

PEACEMEAL

| A Volunteer Effort of the Portland Peace Choir |

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MUSIC AND ACTIVISM

We have seen many occasions in our lifetimes when people came together to protest wars, poverty and social injustice, and to advocate for equal rights for all. Although these movements are typically thought of as political, many of them have used music to inspire and energize those involved in them. Sociologists have noted that while music alone may not have the ability to directly accomplish social change, it does have an immense emotional impact on those involved and also on society in general when the musical themes associated with these movements gain a broad audience. The civil rights movement and anti-war protests in the '60s inspired much of the music our choir sings today, and have arguably had a profound effect on our culture at large by bringing attention to the issues involved in these movements. These songs of protest, hope and activism have become deeply embedded in our society at large and form a musical backdrop that can be drawn upon when we are confronted with new issues that we need to act on.

Music can inspire, energize, engage the emotions and bring people together in support of a common cause. This is what we hope to accomplish with the music the Portland Peace Choir performs, and this is why we attempt to choose music that applies to our mission of promoting peace, equality, social justice and environmental awareness. As we lift our voices, we lift our spirits and the spirits of those who hear us.

~bb

WORKING FOR PEACE:

FOCUS ON ACTION FOR POSITIVE CHANGE

Looking at what the mainstream media are focusing on, you might think that there are only negative things happening in the country and around the world, but if you look a little deeper, you will find that there are many organizations whose focus is on working for peace, justice, and the environment to effect positive change in the world. There are many international groups and organizations whose focus is on addressing the many social, political and economic issues that lead to the conflicts and unrest we see around us.



One of the most prominent of these is the United Nations, which brings together representatives of 193 governments from around the globe and sponsors many initiatives and programs to promote peace, advance economic and social development, fight disease and hunger, foster human rights and protect the environment. There are also many international NGOs that provide humanitarian aid around the world, including the Red Cross/Red Crescent, Oxfam, and Doctors Without Borders. Other organizations, such as Amnesty International, work for social justice around the world. The spirit of peace and compassion is alive and well in the world, in spite of what the media would have us believe.

Closer to home, there are many groups working to make a difference, and many events related to our mission.

See page 3 for details on one such event.



Who Said That?

"I would maintain that thanks are the highest form of thought; and that gratitude is happiness doubled by wonder."
~G. K. Chesterton

"If you observe a really happy man you will find him building a boat, writing a symphony, educating his son, growing double dahlias in his garden. He will not be searching for happiness as if it were a collar button that has rolled under the radiator."
~W. Beran Wolfe

"When our communication supports compassionate giving and receiving, happiness replaces violence and grieving."
~Marshall Rosenberg

"Happiness, it seems to me, consists of two things: first, in being where you belong, and second -- and best -- in comfortably going through everyday life, that is, having had a good night's sleep and not being hurt by new shoes."
~Theodor Fontane

"Those who won our independence ...valued liberty as an end and as a means. They believed liberty to be the secret of happiness and courage to be the secret of liberty."
~Louis D. Brandeis

"People say that money is not the key to happiness, but I always figured if you have enough money, you can have a key made."
~Joan Rivers

"Happiness is not something you experience, it's something you remember."
~Oscar Levant

FUN, FELLOWSHIP AND FRIENDS: JOINT CHOIR WEEKEND 2017 IN A NUTSHELL

Hundreds of singers from the four Oregon peace choirs came together in Eugene on February 18-19 to sing and celebrate our joint mission. The Joint Peace Choirs weekends have historically been enjoyable and entertaining, an opportunity to see old friends from other choirs, make new friends and get to know our fellow singers better, and this year's celebration was no exception. Many of us arrived in Eugene on Friday evening, giving us the chance to sample some of the excellent local food.

On Saturday the fun began at 1pm with a workshop arranged by the Eugene Peace Choir and presented by students from the Wellspring Friends School featuring sing-alongs and motivating speeches by the students, as well as inspirational videos. Then came the excellent buffet dinner, accompanied by a slideshow of pictures submitted by all the choirs featuring past concerts and events. (It was interesting to see several pics of the PPC wearing red scarves at a performance.) The evening culminated with the traditional talent show showcasing performances by individuals and small groups from the attending choirs. PPC was well represented by two (somewhat ad hoc) performances/sing-alongs initiated and led by Nicole: *I Am Willing* (a Holly Near song) and the Amen chorus with lyrics about the joint choirs weekend written and sung by Nicole with several brave PPC members as an impromptu back-up group. This year the talent show was preceded by a performance by The Raging Grannies, a group of, well, ... grannies, singing protest songs with original lyrics. All in all, the evening was great fun.

On Sunday it was time for the big show. Kudos to the Eugene planning crew for exceptional signage and scheduling for the main event. Warm-ups for all choruses began exactly on time with the PPC receiving a round of applause from whatever chorus was on the other side of the gymnasium door.

Once on stage, the sun shone into the sanctuary as if on cue as we belted out our favorites of this season. Amazing how much enthusiasm we can muster when our hearts and souls are behind the message.



Joint Peace Choirs Weekend

cont'd. from p. 2

PPC was up first, and our selection of songs went quite well, with a round of hearty cheers from the audience when we sang the verse about marching for health care in *Bread and Roses*. InAccord was up next, offering us five songs including some old favorites (*Teach Your Children* and *Bridge Over Troubled Water*), in addition to several that were new to us. An especial favorite of many PPC members was *Ajde Jano*, a traditional Serbian folk song (sung in Serbian) about keeping old beliefs. After the intermission Rogue Valley Peace Choir took the stage, bringing us some familiar songs (*A Change is Gonna Come* (by Sam Cooke), plus a couple of PPC favorites: *Turn the World Around* and *Peace Song/We Shall Overcome*). Their repertoire also included some material that was new to us; one of them, *Mojuba*, a Nigerian folk song, was accompanied by rain sticks and was a new favorite of many PPC members, as was *Oh, Colored Earth*. The Eugene Peace Choir was up last, with some old songs and some new ones, including an original composition by Larry Dobberstein. The host choir also performed Irving Berlin's song *Give Me Your Poor, Your Tired*, which was another new favorite of the PPC members present. The event was rounded out with the performance of Val Rogers' arrangement of *Let There Be Peace on Earth*, sung by all the choirs together, with enthusiastic audience participation.

So, the Joint Peace Choirs Weekend was a resounding success once again, bringing together singers from many areas for song, camaraderie and fun. We're all looking forward to next year's gathering, which will be hosted by Rogue Valley Peace Choir and held in Ashland.



Thanks to Darrell W. for sharing his photos from the concert weekend (above and on p. 2).

Local PeaceEvents

Friday, March 10 6:30 - 8pm Straub Room156, University of Oregon.

Peace Jam Northwest is excited to announce the visit of Oscar Arias Sanchez, former President of Costa Rica and Nobel Peace Prizewinner. Sanchez served two terms as President of Costa Rica and won the Nobel Peace Prize in 1987 for his work in trying to bring peace to Central America. He will be visiting the University of Oregon to lead their Peace Jam conference for teens Saturday and Sunday, March 11-12.

He will also give a talk, open to the public and the university community, on March 10.

For more information contact Peace Jam or the University of Oregon.

The Story Behind the Song: And Peace Shall Guard You

About the text: This song is drawn from Chapter Four of Philippians, but as a song, the scripture goes beyond the limits of creed, geography, and socio-economic status, while focusing on the idea that thanksgiving in all things is a pathway to peace. Its message is as appropriate today as it was when it was written 2000 years ago. (<https://www.kingjamesbibleonline.org/Philippians-Chapter-4/>) It offers both the performer and the audience an opportunity to reflect upon the things to which they give their time and energy and the rewards received.

About the song: Written as an exploration in finding sanctuary from the hectic pace that seems of so prevalent these days, *And Peace Shall Guard You* not only soothes but informs.

As the author explains, the sustained *pedal point* in the bass line carries a stillness that supports the other voices while the five-step scale that builds to the refrain "It shall guard you" breaks into a more *chromatic* (do you remember Dr. Jones' definitions?) instability that creates a feeling of anxiousness that comes from diverting our attentions from that which is not pure and true. The piece pits that sense of anxiety with the desire to seek gratitude in all things. The final measures return to the placidness from which it began, with the assurance that peace will guard you.



About the composer: As a guest conductor, Michael John Trotta has led performances of Handel's *Messiah*, Mozart's *Requiem*, Fauré's *Requiem*, and Rutter's *Requiem*, in addition to conducting over two dozen concerts during composer residencies featuring his own music, and has worked with esteemed composers and conductors Morten Lauridsen, Sir David Wilcocks, and John Rutter. He has had recent conducting engagements at Carnegie Hall and has extensively toured Europe with performances at St. Peter's

Basilica and Santa Maria Maggiore (Rome), St. Mark's Basilica (Venice), Casa Verdi (Milan), and Santa Maria Del Fiore and the Duomo (Florence).

Prior to receiving his Doctorate from Louisiana State University, Trotta served as a music educator for high school, middle school, and elementary school students and served as Director of Music for numerous churches in the Philadelphia Metro area. Trotta has served on the music faculty of Oklahoma State University, Louisiana State University, Rowan University, and as Director of Choral Studies at Virginia Wesleyan College. Dr. Trotta is a full time composer, conductor, and clinician working with choirs throughout the country. He lives in New York City with his wife, Rachel.

He was honored by the Foundation for Excellence in Education and received the ASCAP Award for significant contributions to the area of Choral Concert Music.

~tk

Get to Know Your Fellow Singers

This issue, meet: altos Carol and Katherine

My mom, Carol, was born in Fresno and spent most of her childhood in Pasadena, California. She attended Stanford University, where she met my dad, a fellow Stanford student, while they were studying abroad in France. She got her masters degree in special education in New York before she and my dad moved to Portland so that my dad could attend law school at Lewis and Clark.

My mom started her career as a professor at Mt. Hood Community College, but eventually switched to part time work testing kids for learning disabilities and writing reports to help ensure that they could receive the accommodations and services they needed. She changed jobs so that she could be home after school starting when I was in the third grade, which allowed us to grow very close over the years. My first stop when I got home from school was always her home office.

She later worked for Lewis and Clark where she provided similar counseling for students with learning disabilities. She retired from Lewis in Clark as a result of her diagnosis in 2009 with Balint's syndrome, which is a very rare degenerative disease that has impacted her vision to the point that she is now functionally blind. It has also affected her memory and cognitive function, and, more recently, her physical abilities. Through it all, music has been one thing that without fail lifts her spirits and keeps her engaged, and she commonly tells me after choir practice what a wonderful group it is.

Having a disease like Balint's can be very isolating, and it means so much to her and to me that we are able to come to a place where there is kindness, community, and song, and where those things -- and not her disease -- can be the focus. She has continued to maintain the positive attitude she has always had in life, which has been truly amazing to see. She, my dad, and I are very grateful for you all and the kindness you have shown to us.

My mom is very sensitive about her disease and so it is best not to bring it up or discuss it with her or around her because it makes her uncomfortable. She does very much appreciate when people say hi, identify themselves and engage in conversation, and ask about other things, like her three young granddaughters who live in St. Louis with my brother, Michael.

I am a Portland native who attended Grant High School, where I sang in the Royal Blues and A Cappella Choirs. I attended Whitman College, and then lived in Scotland for a year after I graduated, waiting tables and traveling around Europe. When I returned, I worked as a paralegal for a few years at a water law firm as I tried to decide whether to attend law school. I ended up attending Lewis and Clark Law in 2009. Following law school I clerked for the Chief Justice of the Oregon Supreme Court, and I am now an Assistant County Attorney for Multnomah County, where I work on land use, environmental law, and general governance matters for the county.

I spend my free time on many of the stereotypical Portland hobbies like hiking, cooking, and traveling, and I recently learned how to scuba dive. Before joining the Peace Choir I hadn't sung since being in a college a cappella group, and I have really enjoyed getting back into singing.

Opportunities to Sing or Listen

- **March 4, 10am - 12pm** Aurora chorus: Full Body Forward workshop w/ Melanie DeMore, Marylhurst University Hawthorn Room. This course is for all those who have longed to raised their voices with power, determination and energy. Participants learn songs from various vocal and communal traditions and how to sing from and with their whole selves. Through a series of vocal, verbal and physical warm-up techniques, participants will learn how to fire up their inner and outer voices. This course is ideal for all skill levels and will help revitalize and inspire you to sing from the inside out. Whether yours is a choir that specializes in traditional choral singing or Gospel and everything in between, Full Body Forward! will take you to the next level. Reserve a spot at admin@aurorachorus.org
- **March 4, 7:30pm - 9pm** In Mulieribus: Madrigalia!, The Old Church Concert Hall, Southwest 11th Avenue, In Mulieribus' 10th anniversary celebration continues with a concert of impassioned Renaissance madrigals by Monteverdi, Barbara Strozzi, Jan Pieterszoon Sweelinck, Luzzasco Luzzaschi, Alessandro Scarlatti, Alessandro Grandi, Orazio Vecchi and Luca Marenzio, alongside the world premiere of Canción de las siete doncellas (song of the seven maidens) by Portland-based composer, Craig Kingsbury, commissioned for In Mulieribus' tenth anniversary. Theoribist Hideki Yamaya will join In Mulieribus <http://inmulieribus.org/season3.html>
- **March 5 - 4-5:30pm** Festival Chorale Oregon: Puccini: Messa da Gloria, Elsinore Theatre, 170 High St SE, Salem, OR . For more info go to <http://www.festivalchorale.org/>
- **March 5 - 4pm** Aurora Chorus: We Remain Faithful, First Congregational United Church of Christ, 1126 SW Park Ave., International Women's Day Concert featuring vocal activist Melanie DeMore.
- **March 5 - 4pm - 5:30pm** PSU Choirs: Fern Hill, First United Methodist Church, 1838 SW Jefferson St.
- **March 5 - 4pm - 5:30pm** Festival Chorale Oregon: Puccini: Messa da Gloria, Elsinore Theatre, 170 High St SE, Salem, OR <http://www.festivalchorale.org/>
- **March 10 - 7-9pm** 2nd Friday 60's & 70's Harmony Singers at Friendly House (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/>
- **March 17 - 7:30pm - 9pm** PSU Chamber Choir: Take Flight, Lincoln Performance Hall, 1620 SW Park Ave.
- **March 17 - 7-9pm** 3rd Friday Song Circle at Friendly House (FREE) This group is for musicians and singers. NOTE: This month we will be singing from the "Rise Up Singing" songbook. There are some loaner books available if you don't have one. Location info at link above.
- **March 18 - 7:30pm -9pm** Consonare Chorale: Pedal to the Metal, Imago Dei Community, 1302 SE Ankeny St. Guest artist T.J. Arko on vibes the percussion. Tickets \$20 in advance, \$25 at the door. Tickets available through Brown PaperTickets: <http://www.brownpapertickets.com/event/2554610>
- **March 18 - 8pm - 9:30pm** Portland Gay Men's Chorus: Peace, Love, and Misunderstanding, Kaul Auditorium, Reed College
- **March 19 - 2pm - 3:30pm** Bach Cantata Choir: Bach Cantata 198, Rose City Park Presbyterian Church, 1907 NE 45th Ave.
- **March 19 - 3pm - 4:30pm** Portland Gay Men's Chorus: Peace, Love, and Misunderstanding, Kaul Auditorium, Reed College
- **March 19 - 3pm - 4:30pm** The Ensemble: Orfeo ed Euridice, The Old Church Concert Hall, 1422 SW 11th Ave.
- **March 29 - 7:30pm - 9pm** Chanticleer: My Secret Heart, Kaul Auditorium, Reed College

PPC Happenings

Sectionals with DavEd:

Held at 6:30 before Wednesday rehearsals.

3/8: sopranos	4/5: HHH hosted by altos
3/15: altos	4/12: sopranos
3/22: tenors	4/19: altos
3/29: basses	4/26: tenors

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, 7:30pm at Unity on SE Stark. Call time is 6pm. More details later.

The PPC Needs YOU: Fundraising and more ...

If you have any experience with fundraising or grant writing (or an interest in helping out with these activities even if you don't have any experience), here's your opportunity to help out in a big way.

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

If you have an interest in introducing Portland area businesses to the value of the PPC as a positive community effort worthy of support and if you have up-front sales ability, this is your time to shine.

Facebook fundraising can be quite effective as well. Anyone with experience in these areas please contact a Steering Committee member if you can make a difference.

The choir needs volunteers for other activities as well:

- **Steering Committee:** we are still seeking new members for our wonderful, unpaid Steering Committee. Please contact Mary Tinkham if you are interested or have questions.
- 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

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 tighten up the rehearsals.

We need to all be in place, ready to warm up at 7pm, work hard on our music and quit promptly at 8:45 for announcements.

We can use our time more effectively as we approach the EarthDay gig and May concert if we buckle down and spend less time milling around. Bathroom breaks become get-up-and-goes as needed. Come a bit earlier to visit with friends.

Let's dump Mahna Mahna.

Upon discovering that the song originally got its start in a soft core Italian porn documentary called *Sweden: Heaven and Hell*, a pseudo-documentary about sexuality in Sweden, several PPC women have expressed displeasure at having to perform an openly sexist song. Watch the video if you don't believe it. Pertinent excerpt: <https://www.youtube.com/watch?v=yXo1ufdQ4sg>
Google "Svezia Inferno E Paradiso" for greater detail.

In like a lion...



out like a lamb!



Prof. Jones' Music Terms TM

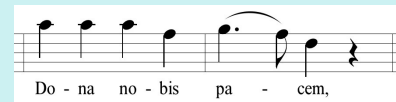
Another installment in our continuing effort to clarify some of the musical terms we encounter in our arrangements and at rehearsals. This month we look at a few more rhythmic and stylistic terms.

Rubato (Also "tempo rubato"): Taking liberties with the tempo (speeding up or slowing down) for expressive purposes, usually at the discretion of a soloist or conductor. For example, a soloist might sing an intro more slowly than the rest of the piece. It can also be used with ensemble passages, with the conductor controlling the tempo.



Sforzando (sfz): a dynamic marking and indicating a sudden forceful accent.

Terminal Consonants: This refers to the proper way to sing a syllable that ends in a consonant, by holding the syllable's vowel sound as long as possible, delaying the consonant until the very end of the note (or notes) and pronouncing it as briefly as possible. The terminating consonant should be sung as if it is attached to the beginning of the next syllable, of, if it is followed by a rest, the terminating consonant should be sung at the beginning of the rest. In the example below, "no - bis pa - cem" should be sung as "no - bi spa - cem", and the 'm' at the end should be sung on the quarter note rest, *after* the quarter note for "- cem".



UNITED NATIONS WORLD HAPPINESS DAY: MARCH 20

Aim: The day recognizes that happiness is a fundamental human goal, and calls upon countries to approach public policies in ways that improve the well-being of all peoples. By designating a special day for happiness, the UN aims to focus world attention on the idea that economic growth must be inclusive, equitable, and balanced, such that it promotes sustainable development, and alleviates poverty.

Background: The initiative to declare a day of happiness came from Bhutan – a country whose citizens are considered to be some of the happiest people in the world. The Himalayan Kingdom has championed an alternative measure of national and societal prosperity, called the Gross National Happiness Index (GNH). The GNH rejects the sole use of economic and material wealth as an indicator of development, and instead adopts a more holistic outlook, where spiritual well-being of citizens and communities is given as much importance as their material well-being.

Did You Know? The March Equinox, also known as the Spring Equinox, often falls on March 20 as well.



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