

PEACEMEAL

| A Volunteer Effort of the Portland Peace Choir |

MISSION STATEMENT

The Portland Peace Choir strives to exemplify the principles of peace, equality, justice, stewardship of the Earth, unity and cooperation. We sing music from diverse cultures and traditions to inspire peace in ourselves, our families, our communities, and the world.

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WELCOME BACK!

The editors of Peacemeal want to welcome everyone back to our new season, in our new location, with our new director. We hope everyone will join us and help us all to make this the best season of PPC ever!

Meet Our New Director

It's been an interesting summer for the Portland Peace Choir, with one change after another looming and forcing us out of our comfort zone. We're starting our new season off with a new director, in a new location, and we will be singing music chosen in a new way.

We were all a bit uneasy about the prospect of finding a new director, but the search, interviewing, auditioning and selection processes all went surprisingly smoothly and we were able to find a very talented and capable Director to lead us into the future with energy, optimism and enthusiasm.

Kristin Gordon George is a musician, teacher, and the Artistic Director of Resonate Choral Arts, an intergenerational womens' choir. She also served as Music Director of the Metropolitan Community Church of Portland for nine years, where she directed the choir and band and arranged musical works for large group ensembles. She's been writing music since childhood, and her repertoire now includes contemporary songs, musical theater, cantatas and award-winning choral music. She teaches voice, piano and ukulele lessons, with a mission to uncover ease in breathing, singing, playing instruments, and in life. She enjoys playing the guitar and bass, and hasn't yet mastered clawhammer-style banjo, but will eventually.

We asked Kristin a few questions to find out a bit more about her, and to help us get to know her better.



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Who Said That?

"Individual commitment to a group effort—that is what makes a team work, a company work, a society work, a civilization work."

~Vince Lombardi

"I invite everyone to choose forgiveness rather than division, teamwork over personal ambition."

~Jean-Francois Copes

"Unity is strength. . . when there is teamwork and collaboration, wonderful things can be achieved."

~Mattie Stepanek

"It is the long history of humankind (and animal kind, too) that those who learned to collaborate and improvise most effectively have prevailed."

~Charles Darwin

"Find a group of people who challenge and inspire you, spend a lot of time with them, and it will change your life."

~Amy Poehler

"You need to be aware of what others are doing, applaud their efforts, acknowledge their successes, and encourage them in their pursuits. When we all help one another, everybody wins."

~Jim Stovall

"Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great."

~Mark Twain

"Cooperation is the thorough conviction that nobody can get there unless everybody gets there."

~Virginia Burden

"Individually, we are one drop. Together, we are an ocean."

~Ryunosuke Satoro

"Wild ducks make a lot of noise, but they also have the sense to benefit from occasionally flying in formation."

~Unknown

"Teamwork makes the dream work."

~John C. Maxwell

Q: What first drew you to choral music?

A: I've loved vocal harmonies since I was small. I joined my piano teacher's church choir as soon as I was old enough, and have sung in small groups, bands and choirs ever since.

Q: How long have you been directing choirs?

A: I've been directing choirs since college, nearly 20 years.

Q: Do you play any musical instruments?

A: I most often play piano, guitar, ukulele, bass, and banjo.

Q: Are you local? East Coast? Other?

A: I grew up in Kennewick, Washington, where my parents, siblings and niece and nephew still live. After some time in Colorado, my husband I decided to settle in Portland in 2005, since it is relatively close to both of our families.

Q: Would you like to share any information with us about your family?

A: I'm married to Tom, the guy I sat next to in the Gonzaga Choir for 4 years.

Q: Do you have a "day job"?

A: I am the Director of Resonate Choral Arts, an all-ages women's chorus that I started in 2014. I also teach piano, voice and ukulele lessons. They are not exactly "day jobs" but I pack a lot into my afternoons and evenings.

Q: Hobbies, other interests?

A: I love to write--words and music, and I like to putter in my yard.

Q: Was there any particular event that caused your interest in peace/social justice?

A: I've always been an empathetic person. There's a lot of pain and suffering in the world and a lot of behavior and motivations that I don't understand. Consequently, I've been drawn to things that heal, bring joy, and amplify the good. Music can be one of those things. Also teaching.

Q: What other community organizations have you been involved with?

A: Resonate Choral Arts is a women's choir that I started with the intention of creating a safe space for women and teenage girls to connect, learn and grow. For nine years, I worked for the Metropolitan Community Church of Portland. The denomination was founded more than 40 years ago to welcome LGBT folks to church just as they are. I still get to help their "Food Fairies" make lunch for the Women of Wisdom once a month.

Q: Do you have any songs in mind that you think the PPC could do particularly well?

A: There is so much amazing choral music! I've got lots of ideas, but I'd like to spend more time with the group, learning what inspires the choir and what they love singing before I make any decisions.

... Singing for the joy of it!

Q: As a leader and a teacher, what would your immediate goals be for the Peace Choir?

A: My first goals are to learn everyone's names! I'd like to spend some time learning about the goals of the singers and the community. Choirs form for a lot of different reasons, and the "why" will greatly determine what we'll focus on. I'm looking forward to learning a lot about this group and from this group! Then we'll get to do a lot of growing together.

We are all looking forward to meeting Kristin when the season opens, and getting to know her better. While change can be stressful, we are confident that with all of us working together to embody our shared mission and goals, we can help Kristin lead us into an energized and exciting new season; to move forward with a positive attitude and grow.

~bb

Where in the World is the Portland Peace Choir?

Check your autopilot, folks, the PPC will no longer be rehearsing at St. David's. In yet another of this summer's seemingly endless string of twists, turns and changes, we learned that the auditorium where we've been rehearsing all these years would no longer be available to us on Wednesday evenings, forcing us to scramble to find an affordable alternative space to house the choir. Thanks to all the members who gave us helpful suggestions and contacts; with your help we have been able to find a space that should work well for us: the Mt. Hood Lobby of the Courtyard at Mt. Tabor retirement community, 6125 SE Division, Portland. Located at the far East end of the Mt. Hood wing of the main building, this space is open and airy, with a vaulted ceiling and with plenty of folding chairs available, not to mention air conditioning! Unfortunately, there is no kitchen available, so we'll have to make some changes to our Happy Half Hour routine, but that's a relatively minor detail that we can work out, especially given that we'll be able to use the space for free!

Full details about how to find the location, where to park, what entrance to use, as well as a map, have been sent out in the announcements, but we thought you might like to see some photos to give you a general idea about what it's like. We've also included a copy of the map (below). More photos and driving directions can be found on the next page.



Our New Space



Map showing entrances and parking.

Driving Directions

From the East:

Take Division St. westbound and turn right at the first entrance into the Courtyard at Mt. Tabor.

From the West:

Take Division St. eastbound and turn left into the second entrance into the complex (this is actually the third driveway, since the first is an exit only).

Parking: after entering, take a right turn towards the Park building. We can park in any space not marked with someone's name.



Mt. Hood Wing from the driveway. The entrance to the building is to the left, beyond the carports.



Entrance to our rehearsal space from the parking lot



Follow the sidewalk along the building; the entrance is where the trees are.



Turn right from driveway to park near this building. Any spaces without a name on them are available for our use.



Open and airy interior, with vaulted ceiling



The piano and sound system



View from the front of the room

We're looking forward to seeing everyone at our first rehearsal of the season on Wednesday, September 6. Join us to welcome our new Director and help kick our new season off in our new location. See you there!

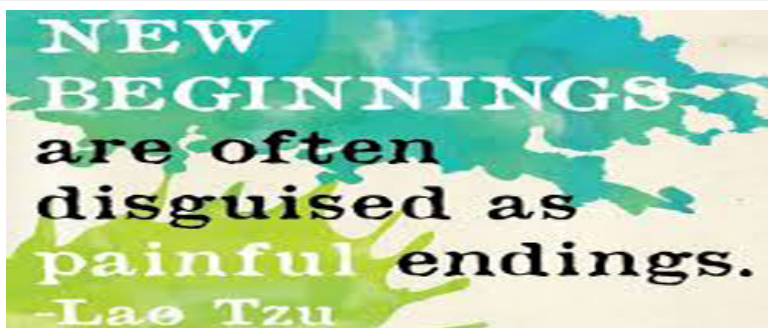
Ready... Set... Sing!

Our new season is fast approaching. What, as singers, should we do to prepare for the upcoming season of regular rehearsals?

Here are a few ideas to get ready for the new season:

- Take a few minutes to sync the chorus calendar to your personal schedule so as to avoid as many conflicts as possible. Know that Wednesday evenings are PPC time and that there will be a HHH each month. Remember to record the valuable info from the weekly PPC emails.
- Find a convenient place for your music folder to live through the week so when you're reviewing your music, you'll have a handy reference. If you don't have to root around the backseat of your car when it's raining and cold, you may be more inclined to look at the music during the week.
- Come to our first rehearsal with notebook, highlighters, pencils and name tag ready to go. Be sure to check **Nicole's Magical Music Vault** for any new music. Your music will be filed under your **first** names, alphabetical order.
- Start singing around the house, in the shower, to the dog, in the car if you've been "off" for the summer. Our voices need to be exercised and prepared to accommodate the demands of two-hour rehearsals each week. Take some time to *listen* to your voice when you're singing, too. We all need to hone our listening skills so that we'll be able to listen to *ourselves* while also listening to other singers around us.
- Notice, enjoy and cherish *missing* singing on a regular basis! It only increases the excitement of coming together with fellow singers after a well-deserved break. The energy we feel when we bring our voices together again is a creative force. Let's respect it and honor it.

Come to the first rehearsal full of enthusiasm and prepared to sing together again for peace, for fun and as an enduring community.



Beat the Heat!

With 2017 shaping up to be one of the hottest summers on record in Oregon, and with the extreme heat continuing into September, we all need to remember to take precautions to avoid heat-related health problems. Here are a few common-sense things to keep in mind when it's extremely hot:

- The most important thing is **hydration, hydration, hydration!** Drink plenty of water, which is better for hydration than beverages with caffeine or alcohol (which can actually cause dehydration.)
- **Stay out of the sun** as much as possible, especially when it's at its highest. If you must be out in the sun, be sure to take frequent breaks in a shaded or air-conditioned area.
- **Loose, light-weight clothing** will help keep you cooler than will heavier, tighter clothing.
- The elderly, extremely young, and ill people are more at risk from heat than most. **Check on your friends, neighbors, or family members who are at risk** from the heat to be sure they're OK, especially if they don't have air conditioning.
- **Pets need water too!** If your pets must be outside when it's extremely hot, be sure they have plenty of cool water and shade.
- **Know the symptoms** of heat-related illness. These include: dizziness, nausea, vomiting, diarrhea, and elevated heart rate. If you suspect heat-related illness in yourself or others, **call 911!** Heat stroke and heat exhaustion are serious conditions and need to be treated by a medical professional.

A Peek at This Season's Repertoire

Since there has been so much uncertainty about what was coming this season, with so much up in the air at the end of last season, we decided to take a different approach to choosing the repertoire for the 2017-2018 season. In response to concerns expressed by many members about the length of the May concert, we decided to try a new approach this season, not only in what music we do, but also in how we choose it and how we will perform it.

The music committee has chosen only five songs that are new to the choir this season, filling out our repertoire with songs we've previously sung, many of which were chosen by choir members' votes.

We plan to have two concerts this season: one in the Fall, where we will sing songs the choir has done previously, including Standards and Favorites, and one in the Spring, where we will sing our new songs, in addition to some of our old favorites. This should give us some flexibility about the songs we sing and the length of our concerts.

The new songs we will be learning are: *Because*, arranged by Jeff Jones; a Civil Rights Medley, arranged by Nicole; *Find the Cost of Freedom/For What It's Worth*, arranged by Jeff Jones; *There Is Peace*, and *One Day*, a choral arrangement of a Matisyahu song. We also chose to bring back *Pride*, in honor of the 50th anniversary of MLK's assassination, and *Cantar*. We asked choir members to choose five songs, and got an impressive 35 responses to our survey, with *Music Lead the Way* getting the most votes, followed by *Gentle Arms of Eden*, *At the Unnational Monument*, and *Great Trees*. Strangely, we ended up with a 3-way tie for 5th place with *Deep Peace*, *Earth Song* and *Imagine* all getting equal support.

We're looking forward to seeing how the season develops, and singing under the leadership of our new Director.

Suggestion Box

This is an opportunity for you, our readers, to tell us our idea for ways to improve our choir. Please send your suggestions to us at:

barbaraPPC@comcast.net

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

Suggestions:

- Many thanks to all the folks who remembered to bring fans to the August 9 rehearsal!
- So happy to see everyone back for a new season!
- It was wonderful to see so many old friends at the auditions for our new director. No matter who the final choice is, we can't go wrong with either of these talented and engaging women as our new leader!



Professor Jones' Musical Terms™

Professor Jones is on hiatus this issue, spending his time writing arrangements and making Green Room recordings, but he'll be back next issue with more musical terminology gems for our delight and edification.



PPC Reiki Practitioner Healing Circle

A Reiki circle creates a space that combines the sacred with a universal healing energy. It honors all aspects of the healing system: the spiritual principles as well as the hands-on energy work.

The circle works on all levels: the emotional, the physical and the spiritual.

By honoring the circle and enlivening it with a spirit, with Reiki, the highest good for all comes through.
For us, for the planet.

JOIN US:

Friday, September 29, 1-4
refreshments to follow
12424 NE Rose Parkway 97230
(Penny B's house)
To RSVP text 503-453-9085

PPC Happenings

• Wednesday, 9/6: New Season Begins

at our new location: the Mt. Hood Lobby of the Courtyard at Mt. Tabor, 6125 SE Division, Portland.
Please join us to welcome our new director and reconnect with our choir family. Rehearsal starts at 7pm, doors open at 6:30. Come and join the fun!

• **Community gigs:** Some of these are tentative and further details will be announced as they are confirmed.

Sunday, 9/10, 3 – 7pm: Ainsworth Street Collective neighborhood potluck. We have been asked to sing at this event, starting at 4:00 pm. Final details will be announced at our first rehearsal. Hotdogs, hamburgers, veggie burgers and some beverages will be provided. Please bring a dish to share.

9/23/17 Sherwood Day of Peace: PPC has been invited to participate in this event again this year. Details to be announced.

Saturday Market: We have a potential gig at Saturday Market in early Fall, likely in October, date/time TBA. This is a fun gig, with lots of opportunity for outreach.



PEACEMEAL is a publication of the
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