

PEACEMEAL

| A Volunteer Effort of the Portland Peace Choir |

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PEACE POLE PROJECT UPDATE

We have talked about the Rotary Clubs' sponsoring the installation of Peace Poles, and mentioned them in relation to other peace-related activities, but what do we really know about them? I've been curious about this myself, so I did a little research.

Rotary is a service organization that has a global network of 1.2 million people whose goal is to come together to make positive, lasting changes in communities around the world. For 110 years, their guiding principles have been service, fellowship, diversity and leadership. The organization's motto is "Service Above Self", and there are more than 35,000 clubs worldwide that work together to promote peace, fight disease, provide clean water, sanitation and hygiene, save mothers and children, support education and grow local economies.

Our own Susan W. (tenor) is a long-time Rotary member and has been instrumental in arranging our cooperative efforts with them. She sent us an update on Rotary's Peace Pole Project, whose goal was to plant 100 peace poles around the local district. To date, they have 121 orders for poles to be placed from Salem to Vancouver and Hood River to McMinnville, with inscriptions in 24 different languages, including a new translation in Chinuk Wawa, a local Native American language. The enthusiasm shown for this project is exciting and the Rotary Club expects the momentum will continue as people embrace the Peace Pole as a visible symbol of peace and coexistence. I hope PPC will be able to continue to help in this effort.

~bb

WORKING TOGETHER: PPC JOINS WITH ROTARY CLUB TO INSTALL PEACE POLE

Since we started our newsletter and instituted a suggestions column, we have received many helpful ideas from our readers about various topics related to how the choir operates and ways to improve members' experiences with the choir. Several of these have already been acted on by the Steering Committee and others in the choir, such as Amy trying to always give us starting notes in rehearsals (thank you, Amy!) and the choir's obtaining 501c3 status. We're happy to announce that implementation of another suggestion is in the works. After we ran our article on the Peace Pole Movement and sang at the dedication ceremony for the Peace Pole dedication at the Sherwood library, we received several suggestions from members that we look into installing a Peace Pole of our own. Susan W. (tenor), who is also a member of Rotary Club, began looking into finding

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Who Said That?

"People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their true beauty is revealed only if there is a light from within."
~ Elizabeth Kübler-Ross

"The best index to a person's character is a) how he treats people who can't do him any good and b) how he treats people who can't fight back."
~ Abigail Van Buren

"Cautious, careful people, always casting about to preserve their reputations can never effect a reform."
~ Susan B. Anthony

"When the whole world is silent, even one voice becomes powerful."
~ Malala Yousafzai

"The truth will set you free. But first, it will piss you off."
~ Gloria Steinem

"A good compromise is one where everybody makes a contribution."
~ Angela Merkel

"Everybody counts in applying democracy. And there will never be a true democracy until every responsible and law-abiding adult in it, without regard to race, sex, color or creed has his or her own inalienable and unpurchasable voice in government."
~ Carrie Chapman Catt

"Whatever women do they must do twice as well as men to be thought half as good. Luckily this is not difficult."
~ Charlotte Whitton

Peace Pole Installation

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an appropriate site for the installation, and trying to obtain backing from the Rotary Clubs to pay for the pole itself. Our first choice for a Peace Pole installation was St. David's, due to the long-term close relationship we've had with the church, however that didn't work out due to scheduling conflicts and planned renovations at the church. Our second choice (and one favored by two of the choir members who submitted the suggestion to us) was SE Uplift Community Center, located on SE Main St. in the Hawthorne District. This site is near and dear to the hearts of the tenors and basses, who have their off-site sectionals at this location. The management of SE Uplift embraced the idea enthusiastically and the site was approved by the Rotary Club, with the cost of the Peace Pole itself paid by a grant. Plans are now in progress for installation of the pole and landscaping of the site, which will be located in a NW Native Plant Nature Garden located next to the building's parking lot. Once the landscaping and installation are completed, the PPC will meet at the site on Sunday, April 23 to sing at the dedication ceremony. Although it will be a somewhat informal dedication, all PPC members are invited to join in the celebration. Further details on the dedication can be found in the PPC Happenings section.

~bb



Editors's note: It is gratifying and exciting to see the enthusiastic response this newsletter gets from the PPC community. We are first and foremost about YOU, the members of the Portland Peace Choir, and when members step up and participate with us by sending us bios, articles and suggestions, it helps make this newsletter richer and more informative for you, and a wonderful experience for us in producing it. Thank you to all who have "played" with us, and we encourage everyone to get on board and help make this the best newsletter it can be!

~bb/tk

PEACEMEAL OP-ED

What is Political?

I was raised in a Democratic household but have voted for both parties at some time in my life. Lately, I have been voting more for 3rd/independent parties and sometimes, even writing in names. So, I don't feel that I am closed to other views and have rarely voted only for the party recommendation. I have seen this issue come up in other groups and create a damper on all discussions which goes the opposite way of where I think things should go.

The problem of what is going on right now has nothing to do with the party affiliation of those making the decisions. This is an issue of values which I would expect the choir to be about. Under a Democratic administration, the internment of Japanese Americans happened. I would have disapproved with that despite it being decided by 'my party'. In fact, from a book I read recently on that issue, the legal structure was modeled the same way in that they never mentioned 'Japanese' in their orders. Similarly now, they aren't mentioning 'muslim'. The only thing that kept certain people of that ethnic origin out of the camps was that people fought against it (Hawaii and the conscientious objector camp in Hood River). If you haven't read anything about this, *A Different Mirror* is very enlightening.

In my opinion, what I object to doesn't fall under 'politics'. I am opposed to racist and sexist remarks, making fun of people with disabilities, bragging about predatory actions toward women, promoting the destruction of the environment, war and pursuing torture. If people who voted for him (*Trump*) also object to these things, then we have a lot in common. I don't blame them for the actions of someone else, anymore than I would blame all men for how he is behaving. I know at least one person who voted for him and I wouldn't attack her and in fact, had a discussion with her prior to her vote about why I didn't think he would be a good choice. I would want to have discussions, so I can better understand why they voted that way.

Real relationships can only happen when we are 'real' with each other, not when we hide our true feelings under a veil. We should try to do it in the most diplomatic and peaceful way. The only way to get better at it is to keep 'practicing' with intention. We should be careful what we are putting an umbrella over. All of the things that I am concerned about could also be put under that umbrella, if I am not allowed to speak freely. If someone who voted for him is having 2nd thoughts, it is a personal matter for their private reflection. Tolerance isn't tolerance unless it is tested.

~Diane T., alto

Choir! Choir! Choir! returns to Portland

Friday, April 14 8pm (doors at 7) \$20

Aladdin Theater, 3017 SE Milwaukie Blvd., Portland

Yes, they're back! For those who missed Choir!Choir!Choir! at the Aladdin the last time, here's your opportunity to join in this incredibly fun and unique experience as Cx3 leaders Daveed and Nobu bring their unique approach to choral music back to Portland. Join the fun and sing along for an energizing and uplifting experience unlike any other. Many PPC members are planning to attend the event and will be meeting for dinner before the show. Tickets are going fast, but there's still time to get in on this unique experience.



The Story Behind the Song: All the Rest

The remainder of songs in our current repertoire appear to have been written by professional songwriters. While they may contain words that reflect 'peace' sentiments, these songs are not specifically designed to represent a cause or specific event.

An exception might be "Sing for Peace" which was written for the Young People's Chorus of New York City for the 2004 Lincoln Center Tree Lighting Ceremony by Jim Papoulis and Francisco Núñez. Seeking to further effect social change for young people among choral educators, Francisco J. Núñez has created an initiative for social change through the choral arts, a new venture that will bring together a small and specialized group of arts and music education leaders to examine ways of transforming young people's lives. The initiative is comprised of experts from non-profit arts organizations, youth development groups, and specialists from the fields of music education, social science, publishing, and choral conducting, convening on a regular basis, broaching a variety of subjects, including community building, curriculum design, membership diversity, choral literacy, artistic excellence, new music, cross-disciplinary programming, and social change.



Experts and key advisors work to develop innovative strategies to promote social advocacy to choral conductors and music teachers across the nation, bringing attention to the plight of children from diverse backgrounds from poor to rich. **The Núñez Initiative** will periodically share its results through national channels, reaching various programs and universities across the country. ~tk

Women Sing for Peace

The United Nations observance of International Women's Day on 8 March targeted women's rights to organize in workplaces and communities. The Women's March of January 21, served as a worldwide wake-up call toward further participation in the act of protest, and the right of assembly again playing an important role in upholding women's rights, and by ensuring decent work and defining political priorities. By raising voices together, figuratively and literally, women have historically played vital roles in changing minds and changing history.

Greenham Common Women's Peace Camp

In September of 1981, 36 women from the Welsh group, Women for Life on Earth, chained themselves to the base fence at RAF Greenham Common in Berkshire, England to protest the decision of the British government to allow cruise missiles to be based there.

The first blockade of the base occurred in May 1982 with 250 women protesting, during which 34 arrests were made. On 29 September 1982, the women were evicted by Newbury District Council but set up a new camp nearby within days. In December 1982, 30,000 women responded to a chain letter (a pre-Facebook communication technique) and joined hands around the base at the Embrace the Base event. The camp became well-known when on 1 April 1983, about 70,000 protesters formed a 14-mile human chain from

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Greenham to Aldermaston and the ordnance factory at Burghfield. The media attention surrounding the camp "prompted the creation of other peace camps at more than a dozen sites in Britain and elsewhere in Europe".

Another encircling of the base occurred in December 1983, with 50,000 women attending. Sections of the fence were cut and there were hundreds of arrests.

The last missiles left the camp in 1991 as a result of the Intermediate-Range Nuclear Forces Treaty, but the camp remained in place until 2000, after protesters won the right to house a memorial on the site. The camp was continued as part of the protest against the forthcoming UK Trident program. The camp was active for 19 years and disbanded in 2000.

Part of the camp's legacy was the **Greenham Common Songbook**, a collection of songs performed by the women who occupied it. This existed both as an aural tradition and in print, with handwritten copies collated and distributed by post.

Many of these handwritten pages have now been digitized, and you can browse songs online – including "The Women of Greenham", "Take the toys from the boys", "There's a hole in your fence" and "Brazen hussies." "Like A Mountain" was one of the camp's best-known songs and became an unofficial anthem of the Greenham Women. It's a simple tune that can be sung as a never-ending round, making it the perfect tune for a march.

You can listen to recordings of the Greenham Women singing this and other songs on the Your Greenham website (<http://www.yourgreenham.co.uk/>) ~tk

YOU CAN'T KILL THE SPIRIT

Handwritten musical score for two staves. The first staff is in treble clef with a key signature of one sharp (F#) and a 4/4 time signature. The second staff is in bass clef. The melody is simple and repetitive, suitable for a round. Chords are indicated by letters C, F, and C#m above the notes.

Lyrics:

You can't kill the spirit
 She is like a mountain
 Old and strong
 She goes on and on and on.
 You can't kill the spirit
 She is like a mountain.....

The PPC Needs YOU: Fundraising and more ...

Call for fundraisers and grant writers! (or those with an interest in helping with these activities even if you don't have any experience). **The PPC needs your help.**

So much can be done when an organization has sponsorship. For instance, the entire Joint Peace Choir event was paid for by *sponsors*. Imagine a concert weekend without the addition of cookie-baking or cookie-picking-up!

Help us introduce Portland area businesses to the value of the PPC's positive community effort worthy of support. If you have up-front sales ability, this is your time to shine.

Online fundraising can be quite effective as well. Anyone with experience in these areas please contact a Steering Committee member.

The choir needs volunteers for other activities as well:

- We could use some extra help at our **Spring Concert**. If you're interested in helping out send email to pdxpeacechoir@gmail.com
- We are also looking for volunteers to help with planning for the **installation of a Peace Pole** at SE Uplift community center, working with representatives from the community center and focusing on placement, designing the site and planning the installation ceremony.

Anyone interested in any of these opportunities, please send email to:
pdxpeacechoir@gmail.com

Opportunities to Sing or Listen

- **April 2, 11am - 12:30pm** Cappella Romana: Russian Chant Revival, Holy Trinity Cathedral, 3131 NE Glisan St.
- **April 4, 8pm - 9:30pm** Tallis Scholars: Metamorphosis, St. Mary's Cathedral, 1716 NW Davis St.
- **April 7, 7pm - 8:30pm** The Ensemble: Lang: the little match girl passion, San Lucas Episcopal Church, 426 E 4th Plain Blvd, Vancouver.
- **April 8, 7:07pm - 8:37pm** Blueprint Arts: Lauridsen: Lux Aeterna, Holladay Park Church of God ([map](#)) <http://www.blueprintarts.org/> Blueprint presents an afternoon of light, in any number of forms, from age-old classics to contemporary favorites! Not to mention, of course, Lauridsen's Lux Aeterna in its entirety! But aside from the masterwork, join ensembles Chartreuse, Emerald, Orange, and Silver as they bring you other fun selections, including: • James Taylor's Shed a Little Light • Memley's O Nata Lux • Brahms' Sehnsucht and even: • Sara Bareilles' Chasing the Sun.
- **April 8, 7:30pm - 9pm** Portland Symphonic Choir: Mozart Requiem, Arlene Schnitzer Concert Hall, 1037 SW Broadway
- **April 9**
3pm - 4:30pm The Ensemble: Lang: the little match girl passion, The Old Church Concert Hall, 1422 SW 11th Ave.
7:30pm - 9pm Cantores in Ecclesia: Miserere Mei: Music for Holy Week St Philip Neri Church, 2408 SE 16th Ave. ([map](#)) Cantores in Ecclesia, Blake Applegate, director, presents its annual concert for Palm Sunday on April 9, 2017, at St. Philip Neri Catholic Church in SE Portland. This year's concert, Miserere mei: Music for Holy Week, features sacred works by Allegri, Byrd, Gesualdo, Monteverdi and Poulenc. Highlights of the program include Allegri's famous Miserere, Gesualdo's Tenebrae Responsoria for Holy Saturday and Poulenc's dramatic Quatre Motets Pour un Temps de Pénitence.
7:30pm - 9pm Portland Symphonic Choir: Mozart Requiem, Arlene Schnitzer Concert Hall, 1037 SW Broadway
- **April 10, 7:30pm - 9pm** Portland Symphonic Choir: Mozart Requiem, Arlene Schnitzer Concert Hall, 1037 SW Broadway
- **April 14 - 7 - 9pm** 2nd Friday 60's & 70's Harmony Singers at Friendly House NW 26th (FREE) This is a Meet-up group especially for folks who like to sing harmony – STILL love to see more altos and sopranos. Songbooks provided or join Meet-Up group and download e-version (which includes links to youtube versions of all songs!) <https://www.meetup.com/Song-Circle-Folk-Music-singalongs-from-the-60s-70s/>
- **April 16 - 3-5pm** Portland Sings! with Mark Bosnian at Taborspace, \$5-10 sliding scale. <http://portlandsings.com/> for location and digital songbook download. Bring your laptop or e-device; print out a copy or look on with a new friend.
- **April 20, 8pm - 9:30pm** In Mulieribus: Music of Ferrara, venue TBA ([map](#)) <http://www.inmulieribus.org/>
- **April 22**
3pm - 4:30pm Oregon Repertory Singers: Love and Fire, First United Methodist Church of Portland, 1838 SW Jefferson St., The final concert of our 43rd season previews the cross-cultural program ORS will take on tour to Spain in summer 2017. The singers share some of the greatest American choral music, both old and new: from traditional and inspirational spirituals, to Morten Lauridsen's Madrigali, a set of six "fire songs" by the Pacific Northwest native. ORS also honors the music and culture of our tour destination, singing some of the greatest Spanish choral music from the Renaissance to the present.
8pm - 9:30pm In Mulieribus: Music of Ferrara, venue TBA ([map](#)) <http://www.inmulieribus.org/>
- **April 22 – Record Store Day.** For those into old-fashioned vinyl, this is the day to head on down to your favorite local purveyor of stereo 33's, check out new stuff and snatch up some bargains! This year is no ordinary Record Store Day. It's the 10-year anniversary of the tradition, and boasts its first female ambassador, St. Vincent. Announced Tuesday, the day will see the release of hundreds of exclusives, live sets and reissues in independent record stores in the United States and the United Kingdom, featuring reissues from David Bowie, Notorious BIG, Madonna, Patti Smith, Danny Brown, Animal Collective, the War on Drugs and more. A reissue from his Purpleness himself will also be released, seven 12" maxi-singles from the '80s. Read more on some of the NEW record album releases below: <https://mic.com/articles/171809/prince-space-jam-and-andr-3000-the-11-best-releases-to-pick-up-on-record-store-day#.3CdovCOIA>
- **April 23, 3pm - 4:30pm** Oregon Repertory Singers: Love and Fire, First United Methodist Church of Portland, 1838 SW Jefferson St.
- **April 29, 8pm - 9:30pm** Cappella Romana: Venice in the North, St. Mary's Cathedral, 1716 NW Davis St.
- **April 30**
3pm - 4:30pm Calmus: All the World's a Stage: Shakespeare A Cappella, St. Philip Neri Church, SE Division St at Tamarack
8pm - 9:30pm Cappella Romana: Venice in the North, St. Mary's Cathedral, 1716 NW Davis St.

Get to Know Your Fellow Singers

This issue, meet: soprano, Diana C.

I grew up in Hanover, New Hampshire, home of Dartmouth College, where my father was an English professor. Our home was without television, but full of singing and dramatizing, and we all became avid readers. With only 80 female high school students to the 3000 college "men of Dartmouth," my four sisters and I were in demand to act and sing in college as well as high school musicals and plays, including the annual Dartmouth Gilbert and Sullivan productions, great fun, costumes and make-up!

I attended college and graduate school in New England, but after a stint of homesteading and rural social work in northern Vermont, I moved cross-country in 1984, trying out the big city of Portland on a two year experiment. Thirty-three years later, I'm still here, with the wisdom of two more graduate degrees, two marriages, two cancers, a psychotherapy practice since 1991, college teaching, leading retreats, and owning homes/working in Hood River and Portland. I recently sold my Hood River house and purchased a 1890 Victorian house in Brattleboro, VT, walking distance from my daughter, her husband and my 9-year-old granddaughter.

Starting this August, I'll begin my bi-coastal living experience. Telementalhealth will allow me to work with my West Coast clients while in Vermont. I look forward to singing with the Brattleboro Women's Chorus when there, then catching up with the PPC to sing with you November to May.

I first experienced and fell in love with the Dances of Universal Peace in 1986, and became a certified leader in 1993, co-leading weekly Dances in Portland until 2010, monthly Dances in the Gorge, and now, wherever called. The Dances are simple circle dances using sacred songs, poems and phrases that honor the world's religions and spiritual traditions in their unifying vision of peace, harmony and beauty. When not singing and dancing, I hike and play with my dog, Tara, and friends, read, garden, lead a Wise Women's Empowerment Circle.

Suggestion Box

This is an opportunity for you, our readers, to tell us your ideas for ways to improve our choir.

Please send your suggestion to us at:

traciekorol@gmail.com or barbaraPPC@comcast.net

We can include your name with your suggestion or keep it anonymous, your choice.

Suggestion:

Let's dump The Muppets.

(We received many suggestions relating to this song. Here is a sampling ... ~Ed.)

- I saw my neighbor writing something really large across an entire page of her music one evening. It read: *I hate this song*. We were working on *Bein' Green*. I agree. I hate it, too.
- I am a grown up. I want to sing songs for adults not for children. After all, there are soooooo many wonderful songs about peace that really get to the heart of the message. I do not see that the Muppet song does that.
- Our section signed a petition protesting the Muppet medley. I hope it got to someone who can do something about it.
- We've been practicing the Muppets since September and it's not getting any better. Let's put our best efforts toward perfecting the songs that actually speak to our purpose.





Prof. Jones' Music Terms™

This month we'll look at some terms we hear at rehearsals that are more linguistic or phonetic than strictly musical. These terms relate to producing different types of consonant sounds.

The Basics...

Dental: refers to sounds produced using the teeth, usually in combination with the tongue (lingual) or lip (labial).

Labial: refers to sounds produced using the lips, upper, lower, or both (bilabial). For example, 'b' and 'p' are bilabial.

Alveolar: refers to sounds produced using the ridge on the roof of the mouth just behind the upper teeth, near the gum line. The ridge is known as the alveolar ridge.

Palatal: Palatal consonants are made with the body of the tongue raised against the hard palate.

Voiced vs Voiceless: A voiced consonant is produced with the vocal cords vibrating, a voiceless consonant is produced without the vocal cords engaged.

...and more

Fricative: sounds produced by forcing air through a constricted space causing a hiss or buzz. The voiceless 'th' sound in 'teeth' and the voiced 'th' sound in 'the' are examples of **dental fricatives**. **Labiodental fricatives** such as 'f' and 'v' are made with the upper teeth against the lower lip. **Alveolar fricatives** such as 's' and 'z' are produced with the tip of the tongue against the alveolar ridge. **Palatal fricatives** are produced between the tongue and the hard palate. Examples include the 'ch' sound in the German word 'nicht' and possibly the 'j' sound in English.

Plosive: refers to consonants produced by blocking the airflow temporarily and then releasing it.

Labial plosives, such as 'p' and 'b' are made by using the lips to block and release the airflow.

Velar plosives, such as 'g' (as in 'get') and 'k', are made using the back of the tongue.

Alveolar plosives, such as 't' and 'd' are made using the tip of the tongue against the alveolar ridge.

PPC Happenings

Sectionals with DavEd: Wednesdays, 6:30pm before rehearsals.

4/19: altos

4/26: tenors

Peace Pole Installation: 2pm Sunday, 4/23, SE Uplift, 3534 SE Main St., Portland. Join the tenors and basses at our off-site sectional location as we celebrate the dedication of PPC's very own Peace Pole with song and dance. All are welcome.

Earth Day Celebration gig: Friday, 4/21/17, 7:30pm at the Old Church, 1422 SW 11th, Portland. We will be singing **Great Trees** (in the Green Room under Favorites, at the bottom) and **For the Children**.

PPC Spring Concert: Friday, 5/19, 7:00pm at Unity on SE Stark. Call time is 6pm. More details later.



PEACEMEAL is a publication of the Portland Peace Choir

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Dove graphic p. 1 © Rotary Clubs

Again, thanks to Jeff Jones for help with the musical terms.