



INTERGENERATIONAL WOMEN'S CHOIR NEWS

A Monthly Newsletter

February 2014

Sing IWC in the New Year!

There is still time for new women to join, but registration will be closed at the end of February 2014. Spread music, joy and healing to more women in your life and extend an invitation. For more information and to register, please go to www.intergenerationalchoir.com

Our choir was featured in a radio piece by Eric Klein of Crows Nest Radio. He joined us at rehearsals to record and interview choir members last term. After the original piece aired on 107.1 KZME, Erik created a song using the words and experiences of choir members entitled "Laugh at our Mistakes." He came back to rehearsals to lead us all in his beautiful song. To hear this song and the radio piece see his blog at www.crowsnestradio.com

Though the term just started we already performed at a wonderful tribute to Martin Luther King Jr. on January 20, 2014. The 29th annual event held by The World Arts Foundation featured singers, dancers and speakers sharing culture and celebrating those who fight for the advancement of human rights.

Upcoming shows:

Coffee Creek Correctional Facility

PIWC will be bringing the healing power of song to the women of Coffee Creek Correctional Facility on February 18th, 2014. This is a very special show for many women in the choir and our incarcerated sisters.

Special Announcements & Advertisements!

Each month we will feature choir members' and friends' announcements and information that they would like to share. If you have something you'd like to share, e-mail thewendyhall@gmail.com



SING ALONG WITH CONNIE & FRIENDS **Thursdays beginning Feb 20th**

Want to sing even more? Don't let the music die at Courtyard Mt. Tabor! Join choir member Connie Cohen for "Sing Along with Connie and Friends" a weekly casual get-together for fun community singing with each other and any Courtyard residents we can get to join us. (And anyone else you would like to bring!) Open to all ages, all genders!

FREE!

When: Thursday evenings beginning Feb 20 --- 6:30 - 8:00

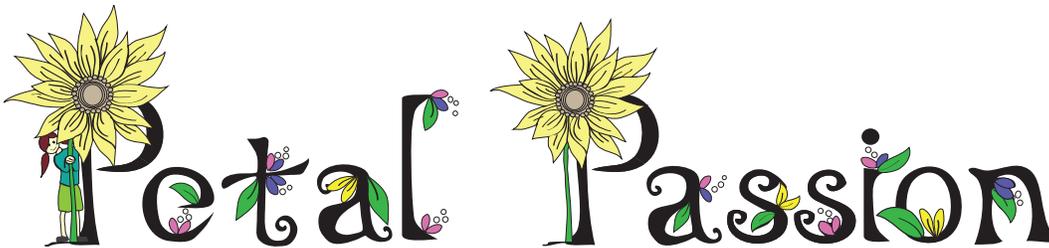
Where: Our old practice space at Courtyard Mt. Tabor 60th and Division

We will sing circle songs, call and repeat, zipper songs and rounds like the songs we did at camp, also some old favorites and some new gems. Bring songs you'd like to sing, shakers or other instruments and we will make our own music. And there is a piano if you play!

Connie has been writing and recording songs for 25 years, has been a travelling troubadour sharing her music around the country and is currently working on a new recording. She plays ukulele, guitar, accordion and teaches songwriting. She and daughter Anna (also a choir member) were the instigation and engine behind creating the "1000 Canaries Intergenerational Women's Singing Camp" last fall with the theme: "Vision * Courage * Wisdom * Community".

If you were at camp you know the kind of spirit we raised by singing simply, freely and joyfully in community; Connie's song circle will keep that spirit alive and growing!

No registration needed, just come and join the fun!



Valentine's Day is near and our beloved Marianna, owner of Petal Passion, can deliver a beautiful bouquet or popular succulent arrangement, orchid or other houseplant for that special person anywhere in the greater Portland Area. Just call 503-286-9041 or email her at: marianna@petalpassion.net. **10% discount to all choir members who order before February 10th!**

Show your Valentine with a beautiful botanical gift from a sustainable florist *and* a singing sister!



Tools for Growing Love in your closest relationships are easy to gain in often less than 6 sessions with Shannon, advanced trained marriage specialist in Gottman research based approach. See new testimonials at www.relationshipgardening.com

Appointments held in downtown Portland on Saturdays 12 to 9pm. Or hire Shannon for your group, club, church or as an engagement or anniversary gift both fun and life changing. Shannon@relationshipgardening.com
(503) 348-0405

News from Anna Cohen, choir member and fashion designer:

Our yarn from Imperial Yarn was selected by Ralph Lauren to be used for their premier Olympic Uniform sweater, the Opening Ceremony Cardigan. Team USA will be wearing our wool during Opening Ceremony!!! There is an awesome video about this that Ralph Lauren produced. You can find it here: https://www.youtube.com/watch?v=z7BDDj_NBEQ



Also, if people didn't have a chance to see, I was featured in OPB's Oregon Art Beat television show. This you can see here: <http://www.opb.org/television/programs/artbeat/segment/fashion-designer-anna-cohen/>

And, last but not least, we were featured in The Oregonian front page story on January 22nd! You can see the article at www.oregonlive.com/playbooks-profits/index.ssf/2014/01/post_27.html

imagination yoga

inspiring kids to move

An Inspired Spring Camp!

Join us as we take a week long adventure and explore our individual creativity! Each day your child will: participate in 2 yoga adventures, develop core strength through hula hooping, explore art mediums, create unique pieces of art, and learn about gratitude, kindness, and concentration through whole group instruction and children's literature.

Imagination Yoga camp includes:

- *New Imagination Yoga Adventures each day
(just a few of the stories are Dinosaurs, Outer Space and in the Jungle)
- *Daily art projects where your child will explore various mediums that tie in with the day's theme
- *Yoga games that promote kindness and well-being
- *Hula hoop instruction and play



March 24th-March 28th from 9:00am-4:00pm

Cost: \$225 for full week

\$50 for full day (9:00am-4:00pm)

\$35 for half day (9:00am-12:30pm)

Designed for **ages 4-12**

Location: Lincoln Street United Methodist Church,
5145 SE Lincoln St, Portland OR

Register: @ www.imaginationyoga.com
or contact elissa.cirignotta@imaginationyoga.com
katy.mcinally@imaginationyoga.com



imaginationyoga.com



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