

WHOLEHEARTED Community Newsletter

November 2017

WHOLEHEARTED ROSTER

An updated roster of Wholehearted singers is available at:

<http://thebirdsings.com/wp-content/uploads/2017/11/WHOLEHEARTED-Roster-Fall-2017.pdf>

CONCERT PREP

All songs are on the website: <http://thebirdsings.com/wholehearted-2017-fall-season-songs>

If you plan to sing in the concerts, please plan to be at all November rehearsals or communicate with Lisa. Monterey tribe: If you'd like extra practice, come visit Big Sur on Wednesdays!

Monday, November 6, 5:30-9:00 – SPECIAL LONG REHEARSAL AT the UUCMP

We will have a longer rehearsal followed by community potluck. Please bring a food item to share.

Wednesday, Nov. 8, 5:30 – 7:00 – Rehearsal at the Big Sur Grange

Monday, Nov. 13, 5:30 – 7:00 – Rehearsal – concert run-through at the UUCMP

Wednesday, Nov. 15, 5:30 – 7:00 – Rehearsal at the Big Sur Grange

FALL CONCERT DETAILS

WHEN & WHERE

Friday, November 17, 7:00pm – Big Sur Grange Hall - BE THERE & READY AT 5:00PM

Carpooling encouraged. Give yourself 1 hour for the drive from Monterey.

Facebook event: <https://www.facebook.com/events/282331072271826/>

Monday, November 20 – Fall Concert – Hidden Valley Music Seminars Theatre in Carmel Valley. BE THERE & READY AT 5:30PM. Give yourself 20 minutes for the drive from Carmel.

Facebook event: <https://www.facebook.com/events/1906600156334722/>

Both concerts are offered by sliding scale donation, \$10-25. Kids 13 and under are free. Online ticket sales are open now for the Carmel Valley concert at <http://wholeheartedchorus.com>

WHAT TO WEAR

We are slightly adjusting our requests for concert clothing this season:

- **Gentlemen:** Wear black pants and a solid color shirt, ideally not black or white. The brighter the better!
- **Ladies:** Wear black pants or skirt with a white top and a solid, brightly colored scarf. If you don't have a solid color scarf just do your best and we will also bring extras.

BAKE SALE

Both the Big Sur and Carmel Valley concerts will feature a bake sale. If you are able to bring a contribution to one or both we thank you! Please bring single-serving items that aren't very messy. If you have friends or partners who would like to help with the door, programs or bake sale at either concert, please send an email to Lisa connecting us. We are also looking for donations of fresh coffee, tea, creamer/honey/sugar, small plates, napkins and hot beverage cups.

HOLIDAY SEASON WITH WHOLEHEARTED

There are 3 drop-in Monday classes in Monterey and 3 Wednesday classes in Big Sur after the fall concerts that will be focused primarily on holiday-themed songs. During these classes and with the support of soon-to-be-released holiday song CDs, you may choose to learn some songs and join in some or all of our holiday outreach caroling. The singing Wholehearted does at this time of year can offer some of the most impactful and rewarding opportunities to touch hearts in our local communities. CDs and lyric books with Wholehearted holiday song repertoire will be available to purchase soon.

We are still finalizing our caroling schedule this year. If you know of either paid or outreach opportunities to share our songs in the greater community, please contact Lisa ASAP. Right now we have two dates on our calendar that will be led by songleading members of the Wholehearted tribe. There will not be organized Big Sur caroling this year.

Monday, December 18, 5:30pm – 9 – Caroling outreach in PG. Locations to be announced.

Friday, December 22nd, 6:30pm – Caroling at Carmel Art Association Holiday Event

LOOKING AHEAD

December 18 – January 14 – Winter Break – no classes

January 15 – April 27, 2018 – Wholehearted Spring Season

January 19-21, 2018 - Lisa's Esalen Weekend Workshop.

April 7-8, 2018 – Wholehearted Spring Retreat

June 11 – July 28, 2018 – Special 6-week Summer Season with MaMuse

COMMUNITY CALENDAR

Thursday, November 2nd – 4:30 – 5:30pm – Jazz, Blues & Folk Concert with Rebecca Sayre & Charlie Chadwick. At the Redwood Room in at Del Mesa Carmel. 500 Del Mesa in Carmel. Rebecca and Charlie return to California for this unique, free performance. Reception follows. Make a reservation for dinner in the dining room for 6 or 6:30. Classic jazz melodies and original tunes with bass, guitar & voice. Dance to the warm timbre of Rebecca's voice complimenting the lush lyrics & melody of a Cole Porter composition. Contact Lynda Sayre to RSVP: lyndasayre@gmail.com or 831-601-8823. For dinner reservations call 624-1853. The dining room does not take credit cards.

Sunday, November 5th – 4-6pm – Monterey Ukelele Club Open Mic. Sign up at door to perform. American Burger, [738 Lighthouse Ave](https://www.google.com/maps/place/738+Lighthouse+Ave,+Monterey,+CA+93940/@36.594444,-121.905556,15z) in [Monterey](https://www.google.com/maps/place/monterey,+ca/@36.594444,-121.905556,15z). Call Patricia for info 360-774-0006. Stop by for fun ukulele music, great burgers and a good time. Monterey Uke Club meets most Sundays from 4:00-6:00. <https://montereyukeclub.wordpress.com/>

Thursday, November 9th – 7:30pm – Peaceful Communication Group. This fun and enlivening 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 friends, acquaintances, relatives and most importantly yourself. Finally, it will help you to make requests in a ways that are more clear and less demanding. The peaceful communication group is held on the second Thursday. [901 Major Sherman, Monterey](https://www.google.com/maps/place/901+Major+Sherman,+Monterey,+CA+93940/@36.594444,-121.905556,15z); 7:15 – 7:30 arrival time and 7:30 the group starts. Please email Ted at tedsup@live.com for directions or for Information [831-449-1953](tel:831-449-1953)

Saturday, November 11th-9:30am-3:30pm-Bridge Building to Equity Workshop, “Tools to Help Dissolve Racism & Other Discriminations,” facilitated by LaVerne McLeod, held at The Community Church of the Monterey Peninsula, 4590 Carmel Valley Road, Carmel, CA 93923 (between Carmel Middle School & Rancho Canada-small outer building on church grounds). Registration \$100- \$65. sliding scale fee. No one turned away for lack of funds. Open to the public and can register prior to the event. Contact lavernemcleod@gmail.com or call [\(831\) 595-9692](tel:831-595-9692).(snack + lunch included.)

Wednesday, November 15th – 1-5pm – Big Sur Health Fair. Free medical services including cholesterol and blood sugar testing, eye exams, flu shots, asthma screening, healing touch and much more! Free BBQ and kids programs too. Open to all at the Big Sur Health Center.

Saturday, November 18th – 1-5pm – Kazuri Benefit Home Show - Double Gifting! How would you like to buy gifts with double the potential of inspiring the recipients and helping one special Maasai family at the same time? Janette has closed her Creative Hands Global biz but is selling off her remaining inventory of Kazuri jewelry to help support Nancy and her family in Kenya (all sales income.) The Kazuri benefit home show will be at 860 Irving Ave. in Monterey or call for a private app't. [831-915-0849](tel:831-915-0849). Asante Sana, Janette

Sunday, November 19, 5pm – Dances of Universal Peace are held **every third Sunday** from 5-7 pm in the Sanctuary of the Unitarian Universalist Church of the Monterey Peninsula. Friends from the Santa Cruz Sufi Community will be on hand to teach the simple, easy-to-learn melodies, words, and steps. A donation of \$10 per person is suggested to help support this ongoing event.

Monday, December 11th – 5:30 – 9pm - Special Holiday Class & Maasai troupe Performance. Please reserve this evening for a very special rehearsal and captivating program afterwards. We will share songs of the season with the internationally acclaimed Sironka and Friends Dance Troupe that many of our members have supported over the years and are coming all the way from Kenya.

After class, the troupe will join us for a potluck dinner and they will entertain us with a fabulous performance of traditional Maasai song and dance. Hand-made traditional, jewelry will be available for purchase. Please invite your friends to this one-time-only event.

Post on the Wholehearted Facebook Page

<https://www.facebook.com/groups/inspirechoir/>

November Birthdays

Gail Chambers	11/1	David Russell	11/4
Michael Lojkovic	11/9	Krista Clarke	11/17
Karen Lehman	11/19	David Lazarony	11/24
Gail Piper de Mesa	11/25		

Meet Wholehearted Member Jacqueline Kabat

Each month Johnny Pierce is interviewing a different member of our community and writing up a short piece for the newsletter, offering an opportunity to deepen our connections.



You may have seen her at our Chorus events, threading in and out of our circles with the grace of a ballerina, using her iPhone with the precision and timing of a professional photographer. She has become our Tribe Scribe of Social Media, documenting, broadcasting, and promoting our choral gatherings.

Jacqueline (nicknamed Jax in her early years) is a North Carolina born Jewish girl with a Bachelors in Journalism from the University of Georgia. She moved to New York City where for several years she honed her Comedienne and Improvisational skills in stand-up comedy and performances with Improv troupes. One of the first things she did when she moved to the Peninsula in 2014 was to join the Wholehearted Chorus.

Jax has melded her training and experience into high-impact Improvisation Workshops she tailors for corporations, clubs, and spiritual retreats such as Esalen and Omega Institutes, and soon to be at the new 1440 Multi University. She is a modern-day Alchemist, creating an environment where people are transformed by feeling safe to share a side of their selves that perhaps they would never have had the opportunity to share with others- and be embraced for their authentic vulnerability- instead of being judged. Where people can go deep within and make fun of their bugaboos- healing and transforming them in the offing.

Another healing environment Jax has created- she labeled “Tribe In The Sky”, perpetuating her career of bringing her community together in creative harmony. Filling the back deck each Tuesday after work at the Monterey Tides, folks have found the gathering to be a social watering hole. This Tribal gathering has evolved into a platform for musicians to showcase their talents and unite us in singing familiar songs. If you have not met Jax, before you approach her, just know... she has never met a stranger.

Angels, Appreciations & Spreading the Love

A swell of gratitude to all of you for another wonderful retreat! What a true joy to share that time and spectacular land with you. I'd like to particularly acknowledge some folks who went above and beyond to make it happen:

Peter Harding of course, for hosting us so generously, **Rayner** for much extra support with fire safety, tent setup and cleanup, **Ellie, Joy & Bill** for extra setup help, **LaVerne** for donating the tent and offering her space as a backup, **Cynthia** for donating the grill and **Leigh** for transporting it, **Gail** for hosting some campers, **Michael, Tanja and Lukas** for grilling, **David L. and Tanja** for fire tending, **Sandor** for the group photo, Laverne W. for organizing a backup venue for us in case of rain and **Pauline** with much Sunday breakfast help. Your help truly made this event such an easy joy. Thank you!

I'd also like to thank **Rayner** and **Steven** for huge contributions to the practice CD recordings, along with **Ellie, Laverne W.** and **Cynthia** for their help getting them made and distributed.

Community Announcements & Business Listings

Tuesdays, 7- 8:30pm – Songs of the Spirit – Devotional Singing Classes with Lisa G

A wonderful, restorative and healing group singing class each week in the magic dome at the **Secret Garden behind Pilgrim's Way Bookstore** in Carmel, on Dolores Street between 5th and 6th. \$10-20 drop-in class, details and summer schedule here: <http://thebirdsings.com/classes>.

Threshold Choir of Pacific Grove is seeking compassionate singers for bedside singing. Requests have increased and we need more choir members to meet the demand. We often have the privilege to sing to those who are dying. If this interests you, we practice on Tuesday evenings from 7:00 to 9:00. Please contact me if you would like to attend a practice, Susie [707-815-0745](tel:707-815-0745).

Sustainable & reusable JOY WRAPS replace plastic wrap, they are made with cotton gingham fabric, beeswax, pine rosin & jojoba oil. Sizes (14x14/11x11/8x8) are sold in 4 different packages: Variety S/M/L \$12, 1 Large \$8, 2 Medium \$10 or 3 Small \$6- contact paciaplatzek@mac.com or call/text [559-676-3022](tel:559-676-3022).

I would like to find a venue to share eurythmy with a group of any size interested in singing/ speaking with their limbs! Eurythmy is known as "visible speech & visible song" - a beautiful, wholesome, centering and healing form of movement for our time. Are there any interested participants out there? Does anyone know where a class could take place? Thanks!
Kristin R. [207-208-7888](tel:207-208-7888).

Poetry in the Grove: 1st Saturdays of each month - Poetry in the Grove meets at the little house in Jewel Park (next to the Pacific Grove Public Library) to read and discuss poetry. Free! To learn more, send Susie an email request and she will add you to the mailing list. soosea@sbcglobal.net.

Submit your December newsletter listings by
WEDNESDAY, NOVEMBER 29 to lisa@thebirdsings.com.