

PEACEMEAL

| A Volunteer Effort of the Portland Peace Choir |

MISSION STATEMENT

The Portland Peace Choir strives to exemplify the principles of peace, justice, equality, stewardship of the Earth, cooperation and unity.

We sing music from diverse cultures and traditions to inspire peace in ourselves, our families, our communities and the world.

In This Issue

- PPC Fall Concert Recap
- Joint Peace Choirs Festivities Approaching
- 1 World Chorus Revisited
- Professor Jones Returns!

Amusing Choral Christmas Carol Video

Thank you, Pam W., for submitting this gem.

What happens when you eat ghost pepper and then try to sing? This brave boys choir from Denmark dared to find out when their celebrity alum Chili Klaus came to visit. The school's [Rikke Ramm Eberlein](#), who shared this video, assured everyone that "no boys were harmed" in this stunt – though it appears it couldn't have been pleasant.

<https://www.facebook.com/ChiliKlausDK/videos/1051887624953475/>



Our First New Fall Concert: a Great Success



Our first new and improved Fall Concert was held on Saturday, November 18, and it was a resounding success. Even though several of our most dependable organizers and workers were unable to attend, our backup systems worked perfectly and the evening went off pretty much without a hitch, thanks to all the members who volunteered their time, energy and hard work.

The concert was held at the Waverly Heights Congregational UCC in SE Portland, a beautiful venue which was filled to capacity with an enthusiastic audience. While the stage area was a bit tight, everyone fit into the space without too much trouble and we all had a great time singing and listening to the storytellers, which was a novel addition to our usual program of song that went over well with the audience and the choir alike.

As always, we got our glitches and nerves out of the way during the pre-concert rehearsal and our performance went very well. Kristin led us with enthusiasm and style, making her first formal concert directing us both fun and successful. It was really inspiring to see her lead us with such joy and enthusiasm, and the choir's joy and energy really came across

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Who Said That?

Today I choose life. Every morning when I wake up I can choose joy, happiness, negativity, pain ... To feel the freedom that comes from being able to continue to make mistakes and choices – today I choose to feel life, not to deny my humanity but to embrace it.

~ Kevyn Aucoin

Peace is the beauty of life. It is sunshine. It is the smile of a child, the love of a mother, the joy of a father, the togetherness of a family. It is the advancement of man, the victory of a just cause, the triumph of truth.

~ Menachem Begin

Joy in looking and comprehending is nature's most beautiful gift.

~ Albert Einstein

Find a place inside where there's joy, and the joy will burn out the pain.

~ Joseph Campbell

The bond that links your true family is not one of blood, but of respect and joy in each other's life.

~Richard Bach

We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves.

~ Buddha

Singing is my passion, my first love and the secret of my energy. Music to me is like finding my inner self, my soul. It gives me great joy ... I have given my heart to singing. When I sing, I can feel romance in everything around me.

~ Kailash Kher

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to the folks in the audience, according to comments from observers.

The bake sale was a big success as well, with the choir taking in quite a bit more money than we spent. Although it was a tad crowded in the basement location of the bake sale during intermission, everyone seemed to be in a good mood and all the goodies went fast.

I had hoped to be able to include some photos of the concert with this article, but wasn't able to get any. If anyone got some good pictures, it'd be great if you could email them to me and I'll include them in the next issue.

~ Barbara B. (barbaraPPC@comcast.net)

One World Chorus: Local Man Promotes Peace Through Song

~Diane T. (alto)

In last month's newsletter, we told you about Aaron Nigel Smith, a local man who is on the Board of the Lakewood Center for the Arts in Lake Oswego, and is the creator of *1 World Chorus*, a non-profit organization whose goal is to unite children in different cities, countries and cultures through music. Smith's career has taken many turns including working on an album with Ziggy Marley, touring as a classical musician and producing and appearing on *Between the Lions*, a children's TV show. When he married and had children, he realized he needed to stop touring and settled down in California, taking a job as a pre-school teacher. Realizing that his previous experience didn't help him there, he developed a new curriculum and then released several albums for children. After moving his family to Lake Oswego, he founded the non-profit *1 World Chorus*.

With *1 World Chorus*, Smith's goal is to connect youth of different cultures and create change through the principles of peace-building. His base cities are in the US (Portland, L.A., NYC), Kenya and Jamaica. The way that he connects choirs in these different cities is to record one choir and then have another one listen to it and then record them. They then blend the two on a recording.

When asked about the possibility of collaborating with our choir, he has responded with interest. Since he is a 'local boy', perhaps there are other opportunities to connect with their choir directly in an event of some sort. One song that was chosen by *1 World Chorus* for this year is *One Day* which has one version involving a children's class. I can see us performing it with them or perhaps this being a theme for a concert this year. It's just an idea I have....we'll see what develops?

Joint Peace Choirs Weekend: February 10 & 11, 2018

It may be hard to believe that 2017 is almost over and we're starting to plan activities for 2018, but it's true! One of the events that we most look forward to, the Joint Peace Choirs weekend, is right around the corner. The Rogue Valley Peace Choir will be hosting in 2018 as Oregon's four peace choirs and one from Northern California all gather in Ashland to celebrate our common mission and love for music.

The festivities will begin with a workshop on Saturday, 2/10, titled "Your Body: the Original Instrument", a "playful and enlightening exploration of your vocal instrument as it resides in your entire body," according to the flyer for the workshop, which also encourages us to "come and PLAY as you learn." The workshop, which combines the movement of Delcroze Eurythmics with the rhythmic phrasing of Rap and Hip Hop, seasoned with a little Appalachian 3-part harmony and a dash of body percussion, will be held from 2 - 4 pm at the Wesley Hall, Methodist Church, N. Main and Laurel in Ashland. The cost of the workshop is \$15 in advance. Below are some links that will give you an idea of what to expect:

<https://www.youtube.com/watch?v=mN7YYtXNzIg>
https://www.youtube.com/watch?v=UWif5Xss_Ec
<https://www.youtube.com/watch?v=zsROX7pQdZM>
https://www.youtube.com/watch?v=wEyyeoc_t-U&t=175s

The workshop will be followed by a catered dinner to be held at the same location. The cost for the dinner will also be \$15/person and it will be a buffet-style meal featuring chicken kebabs with sauces, a veggie curry, two types of salad and a dessert that will be appropriate for vegans and those who are gluten free. If you were there the last time Rogue Valley hosted, you should remember what a great meal it was, and the organizers assure me that it will be just as good this year. As in previous years, there will also be a "Talent Show" after the meal where anyone who wants to can get on stage and perform for the crowd. Nicole will be coordinating PPC's contribution to the entertainment, so if you'd like to participate (solo or small group; anything goes!), please get in touch with her.

On Sunday, 2/11/18, the Joint Choirs Concert will be held at 2:00 pm. As always, the host choir has chosen the joint song that all of the choirs will sing together at the end of the concert. This year's choice is "One Voice", a beautiful song that we've been getting a feel for at our rehearsals the past few weeks. Although we don't know yet the exact details of how the joint song will be done, we should have all the parts down by February, and we'll be ready for whatever comes along. Although Kristin is still somewhat on fence about which songs we'll be performing in Ashland, it looks like we'll probably be doing "Because", "Earth Song", "Great Trees", "Pride", "Sing a Freedom Song" and "There Is Peace", and the plan is to memorize them well enough to sing off-book.

The Joint Peace Choirs weekend is an opportunity to get together with old friends, meet new people and sing together to celebrate our common goals. It is a time of fun, song and celebration, and a truly great experience for everyone who attends, so please consider joining us for this get-together.

~ bb

PPC Happenings

Winter/Spring Session: Join us **Wednesday evenings, 7-9pm** in the lobby of the Mt. Hood Wing at the Courtyard at Mt. Tabor for our regular weekly rehearsals.

Regular rehearsals resume on 1/3/2018:

Reminder: Don't forget to wear your name tags!

Sectionals with Kristin

Sectionals are held at 6:30pm every week except for the first week of the month when we do Happy Half Hours.

1/3: **Happy Half Hour** –Our first HHH of 2018 will be hosted by the altos

1/10: basses

1/24: altos

1/17: sopranos

1/31: tenors

Joint Peace Choirs Weekend: this annual celebration will be held a week earlier than usual this time around, **Saturday, 2/10 – Sunday, 2/11/2018**. The event will be held in Ashland again and the four Oregon Peace Choirs will be joined by Emendal Chorus from Willits, CA. On Saturday there will be a workshop and dinner; the concert will be at 2 pm on Sunday.

It looks like we'll be performing "Because", "Earth Song", "Great Trees", "Pride", "Sing a Freedom Song" and "There Is Peace", and the plan is to sing off-book.

This is always a fun event, an opportunity to get together with old friends and make some new ones, with a lot of singing and harmony.

See the article on p. 2 for more details.

SEEKING PEOPLE INTERESTED IN IMPROVING COMMUNICATION SKILLS

~ Diane T. (alto)

The technique is called **NVC**: Non-Violent Communication. It was developed by Marshall Rosenberg in 1984. He is an author, trainer & founder of the Center for Nonviolent Communication. A link to a 1 hour talk follows this information. This talk is based on his book, **NVC: A Language for Life**. He had experienced bullying after his family moved to Detroit. Over time, he observed that the structure we are used to has set us up to trust authority because it knows what's right. Therefore, we should do as we're told. **NVC** removes the propensity to violence. It helps identify 'what's alive in us' and 'what would make life more wonderful?' In doing these two things in our communication, we can make stronger connections. We need to learn to better identify how we feel and what we would like back from the other person. The way we've been brought up, we have become confused about what are our feelings vs what we think & judgments we are making. We have been raised in a very competitive world where winning is the most important thing. I found this out when we were raising our son. Finding non-competitive games was a challenge and even at a young age, they knew there had to be a 'winner'. In order to ask for what you want, you have to clarify it very specifically which is also not easy given how we have been raised. We need to learn to be more concerned about creating a quality connection and observing without analysis. The radio program which is on <http://www.peacetalksradio.com> is a good introduction. Marshall's website is <http://www.cnvc.org>. At the end, he takes questions from the audience and does problem solving with them.

A founding member of the Portland Peace Choir, **Fred Sly**, has been conducting trainings and workshops for many years and has offered to do workshop for a group from our choir. It could be either a **3 day workshop** which can be quite intense or an **eight week class, with meetings of 2 hours, once a week**. The cost would be about \$250/per person with 8 people participating. Fred's website is: <http://rosecitynvc.org>. He also does a free 'intro' 4-6 times a year, if you want to know more first. There may be one coming up prior to our scheduling a group. There is more info on the website.

Anyone who is interested in participating in this workshop, please email me and express which option you prefer. Also, schedule limitations would be helpful. We'll discuss what would work best.

Diane Tweten twetenphoto@yahoo.com

Link to a program aired on KBOO: <https://www.kboo.org/search/node/nvc%20program>

Christmas Revels Tickets On Sale!

Celebrate the Winter Solstice with a mythic journey into the music, dance and traditions of Finland, Sweden, Norway, Denmark and Iceland.

Enjoy favorite Revels traditions: Morris dancing, the children's chorus, audience sing-alongs, a hilarious Mummers play and new life-size puppets.

[Click here](#) to buy tickets online now, or call the Box Office at (503-274-4654, ext. 0)



Opportunities to Sing or Listen

- **December 19, 9:00-10:00pm** Intergenerational Outreach Choirs (with our own Amy on piano) performs their Winter Holiday Concert at the Grotto Festival of Lights, 8501 NE Skidmore St., Portland. For more information about the choir, click on this link to a story by KGW news:

[Women inmates find hope with safe choir](#)

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:

barbaraPPC@comcast.net

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

Suggestions:

There were no suggestions submitted this month. Anybody have any good ideas for the choir? Please submit them to me at the above email address. The suggestion box is very lonely without your input.

Happy
Holidays!





Prof. Jones' Music Terms TM

Still More about Reading Music

In last month's issue we talked briefly about how notes written on the grand staff relate to notes on the piano. This month I want to reiterate some of that and expand on it.

Notes on the piano: Looking at the piano is helpful, because it is laid out in a visually understandable way. The lowest note is played with the leftmost key. As you move from left to right, each key plays a higher pitch. The highest note is the last one on the right. As shown below, there are 88 keys on a full piano keyboard, spanning a little more than 7 octaves*, from a very low A (far left) to a very high C (far right).



Figure 1: there are 7 complete octaves on the piano keyboard plus 3 extra keys.,

* Remember that an octave is the interval (distance) from one note to the next note of the same name (letter) above or below it in pitch. If you're looking at just the white keys, an octave goes from one white key to the key 7 white keys above or below it. So, including the first key and the one an octave above (or below) it, plus the keys in between, that's 8 keys, hence the term "octave" (or at least that's one way to think about it). In the picture below, C₅ is an octave above C₄. Also, E₄ is an octave above E₃, and A₄ is an octave below A₅.

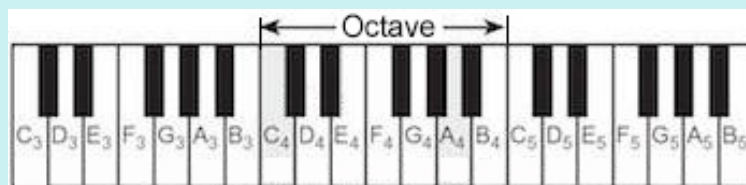


Figure 2: partial keyboard showing an octave.

Relationship between the piano and the grand staff

Starting from the left of the full piano keyboard (first picture above), the 4th C is called "middle C". On the grand staff that's the C in the middle, between the treble clef and the bass clef. It's also called C₄. (The first C from the left is C₁, the second is C₂, etc.)

The grand staff, with a few ledger lines above and below, represents about 4 octaves near the middle of the piano (from C₂ to C₆), as shown here. That also happens to be the range of notes found in most choral music. C₂ is a very low bass note, and C₆ is a very high soprano note.

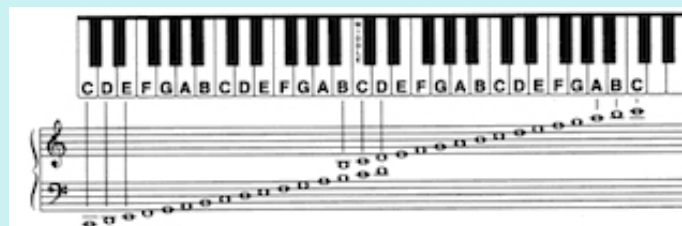


Figure 3: All the notes on the grand staff from bass clef low C to treble clef high C.

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The black keys, sharps and flats

So far, the notes we've talked about are all white keys on the piano. But what about the black keys? Well, they're for playing notes in between the white keys. If a white key is a certain note, and there's a black key adjacent to it on the *right*, the black key is that note with a '#' (sharp) added. For example, the black key to the right of D is D#, which we say as "D-sharp". If there's a black key immediately to the *left* of a white key, it's the white key's note with a 'b' (flat) added. The black key to the left of D is Db, which we say as "D-flat".

Since a black key is between two white keys, it can be called the sharp of the white key to its left or the flat of the white key to its right. It's still the same note (same pitch) either way, though. For example, Db can also be called C#, but it's still the same note (between C and D). Also, D# can also be called Eb, but it's still the same note (between D and E) (see

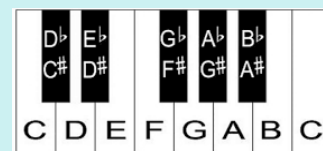


Figure 1

Figure 1). Whether a black key is called a flat or a sharp depends on the context. More on that later.

A sharp raises the pitch by a *half step*. So, D# is a half step *higher* than D. Similarly, a flat lowers the pitch by a half step. So, Db is a half step *lower* than D.

Black keys appear between many of the white keys, but not all of them. There is no black key between B and C, and no black key between E and F. When there is a black key between two white keys, those white keys are a *whole step* apart. Remember that a whole step is two half steps. So, C to D is a whole step: the half step from C to C# (or Db) plus the half step from C# to D. When there is no black key between two white keys, those white keys are just a *half step* apart. So, B to C is a half step, and so is E to F.

Since B to C is only a half step, and a sharp raises a note by a half step, C can also be called "B#". And since a flat lowers a note by a half step, B can also be called "Cb" (see Figures 2 and 3 below). Similarly, F can be called "E#", and E can be called "Fb". This might seem a little weird, but keep in mind, the important thing about sharps and flats is that they raise or lower the pitch by a half step. So they're not necessarily just for black keys. Again, what a note is called depends on context to some extent.



Figure 2: One Octave

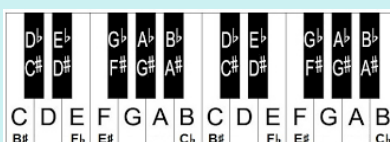


Figure 3: Two Octaves

You might notice a repeating pattern on the piano keyboard. There are groups of two black keys close together (a whole step apart) and other groups of three black keys close together. These groups are separated by places where two white keys don't have a black key between them. The groups of two and three alternate up and down the keyboard. These patterns make it easier to see the octaves on the piano and to find particular notes. For example, the white key just to the left of one of the groups of two black keys is always a C, and the white key just to the left of one of the groups of three black keys is always an F.

One other thing to notice... There are 12 distinct notes in an octave: There are 7 white keys. If we start on C, they are C, D, E, F, G, A, B. Beyond that they repeat. And there are 5 black keys: C#, D#, F#, G#, A# (or Db, Eb, Gb, Ab, Bb if you prefer.)

So, how does all this relate to reading sheet music? Read on ...

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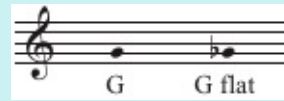


Prof. Jones' Music Term

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Sharps and flats in sheet music

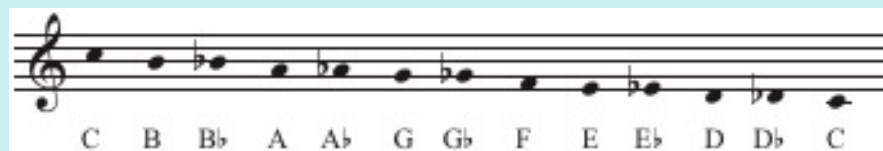
So far the notes we've talked about on the grand staff haven't had any sharps or flats. To add a flat or a sharp to a note we simply add a \flat or a \sharp to the *left* of the note head.



Here is how all the notes look going up a half step at a time from middle C to the C an octave above, hitting all the white keys and black keys in order. I've chosen to use sharps for the black keys, but that's not the only way to do it.



And here is how the same notes look going by half steps from high to low. Here I've chosen to use flats for the black keys.



A sequence of notes that moves up or down by half steps is called a *chromatic* sequence. In the first illustration above the notes are going up chromatically, and in the second they're going down chromatically.

Well, that's it for this issue. Next time we'll talk about accidentals. Until then, Happy Holidays from Professor Jones. See you next year!



PEACEMEAL is a volunteer publication of the Portland Peace Choir

Barbara Burnett: Editor, Writer, Designer

Thanks to Jeff J (aka Prof. Jones) for his hard work to educate us about music, and to Diane T, who keeps sharing her ideas with us.