



You Can Sing Me Anything



JANUARY 24, 2026 | 3:30 PM
ST. STEPHENS UNITED CHURCH
7025 GRANVILLE ST, VANCOUVER

**High
Spirits
Choir**

DIRECTOR: IEVA WOOL
ACCOMPANIST: ZSUZSANNA LUKACS

WITH SPECIAL GUESTS:
TODD BIFFARD ON PERCUSSION
MARK LEBOURDAIS ON BASS



www.highspiritschoir.ca

High Spirits Choir

🌿 You Can Sing Me Anything 🌿

Ieva Wool, music director

Zsuzsanna Lukacs, accompanist

Todd Biffard, percussion; Mark LeBourdais, bass

Brad Leslie welcomes you to the concert with his piano stylings

Yemaya Asesu. trad. Afro-Cuban, arr. Brian Tate

Jai Ho A.E. Rahman, arr. Ethan Sperry

Sonnet 43 William Shakespeare, music by Laura Hawley

Flight Song . . words by Euan Tait, music by Kim André Arnesen

Qua Cau Gio Bay trad. Vietnamese, arr. Brent Wells

I Saw Eternity text by Henry Vaughan (1621 – 1695),
music by Leonard Enns

El Grillo Josquin des Pres (c.1440 – 1521)

Quick! We Have But a Second. . poem by Thomas Moore (1779 – 1852),
music by Charles Villiers Stanford (1852 – 1924)

🌿 Intermission 🌿

High Spirits Choir respectfully acknowledges that today's performance takes place on the unceded traditional territories of the Coast Salish Peoples, specifically those of the x^wməθkwəyə'əm (Musqueam), Skwxwú7mesh (Squamish), and səl'ílwətaʔ (Tsleil-Waututh) Nations.

Auass ("Child" in the Innu language) Alex Vollant

All the Things You Are . . . Oscar Hammerstein and Jerome Kern,
arr. Ward Swingle

DesafinadoAntonio Carlos Jobim,
English lyrics by Jon Hendricks and Jessie Cavanaugh,
arr. Paris Rutherford
Soloists: Brad Couch and Shelley Waldie

Sister My Sister Sue Johnson
*Soloists: Anita Perkins, Caroline Sniatynski,
Itti Ma, Krystal Esau, Megan Reiter*

The Book of Love Stephen Merritt
arr. Dominic Stichbury

The Battle of Jerichotrad. spiritual, arr. Moses Hogan

Irish Blessing Joyce Eilers Bacak, trad. Irish text



Scan here for song texts, translations, and
more information about High Spirits Choir

Do you love to sing?

High Spirits Choir welcomes new singers in February for our spring season. Rehearsals are Wednesdays, 7:00 – 9:30 pm, starting February 18. Good choral experience is a must; reading music is an asset.

For more information, visit www.highspiritschoir.ca/join.

Love High Spirits but want something that's not so demanding? Consider one of our sister choirs, Simple Gifts (Tuesdays 7:00 – 9:00 pm) or Afternoon Delight (Thursdays 12:45 – 2:45 pm), also conducted by Ieva. Contact her at 604-732-7418, ieva@gottasing.ca, or www.gottasing.ca.

WHERE THE MUSIC BEGINS



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Sonnet 43

by William Shakespeare (1564–1616)

When most I wink, then do mine eyes best see,
For all the day they view things unrespected;
But when I sleep, in dreams they look on thee,
And darkly bright are bright in dark directed;
Then thou, whose shadow shadows doth make bright,
How would thy shadow's form form happy show
To the clear day with thy much clearer light,
When to unseeing eyes thy shade shines so?
How would, I say, mine eyes be blessed made
By looking on thee in the living day,
When in dead night thy fair imperfect shade
Through heavy sleep on sightless eyes doth stay?
All days are nights to see till I see thee,
And nights bright days when dreams do show thee me.

I Saw Eternity

by Henry Vaughan (1621–1695)
from the beginning of "The World"

I saw Eternity the other night,
Like a great ring of pure and endless light,
All calm as it was bright;
And round beneath it,
Time, in hours, days, years,
Driven by the spheres
Like a vast shadow moved; in which the world
And all her train were hurled.

Qua cầu gió bay

(Crossing the bridge, the wind blows)

*Yêu nhau, coi áo ôi a cho nhau
Về nhà, đổi rang cha đổi mẹ
Rang a ôi a qua cầu
Rang a ôi a qua cầu
Tinh tinh tinh gió bay
Tinh tinh tinh gió bay*

They love each other and exchange cloaks. Then go home and lie to their fathers and mothers, saying that they were crossing the bridge and the wind was blowing [the cloaks blew away].

*Yêu nhau coi nón ôi a cho nhau
Về nhà, đổi rang cha đổi mẹ
Rang a ôi a qua cầu
Rang a ôi a qua cầu
Tinh tinh tinh gió bay
Tinh tinh tinh gió bay*

They love each other and exchange conical hats. Then go home and lie to their fathers and mothers, saying that they were crossing the bridge and the wind was blowing [the hats blew away].

*Yêu nhau, coi nhẫn ôi a cho nhau
Về nhà, đổi rang cha đổi mẹ
Rang a ôi a qua cầu
Rang a ôi a qua cầu
Tinh tinh tinh danh rơi
Tinh tinh tinh danh rơi*

They love each other and exchange rings. Then go home and lie to their fathers and mothers saying that they were crossing the bridge and the rings fell down.

El Grillo

by Josquin des Pres (c.1440–1521)

*El grillo è buon cantore
Che tiene longo verso.
Dalle beve grillo canta.
El grillo è buon cantore.*

The cricket is a good singer
Who can hold a long note.
He sings for the fun of it —
The cricket is a good singer.

*Ma non fa come gli altri uccelli,
Come li han cantato un poco,
Van de fatto in altro loco.
Sempre el grillo sta pur saldo.
Quando la maggior el caldo,
Alhor canta sol per amore.*

He doesn't do what birds do;
After they've sung a bit
They fly off somewhere else.
The cricket just stays where he is.
And when the weather is hottest
He sings only for love.

Auass

by Alex Vollant

Alex Vollant is from the Innu First Nation in Québec. They wrote this piece “to explore issues of the history of Canada that are usually difficult to approach, such as Residential Schools, which were designed and founded to ‘kill the Indian in the child.’ I envisioned a survivor elder [who] would go inside their own self, to visit their inner child. . . . However sad this all may be, the most important portion of this piece is the ending, which is filled with hope and anticipation for a brighter future.”

*Auass
Astem ute
Tshe uitemuin
Ka tutakuin
Eka shetshe
Apu tsheku akuitan
Uapel tsheka meletshishekishu.*

Child,
Come here
And tell me
What they did to you.
Don't be scared.
I will never hurt you.
Tomorrow will be brighter.

High Spirits Choir

Soprano

Verónica Corrales Diana González
Pat Dutcher-Walls Anita Perkins
 Krystal Esau Suzanne Ryder
 Dianne Garrett Angela Stadel
 Franca Varelas

Alto

 Uta Arajs Renate Preuss
 Kira Gerwing Megan Reiter
Christina Grammenos Betty Anne Rivers Wang
 Marian Lowery Allie Shaw
 Itti Ma Caroline Sniatynski
 Liesbeth Thoraval

Tenor

 Jennifer Bass Bruce Dolsen
Jonathan Chaplan Landon Dueck
 Neil Chong-Kit Andy Rose
 Brad Couch Shelley Waldie

Baritone / Bass

 Doug Abel Thomas Mann
 Martin Gerson Alaric Posey
 Ed Ho Jürgen Stumper
Aidan Langdon Joseph Young

Thanks to our supporters!

A heartfelt thanks for your support!

We wish to thank our friends and supporters. Your presence here today, in addition to your participation in our various fundraising initiatives, is key to covering both the choir's performing and operating costs.

The Vancouver High Spirits Choral Society is a registered non-profit charity. Our volunteers in the lobby today are able to issue tax receipts for any donations greater than \$10.

Your generosity helps us cover costs like bringing music to care homes as well as others who might otherwise not be able to experience the joy live music can bring. The High Spirits board also believes that singers should not be turned away for financial reasons; another way your gifts help keep the melodies and harmonies alive!

Please know how much we appreciate any ancillary contribution you choose to make.

Other options available to support us:

Visit our website's donation page

<https://www.highspiritschoir.ca/support>

Mail a cheque made payable to High Spirits Choir:

c/o Ieva Wool

323 – 333 Wethersfield Drive

Vancouver, BC V5X 4M9

Thank you for your support!

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High Spirits Choir

Ieva Wool
Music Director



Ieva Wool is a gentle and light-hearted conductor and singing teacher, with a passion for having fun and building community. Ieva's spirited and often cheeky leadership injects rehearsals – and concerts – with a good share of playfulness as well as musical magic. She brings her many years of experience as a trainer, group facilitator, and Gestalt therapist to her choirs and students. Ieva's singers learn a lot, and have fun doing it.

Ieva recently published a fantasy novel, *Heartfire*, available on Amazon.

Zsuzsanna Lukacs
Accompanist

The Hungarian pianist Zsuzsanna Lukacs was born in Targu Mures, Romania. She graduated from the Gheorghe Dima Academy of Music in Cluj-Napoca, obtained a "1er Prix de Virtuosit  " at the Lausanne Conservatory in Switzerland and a Master's Degree in Piano Performance at the University of British Columbia. Zsuzsanna studied chamber music at the European Mozart Academy in Poland. She has performed extensively both as a soloist and collaborative pianist in Europe, Canada, and the US.

