Cultural Centre, Camosun College

Cost? \$75 (includes your own copy of Fabulous Facilitation book - a \$30 value!)

To Register: Call us at @ 250.885.8503 OR send us an email to [jocelin@possibilitiestraining.com](mailto:jocelin@possibilitiestraining.com).

Check out our website at [www.possibilitiestraining.com](http://www.possibilitiestraining.com)

Submitted by Jocelin Caldwell former Tuesday Soprano

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### **EXPERIENCING MEANING ON THE EDGE OF PROFOUND UNCERTAINTY** (Mar 17)

Description: We live in a time of profound uncertainty.

Its atmosphere permeates the collective air we breathe. Are we unique in this challenge? Can we experience meaning as we navigate these troubled waters? Neither fight nor flight are effective responses to this reality.

Drawing on her book, The Mythic Body, Jamie Rosanna Dorig offers tools to help us face this difficult time and alleviate the stress and anxiety it inflicts on our body/mind.

<http://www.jamierosanna.com/products/inner.html#lectures>

Date/Time: Saturday, March 17, 7PM

Location: Church of Truth - 111 Superior Street, James Bay, Victoria, BC Canada

Submitted by Jamie Rosanna Dorig HNC member

## **JUST FOR FUN**

A reward of laughter for reading this far

### **PADDY & THE PENSIONS PERSON**

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

Paddy McCoy, an elderly Irish farmer, received a letter from the Department for Work & Pensions stating that they suspected he was not paying his employees the statutory minimum wage and they would send an inspector to interview them.

On the appointed day, the inspector turned up.

"Tell me about your staff," he asked Paddy.

"Well," said Paddy, "there's the farm hand, I pay him £240 a week, and he has a free cottage. Then there's the housekeeper. She gets £190 a week, along with free board and lodging. There's also the half-wit. He works a 16 hour day, does 90% of the work, earns about £25 a week along with a bottle of whisky and, as a special treat, occasionally gets to sleep with my wife."

"That's disgraceful" said the inspector, "I need to interview the half-wit."

"That'll be me then," said Paddy.

===== 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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