

# Sounds Of Singchronicity - Sept 10

## New Experiences.....

### Looking forward/ looking back

When I look at the month ahead of me and the month behind me, I notice a number on new experiences coming my way, and a number of new ones recently experienced. It seems like Spring has truly Sprung! As you read about these new experiences, I encourage you to take on some new ones for yourselves and to reflect on any that have recently presented themselves to you.

### Karaoke!

Last time I tried this, I absolutely hated it, but recently got to do it again at a fundraising dinner for Mixed Beans at Ferrones Restaurant in Springwood and absolutely loved it! So what was different? Apart from great company, food and wine (because these are usually part of my repertoire anyway!) I think that the real difference was that I had let go of my expectations/ need for a "perfect performance" and felt comfortable to just play and enjoy without fear of mistakes! (Something about "Physician, heal thyself" springs to mind here!)

### 1000 Gongs

Metaphorically speaking! I had the delight of attending a public performance in the Southbank Piazza where musicians put on a 2 hour performance using a range of different sized gongs, augmented by trombones,

flute and voice. We got to sit inside the "sound area" to be surrounded/engulfed by vibrations! It was surreal! I also had the pleasure of receiving a gong healing during the performance, as they interacted with the audience. Here is 1 pic and you can see more on my facebook page

[www.facebook.com/johnrz](http://www.facebook.com/johnrz)



### ROAR Food

Kerrie & I had sumptuous feast of raw foods, demonstrated and prepared in front of us, with recipes to take away. See more about what they do at [www.roarfood.com.au](http://www.roarfood.com.au) I can highly recommend it!

### Scattered People

This project has launched and I am keen to be a part of it. I don't know in what capacity yet, but this is all part of the adventure of new experiences! They are calling for refugee musicians and arts workers. See the full details at <http://singyourvoice.com/1533/scattered-people-performing-arts-project/>

### Flute

I am off to the Glasshouse Mountains to spend a day with a Cherokee Indian, to learn how to play and bring home my own Native American Flute! I am so excited about this. You can read more about it inside.

### Music Conference

Cath Mundy & I have been invited to present at the Music in Communities Network National Conference in Brisbane this month. Our topic is "Singing for Social Inclusion" arising from our experiences with the Mixed Beans Initiative".

### Chris James CD coming soon!



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# Coming Events



## John Will Be Appearing At The Following Events

### **Sing Through Your Bones For Joy**

**Sunday 2 October 1.00PM to 5.00PM**

This workshop combines Felenkraais with Singing, brought to you by myself & Rhonda Ohlson. Each workshop we deliver has a different theme underpinning all that we do. This time we will be "Celebrating in Joyous Expression of Creativity." **What does this mean?**  
**I will let you know when I have worked it out myself! That's the joy in expressing creativity!**

Ph 3856 3733 to book in.

## Other Events And News For You

### **Tony Backhouse Workshops – Acapella Workshops**

Composer • Vocal Arranger • Singer • Author • Choir Director • Workshop Leader

Tony Backhouse, BA, B.Mus, is one of the leaders in the Australasian a cappella movement. He founded Australia's foremost a cappella gospel choir [Café of the Gate of Salvation](#) in 1986, and directed it for 21 years. He has a number of workshops coming up.

**Friday 3 September – Sunday 5 September**

**Weekend workshop in Fremantle, WA**

**Friday 10 September – Sunday 12 September**

**Weekend workshop in Warrnambool, Victoria**

Go to: <http://singyourvoice.com/1662/tony-backhouse-acapella-workshops/>

### **Vocal Workshop with James Flynn**

**Saturday 11 September 10AM – 1PM**

**Brisbane Jazz Club**

This workshop will focus on presenting a song, singing, connecting with the audience as well as marketing, packaging and networking. Diversity, flexibility and creativity all play a major part in survival and success in this industry, in which James has been involved for the last 23 years.

Go to: <http://singyourvoice.com/1603/workshop-with-james-flynn-in-brisbane/>

### **Drum and Dance Workshop with Elliot and Josie**

**Saturday 11 September 12 pm drumming, 2 pm dance**

**Peregian, Sunshine Coast**

All the sunny coast drummers out there.... this one is for you!  
A bunch of you northern folk have been asking Elliot when he is coming back up to teach on the coast, so here it is. We will be teaching the rhythm and dance to Nyanza, a water spirit song that Chris Berry recently taught us as part of the Banakuma Ceremony.

Go to: <http://singyourvoice.com/1653/drum-and-dance-workshop/>

## Sacred Earth Performances

**Saturday 18 September 7PM**

Warburton, Melb. Vic.

Sacred Earth's music is heard around the world in lounge rooms, offices, cars, massage studios, yoga studios, and is used for mediation, healing, spa resorts and even in the film industry. The music evokes feelings of well-being, peace and calm in any situation. Inspirational and uplifting, the sounds of Sacred Earth takes the listener on a deep inner journey. The stillness that is discovered during their concert performance is profound, often moving listeners to tears by the sheer beauty of the music.

Go to : <http://singyourvoice.com/1659/sacred-earth-concert-2/>

## West End Live Festival

**Sunday 19 September 11AM-5PM**

Boundary Street, West End, Brisbane Qld

There's food, fashion, BMX trick riding, art, acrobatics, dance, design, markets, music, photography, poetry, performance, stalls, sculpture, conversation, coffee, community gardens, and much more.

Go to: <http://singyourvoice.com/1585/west-end-live/>

## Native American Flute Playing Workshop with Bobby Runningfox

**Tuesday 21 September**

Eco Mountain Lodge, Glasshouse Mountains

In an **all materials supplied** full day workshop, Bobby Runningfox will share the art of playing your own sacred Native American Flute, which has been used by American Indians and other cultures around the world for centuries.

See <http://singyourvoice.com/1677/native-american-indian-flute-playing-workshop/> for more

## Music in Communities Network Conference

**Saturday 25 September**

QLD Conservatorium of Music

The conference is an invaluable opportunity for you to meet with other music makers in your community. Hear great success stories from some wonderful community music champions, and learn the strategies and methods behind their success. You'll have the opportunity to workshop your own challenges and share your successes with others.

Go to <http://singyourvoice.com/1567/brisbane-community-music-conference/> for more about this one.

## Into Africa Festival

**Friday 25 September 11AM - 6PM**

Yeronga Park, School Rd, Yeronga

Dance all day to an amazing line up of performers including a 200-strong 'Into Africa Choir' featuring H'Sao that will get you dancing in the street. Or learn some Casablancon cooking skills at an exclusive demonstration from award winning Moroccan chef and TV regular Hassan M'Souli.

To read about the full event's happenings go to: <http://singyourvoice.com/1571/into-africa/>

## Sacred Circle Women's Retreat

Friday 1 October – Sunday 3 October

### Border Ranges

Juanita has the great honor of co-facilitating a women's retreat with 3 other amazing Goddesses. The 4 of them all have loads of experience running groups and have decided to come together to offer a unique, sacred weekend with wonderful food, workshops on health and nutrition, yoga and breath work, labyrinth walks, fire ceremony and chanting and I'll also be doing a sacred sound concert. Every participant also gets a complimentary session with one of the facilitators during the retreat as well as a lush journal and cd of sacred music. It is set in Cinesera Retreat Centre in the Border Ranges with opportunity for bush walks and a deep reconnection to self and nature. If this sounds like you, please

Go to: <http://singyourvoice.com/1616/sacred-circle-%E2%80%93-womens-retreat/>

## Dorrigo Bluegrass Festival

Friday 22 October – Sunday 23 October

Dorrigo welcomes old and new festival patrons to an intimate and friendly week-end over three days of acoustic music featuring Australia's best Folk & Bluegrass performers. It's a time when our picturesque Dorrigo Showground comes alive with three days of concerts, workshops, dance, jamming, impromptu performances, poetry and children's entertainment. FESTIVAL CHOIR for YOU join in!

Go to: <http://singyourvoice.com/1644/dorrigo-folk-bluegrass-festival/>

## Summersong Music Camp 2011

Friday 14 January – Friday 21 January

Lake Ainsworth Sport and Recreation Centre, Lennox Head

For the past 12 years Summersong Music Camp has provided a nurturing, fun, and flexible music study and holiday experience for hundreds of people from all walks of life. From high school music students to CEO's of major companies, Summersong welcomes those who want to share their music with others, experience something out of the ordinary, learn new skills and create music, and make new friends in this growing international musical family. Summersong Music Camp is designed for music makers and music lovers of all levels of experience. Whether you've been performing for years, or simply keen to try making music, Summersong cooks on the synergy and exchange between folks of all levels.

Go to: <http://singyourvoice.com/1595/summersong-music-camp-2011/>

