

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.

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- Professor Jones is back!?!?!

Vocal Anatomy

Pam W. (soprano) shared an interesting Facebook post of MRIs showing how the vocal tract changes with singing. To check it out, go to:

<https://laughingsquid.com/mri-reveals-how-vocal-tract-changes/>

<https://nyulangone.org/locations/voice-center>

Thanks, Pam.

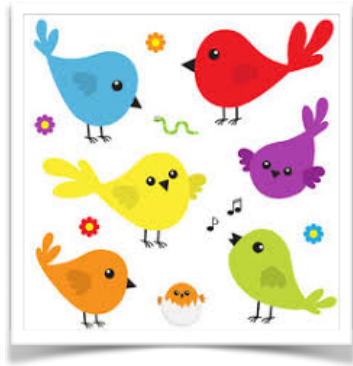
Joint Choirs Weekend In Review: Song, Fellowship and Fun in Ashland

Those who were not able to attend our Joint Peace Choirs Weekend in Ashland this year missed a great time. With members getting together for food and socializing, an interesting and challenging workshop followed by a delicious dinner, and of course, the concert itself, the weekend was packed with singing, camaraderie and fun. Although the drive down to Ashland was long, it was well worth the time and effort, as many members gathered for meals, with impromptu singing and guitar playing popping up here and there to add to the fun.

The concert itself was fun, with the host choir filming the proceedings and providing live video streaming for members of choirs who weren't on stage; we should be getting a copy of that video to share with you all. As you can see from the photo below, with Emandel Chorale participating, as well as Rogue Valley Peace Choir alumni, it was something of a challenge fitting everyone on stage for the finale ... if you look closely you'll see PPC squeezed in on the left.

We have a few more pictures to share with you, courtesy of Julia L.'s husband, who was in the audience. You'll find them on the next page; enjoy!





Who Said That?

When you're in a choir, it's about blending into how everyone else sounds.

~Jamila Woods

While musical experts of the world focus on what choir members can do, I would like to focus on what choir members can be.

~Russell M. Nelson

Choral music at any level teaches you so much about musicianship and blending your voice.

~Katherine Jenkins

That's all there was in our house: poetry and choir rehearsal and duets and so forth. I listened to Dad and Mother discuss things about poetry and delivery and voice and diction – I don't think anyone could know how much it really means.

~Chuck Berry

Ever since I was a child I've always been very attracted to melodies. Whether I hear Jeff Beck, a choir, an ocean or the wind, there's always a melody there.

~Carlos Santana

It is my belief that everything you need to know about the world can be learned in a choir.

~Connie Willis

We must let go of the life we have planned, so as to accept the one that is waiting for us.

~Joseph Campbell

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The intrepid PPC singing our hearts out in Ashland

Our wonderful soloists, Carrie (soprano), Carol (alto), and Greg (bass), along with a subset of the mighty tenor section, making beautiful music on "There Is Peace".



A close-up of our soloists in action.

If anyone else has any photos or video from the concert, we'd love to see them. Please send them to me at: barbarappc@comcast.net

We have another feature planned that I had hoped to include in this issue, called "I Survived Ashland 2018", which will focus on stories (funny, touching, cute, weird, beautiful ... whatever), from members who attended. But since so far I've only received a couple of stories, I'll wait and include it in the March issue. So hey, everyone who told me all the funny, cute, strange, etc. little happenings from Ashland, please send them to me at the email address above so I can include them next month. The article should be a lot of fun and give folks who couldn't attend an idea of what they missed.

~bb

Estonia's Singing Revolution: The Power of Singing Brings Freedom to Baltic States

This inspiring story was brought to my attention by a friend of Jeff's from Consonare Chorale who recently travelled to Estonia to sing and while there learned of this amazing, but almost forgotten, piece of history. I did a little research on the subject and this article is the result.



If you've ever had doubts about the power of music to effect change in the world, the history of the fight against Soviet oppression in the Baltic states should help erase them. In the 1930s, caught between the Nazi expansion to the South and the Soviet expansion to the East, the Baltic states of Estonia, Latvia and Lithuania had little choice in their destiny. They were subsumed into the Soviet Union and for decades suffered under political and economic oppression. In the late 1980s, in the face of Soviet plans to expand toxic mining programs in Estonia and import thousands of Russian workers in the process, the people of Estonia, fearing the destruction of their environment and loss of their national identity to Russian immigrants, staged what has since been termed the "Singing Revolution". It started when the Soviet government cancelled a rock music festival that was scheduled for a soccer arena in Estonia. Thousands of the people who were barred from the stadium moved their concert en masse to the local festival grounds where traditional music festivals are held and began singing patriotic songs that had been banned by the Soviets. Hundreds of thousands of Estonians gathered together all over Estonia to publicly sing songs promoting freedom, patriotism and environmental protection, resisting Soviet control and ultimately resulting in the country's successfully seceding from the Soviet Union and regaining their national identity and personal freedom. In contrast to other Baltic countries' attempts to secede from the Soviet Union, which resulted in the deaths of some non-violent protestors, the Estonian "Singing Revolution" was completely nonviolent, with no bloodshed; thousands of singing people linked arms to face down Soviet tanks and guns and ultimately won their freedom and independence without a single drop of blood being shed.

If you would like to learn more about how all this came about, check out the article at <https://singingrevolution.com/>, the home page for "The Singing Revolution", a documentary made by American film makers of Estonian descent who learned about this forgotten piece of history when they taught film classes in Estonia. The film "shares how, between 1987 and 1991, hundreds of thousands of Estonians gathered publicly to sing forbidden patriotic songs and share protest speeches, risking their lives to proclaim their desire for independence." Filmed in Estonia, using interviews with leaders and participants in the Singing Revolution, as well as archived film clips of life in Estonia under Soviet rule and the Singing Revolution itself, the documentary aims to share this inspirational story, which is virtually unknown outside the Baltic States, with the rest of the world.

~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.

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 have our Happy Half Hours.

2/21: basses

2/28: sopranos

3/7: Happy Half Hour hosted by the Sassy Sopranos

3/14: altos

Spring Concert: Saturday, May 12.

Location: Unity of Portland, 4525 SE Stark

We will be singing the songs we've been working on so far this season, including some we've just started going over, and we'll be having our traditional bake sale fundraiser at the intermission.

In addition, we'll be collaborating with Sky in the Road for this concert and will sing some of their songs and have them sing with us on some of our songs.

More details later...

Suggestion Box

This is an opportunity for you, our readers, to tell us your ideas for ways to improve our choir. We can include your name with your suggestion or keep it anonymous, your choice. Please send your suggestion to: barbaraPPC@comcast.net

Suggestions:

Dear Choir Friends: Please remember that some of us are very sensitive to perfumes, after shaves and other scented products and it can affect our singing and breathing badly. Please don't use scented products before coming to practices. Thanks.

Celebrate Peace! I'd just like to say how much I appreciate the new, more peaceful atmosphere at practices lately. And how much I hope we keep it going.



A heart-design art quilt made by Salsy Sofrano, posted on her Facebook page and shared with us by Pam W.

Portland Peace Choir

Finances: What Do Your Dues Do?

What does it mean to be a choir where “all voices are welcomed”? For Portland Peace choir and our singers one thing it means is that each year we provide over \$1,200 towards scholarships — full and partial — to help support each other. With an annual income (from dues, donations and concerts) of about \$12,000, this represents a significant commitment towards insuring our choir is open to all who wish to join.

How are we able to continue keeping our dues low and offer scholarships? Primarily through donations, mostly from members. We hope to obtain \$2,000 in donations this fiscal year (July – June) and to date have collected almost \$1,200. In addition, many members provide “in kind” support by donating their time and talents to reduce expenditures. As a choir we want to continue providing full and partial scholarships and are grateful for those who can and do contribute.

For the past several years we have provided an incentive for individuals able to pay in advance for the year. Instead of paying the full fee, \$225, members paying for the whole year in September receive a \$25 discount. The motivation of the steering committee to provide this incentive was to insure we had ample operating funds in September. This year 16 members took advantage of the incentive, resulting in a reduction in income of \$400. Some of those members chose to take the \$25 incentive they received and “donate” it back to the choir to help fund scholarships.

What do your dues pay for? Most of the dues (86%) pay for our contractors — Director Kristin and Accompanist Amy. The remainder pays for concerts (6%) and operations (8%), which includes insurance, printing, and practice space rental when required.

What can I do to help? Recruit and bring others to join our singing community. Currently Portland Peace Choir has 45 active members. Financially, we are stronger with 55 members. As we become a stronger community, encourage others to join us. This is a good time as we finish our Joint Concert and prepare for our Spring Concert.

Feel free to share your ideas with me or with others on the Steering Committee. Our goal is to make the Portland Peace Choir truly a community, and all input from members is welcome.

~ Susan W. (tenor)
Treasurer



Plum blossoms in snow

Life pulsing despite the cold

Hope of Spring to come



Prof. Jones' Music Terms TM

We've talked about the white keys and the black keys on the piano, and about sharps and flats and a bit about how they are notated in sheet music. To complete that discussion, we need to talk about how they are used in an actual piece of music.

Key signatures: Most sheet music is notated in a particular key, which is indicated by a *key signature*. We'll talk more later about what it means for music to be in a key, but for now, let's just focus on how a key signature works.

The key signature tells you which notes are "in the key". For example, the notes in the key of C are C,D,E,F,G,A,B (in any octave), i.e. all the white keys on the piano. Note that there are no notes with sharps or flats in the key of C, so the key signature for C is a particularly simple one (see below). On the other hand, the notes in the key of A are A,B,C#,D,E,F#,G#. We say the key of A "has 3 sharps" – C#, F# and G#.

The key signatures for C and A look like this:



Key Signature
for C



Key Signature
for A

In each clef (treble and bass) the key signature for A shows a sharp on an F, a C and a G, in that order. As long as the music to be played or sung is in the key of A, each line of the music will start with this key signature. It indicates that wherever an F or C or G is written, it's really an F#, C# or G#, unless otherwise indicated (by an "accidental"; more on this below). The idea is to simplify things by not having to write a sharp next to these notes every time they're notated. Here's an example (using only the treble clef this time):



Even though the key signature shows the sharps at only one position in each clef, the sharps are to be applied at *any* position in the staff for those notes. For example, the F on the bottom space of the treble clef is played as F# according to the key signature, and middle C is played as C#.

Here's another example key. The notes in the key of B \flat are B \flat , C, D, E \flat , F, G, A. The key of B \flat has 2 flats – B \flat and E \flat .

Here is the key signature for B \flat , along with an example of music written in B \flat :



Notes that are not sharp or flat are sometimes referred to as "*natural*". In the key of A, for example, A, B, D and E are natural (unlike C#, F# and G#, which are sharped).

Accidentals

You might have noticed that I said the key signature tells you to sing or play certain notes with sharps or flats "*unless otherwise noted*". Just because music is written in a certain key doesn't mean it can't also include notes that are *not* "in the key". Lots of music does exactly that.

The normal state of any note (whether it's sharped, flatted or natural) can be temporarily overridden. For example, a sharp or flat can be added to a note that is normally not sharp or flat in the key. Similarly, a *natural* sign (♮) can be added to a note that's normally sharp or flat to "turn off" the sharp or flat and make the note natural.

Symbols that are used in this way to override a note's state are called "*accidentals*". When an accidental is applied to a note, it remains in effect for the rest of the measure in which it occurs, unless it is overridden again in the same measure. In the following measure, the note returns to its original state based on the key signature.

The following example is in the key of A. Notice how accidentals are used.



In the first measure, a flat is added to the fourth note to make it E \flat instead of the E-natural specified by the key signature. A natural is added to the sixth note to make it C (i.e. C \natural) instead of C#. The eighth (and last) note in measure 1 is also C (natural), because the accidental is still in effect until the beginning of the next measure. In the second measure, everything starts out back to normal automatically – the second note is C# (not still C \natural) and the third note is E (not E \flat). However the fifth note is lowered

Prof. Jones, cont'd.

to G (natural) by an accidental, and then another accidental is applied to bring it back up to G# (without the # it would have stayed at G ♮ until the end of the measure).

That's the basic idea of accidentals. There are a few other rules, but probably not worth worrying about for now. Playing or singing in a key gives the musician a frame of reference. Having a key signature means that you're working in that key's frame of reference except for where there are accidentals. That can be quite useful.

There are also two other accidentals that occasionally crop up. A *double-sharp* (*) raises a note two half-steps instead of just one. Two half-steps is the same as one whole step. So a C* is equivalent in pitch to a D. Similarly, a *double-flat* (♭♭) lowers a note two half-steps. So a B♭♭ is equivalent to an A. Sounds crazy, right? Believe it or not, there are legitimate reasons to use such notation. In fact, I think there's a double-sharp in one of our songs (Deep Peace?). But the explanation is pretty convoluted, so don't worry about it, just be aware you might see these once in a while, and now you know what they mean.

Next time we can start in on the good stuff - how scales, keys, chords and harmonies work. Also, if possible, I'll start adding audio, so we can talk about how it all relates to sound, and how you can learn to hear in your head the notes you need to sing.

REIKI I CLASS AVAILABLE

Are you interested in learning Reiki? Intrigued by the possibilities of energy healing? Penny B. (soprano) is offering a one-day class on Reiki I on Thursday, 2/22, from 10am to 4pm, at her home (address below). At the end of the class you will be attuned to Reiki I and know how to do Reiki healings on yourself and others. For more information, contact Penny at 503-453-9085.

PPC Reiki Practitioner Healing Circle

PLEASE JOIN US

Friday, February 23, 1-4 pm

12424 NE Rose Parkway

To RSVP, Text: 503-453-9085

Refreshments to follow

Everyone is welcome!

Join & Perform

18th Annual Lift Every Voice (LEV)

FREE Gospel Choir Workshop and Concert

FREE 2018 WORKSHOPS

Sun, Feb 25 4pm-6pm
Mon, Feb 26 6pm-9pm
Tues, Feb 27 6pm-9pm
Thurs, Mar 1 6pm-9pm
Fri, Mar 2 6pm-10pm

2018 CONCERT

Sat, Mar 3 6pm

FEB 25 TO MAR 3 ANCHOR IN THE STORM

LEV
LIFT EVERY VOICE

hosted by:
Sharon Seventh-day Adventist Church
5209 NE 22nd Avenue
Portland, OR 97211
Phone: 503.287.7649

Registration and details at www.sharonsda.net

Thank You, PPC!

I'd like to thank everyone who has helped me out with the newsletter by sending me ideas, suggestions, articles and pictures. Your help and support are invaluable and much appreciated.

As I've said before, this is meant to be a community effort, and your participation helps bring that about. Any ideas, suggestions, photos, videos, etc. that you might want to share would be welcome.

Thanks again!

~Barbara B., Editor

barbaraPPC@comcast.net

Opportunities to Sing or Listen

- **Sunday February 18, 1:30 - 3:30pm** Portland Sings! with Mark Bosnian in the coffeehouse at Taborspace . \$5-10 sliding scale. <http://portlandsings.com/> for location address and digital songbook download. Bring your laptop or e-device; print out a copy or look on with a new friend. Check out the songbook on the website for the variety of songs we sing.
- **Sunday, March 4, 4pm** Aurora Chorus performs at First Congregational Church, 1126 SW Park Ave., Portland. Now, more than ever, we need each other. We need to sing and hear songs of resistance, persistence, and courage. Join Aurora Chorus as we present a special multi-generational concert featuring guest artists Beth Wood and Ara Lee. For tickets and more info: www.aurorachorus.org
- **Sunday, February 25, 7-9pm** Sky in the Road at O'Neill's Pub, 6000 NE Glisan. "Please join us for rollicking Irish music celebrating Spring High Spirits and the bloomin' o' the daffodils."
- **Sunday February 25 – March 3** It's the 18th Annual Lift Every Voice (L.E.V.) Gospel Music Workshop & Concert. (FREE) Theme: "Anchor in the Storm" It's a one week Sunday thru Saturday (except Wednesday) workout – 6-9pm (dinner included). Learn 8-10 gospel songs with a diverse group of singers and directors from the Portland Metro area and then put on a concert on Saturday afternoon. Hosted by Sharon SDA Church, 5209 NE 22nd Ave Portland. Registration page should be up around February 1st. <http://www.sharonsda.net/>
- **Friday, March 9, 7-9pm** Second Friday 60's & 70's Harmony Singers at Friendly House, NW 26th & Thurman St (FREE) This is a Meet-Up group especially for folks who like to sing harmony -- Man in January we were on FIRE! Songbooks provided or join Meet-Up group and download e-version (which includes links to youtube versions of all the songs} <https://www.meetup.com/Song-Circle-Folk-Music-singalongs-from-the-60s-70s/>
- **Friday, March 16, 7-9pm** 3rd Friday Song Circle at Friendly House NW 26th & Thurman St. (FREE) This is a larger group with a variety of musicians (all acoustic). Singing this month is from the "Rise Again" songbook. There are some loaner books available if you don't have one.
- **Saturday, March 17, 3-5pm** Sky in the Road in the Little Red Shed at McMennimen's Edgefield, 2126 SW Halsey, Troutdale.
- **Saturday, March 17, 7:30 pm** Consonare Chorale spring concert, "Stepping Stones From Me to You", held at the Imago Dei Community, 1404 SE Ankeny St. in Portland. Our own Jeff J. (tenor) sings in this wonderful choir, and several PPC members also volunteer at the event. For tickets, go to <https://www.brownpapertickets.com/event/3078373>



PEACEMEAL is a volunteer publication of the Portland Peace Choir

Barbara Burnett: Editor, Writer, Designer
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Thanks to Jeff J. (tenor) for sharing the story of the Estonian Singing Revolution and for being Prof. Jones.