

WHOLEHEARTED Community Newsletter

February 2017

What a beautiful start to the spring season! Thank you for choosing to step into your voice with us. This month all our season songs will be posted on the website: <http://wholeheartedchorus.org>. Go there to get information about our schedule, download the latest newsletter or pay for the season. If you ever have a chorus related question, please check there before emailing me. ☺

Season Singing Calendar

February 7 – Happy Girl Community Dinner after Monday singing

March 6 – **Special Monday Night Community Singing at Evolution with Debbie Nargi-Brown**

March 13 – **Special Monday Night Community Singing at Evolution – Leader TBA**

March 20 – **Special Monday Night Community Singing at Evolution with Debbie Nargi-Brown**

March 27 – **Special Monday Night Community Singing at Evolution with Heather Houston**

April 3 – Happy Girl Community Dinner after Monday singing

April 15 & 16 – **Wholehearted Spring Singing Camping Retreat in Big Sur**

May 2 – Happy Girl Community Dinner after Monday singing

Friday, May 12 – **Wholehearted Spring Season Concert in Big Sur**

Monday, May 15 – **Wholehearted Spring Season Concert in Pacific Grove**

May 18-21 – **Song Village Festival in the Santa Cruz Mountains.** This is not a Wholehearted event, but *highly recommended!* 4 days of singing with Lisa G and many other amazing song leaders. This will sell out! Register soon at: <http://songvillage.net>.

February Chorus Announcements:

- If you plan to sing with us through the season, \$250 in dues are requested to cover your costs of this season. Your financial commitment sustains this community. If you have already paid for some drop-in classes, you may deduct that total from your season dues and pay the rest now. You can pay in cash or check at class, or <http://wholeheartedchorus.org>. If that's not feasible for you, please ask Lisa or another chorus greeter about work/trade options or scholarship support. If you are dropping in, you may always offer a \$10-20 sliding-scale drop-in donation at each class.
- Practice CD's will be available soon! Order forms for CDs will be distributed at classes in mid-February and distributed the last week of the month. The cost is included in your season dues or subscription, otherwise will be \$15.
- Lisa will be out of the country next month. 4 awesome community singing workshops will be offered by talented guest leaders each Monday while she is away. *Please come!* These will be a joy - a great opportunity to be inspired by other songs and leaders and to stay engaged with your voice and the community. They are not regular chorus meetings and will not be focused on the songs from our season – they are also not included in your season fee. Please bring a \$20 cash offering per workshop.
- Starting Feb. 13, Monday classes will go till 7pm. 15 more minutes of singing each week! ☺

February Birthdays

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| Sylvia Shih | 2/12 | LaVerne McLeod | 2/20 |
| Gabriella Perez | 2/13 | Jacqueline Kabat | 2/21 |
| Ellen Hall | 2/19 | Johnny Pierce | 2/21 |
| Caitlin Reclusado | 2/20 | Lynette Tolentino | 2/27 |

Community Calendar

Tuesday evenings in February, 7-8:30pm – Songs of the Spirit – Music & Singing as Medicine with Lisa G & Friends at the Secret Garden behind Pilgrim’s Way Bookstore in downtown Carmel. On Dolores Street between 5th and 6th. Details: <http://thebirdsings.com/classes>

Sunday, February 5th, 8am, free event - Monterey Bay Tracking Club at the Fort Ord Natural Reserve, Marina. Learn basic mammal identification in this free hands on outdoor tracking experience, instructor Bart Kowalski. For more about the Monterey Bay Tracking Club, visit <https://www.facebook.com/groups/MBTracking/>.

Saturday, February 11th, 9 - 10 am or 6 - 7 pm - "Tea & Tarot with Wendy" at Pilgrim’s Way Bookstore in Carmel. Gain perspective for the New Year and all the new beginnings it will hold as we begin a new 9-year cycle. This is a ticketed session with a cost of \$15 in advance and \$20 the day of event. Your ticket will include tea and individual mini-sessions shared with the group. Space is limited so make sure to RSVP with Cynthia.

Wednesday, February 15th, 1:00pm – Dramatic Author Presentation/ Book Signing by LaVerne McLeod at the old Rancho Canada Golf Club (banquet room), 4860 Carmel Valley Road, Carmel, CA 93923. Hosted by the California Retired Teacher’s Association, Division 29. Noon luncheon for \$20. Reserve with Diane Cadei, (831) 449-7031, dianecadei@att.net or come for the free author presentation @ 1:00. Public is welcome!

Tuesday, February 14th, 7-9 pm at the Carmel Art Association – Community Singing Circle with Laurence Cole! Led by master songleader Laurence Cole along with assistant Aimee Ringle on tour from Port Townsend, Washington, you are invited to join us for an unforgettable evening of community singing. \$25, pre-registration suggested: <http://thebirdsings.com/events>.

Saturday, February 18th, 6:30 pm at the Carmel Art Association - Live Performance! George Bernard Shaw at 90, a dramatic encounter devised and performed by Howard Burnham. He recalls his long and eventful life as journalist, critic, socialist, vegetarian and playwright, with emphasis on his greatest ‘work of fiction’ – GBS himself. Meet the only man to receive both the Nobel Prize and an Oscar! Tickets are \$15 in advance and \$20 after 5 pm the day of event.

Saturday, February 25th, 7pm – Evolution Studio Salon Series with the Hollis Peach, the folk duo will perform original songs with beautiful harmonies and storytelling. Show is 7pm and tickets are \$10 adv/\$15 at the door. Call [831 601-0427](tel:8316010427) for tickets and more information at: <http://evolutiontransformativearts.com/music-singing/>

Join the Facebook Group: <https://www.facebook.com/groups/inspirechoir/>

Angels, Appreciations & Spreading the Love

Michael Lojkovic, you are a true gem of our tribe. Words cannot express my gratitude for your consistent energy and presence, leadership, humor, musical gifts and courageous heart. It is a joy and honor to have you in our chorus. Thank you for your friendship (even when I blow it!), for making yourself so invaluable that I felt completely at ease asking for your leadership support while I was away in December, and for another great song this season. We love you! ~ Lisa

Community Announcements & Business Listings

From Susie: Song Bath Tuesdays with the Threshold Choir

Inviting friends, family, friends of friends and family, and the entire community, to take a break from your troubles and receive a Tuesday night song bath on the last Tuesday of the month. Take this opportunity to get comfortable in our reclining chair, close your eyes, rest and be soothed and supported by gentle song. The Threshold Choir of Pacific Grove offers this service at no charge. In February, Song Bath Tuesday is on 2/28 from 7:30 to 9:00 pm. We will also travel to a community member in need, if they are not able to come to us. Please call me for the location and to reserve a time slot. Susie, [707-815-0745](tel:707-815-0745).

From Ted: Peaceful Communication Group

This fun and enlivening class/group will assist you to connect with others in a more meaningful and harmonious way. You will learn ways to soften conflict, develop more healthy, honest, warm, empathetic and open relationships with significant others, friends, co-workers, relatives and most importantly yourself. I have room for 6 more people. The group is held on the second and fourth Thursdays. 7:15 – 7:30 arrival time and 7:30 the group starts. Call or text Ted for more information and directions to my house. Call [831-449-1953](tel:831-449-1953) or Email works as well to tedsup@live.com. I'm in Monterey but the parking is a bit complicated, although it is close by and safe.

From Janette: I have a large Kazuri jewelry inventory at home and am still intent on helping African women and children. I am offering to show Kazuri by appointment at home if you would like to purchase jewelry for your personal pleasure or gifts. With Valentine's Day coming soon, I'll also have an extra 10% discount this month. I need a couple days advance notice for appointments. Phone Number: [831-915-0849](tel:831-915-0849) E-mail: janettemoody@comcast.net.

Yoga at Evolution Studio: Need a little quiet TLC? Come in for a soft landing at Restorative Yoga Wednesdays at 6pm. www.evolutiontransformativearts.com

Private Voice Sessions with Lisa G: Email Lisa to schedule in her Carmel studio on Tuesdays or Fridays: lisa@thebirdsings.com. Wholehearted members, your first one is half price. Limited spots left before April!

Support the Big Sur Grange, who supports us! Drop an extra dollar in their box when you can.

List your business, for sale items & help offered/ wanted ads here, free! Submit 1-2 lines to Lisa.

Submit your March newsletter listings by **noon on Sunday, Feb 26** to:
wholehearted@thebirdsings.com