

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

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- International Day of Peace
- Care and Feeding of Choir Notebooks

Help! Help! Help!

I hope you have all enjoyed my efforts in putting out this newsletter solo for the past year. My goal is for Peacemeal to be a vehicle for communication, sharing and entertainment and an opportunity for choir members to learn and interact. In order for this to work, it needs to be truly a community effort; the more input I get from members, the more successful and enjoyable this newsletter will be.

To that end, I really need your help. I'm grateful to the members who have contributed in the past with articles, photos and ideas, but I really need more.

I encourage anyone who has anything at all to share, whether it be articles, ideas, photos, suggestions, recipes, thoughts about the choir ... anything, really ... to contact me at barbaraPPC@comcast.net, or even just talk to me at rehearsals. With your help I can make the newsletter even better for all of us.

~bb

Welcome Back, Singers!

It's been a while since I put out an issue of the newsletter, and since the new season will be starting soon, it's time for me to get back in the swing of things. So, here's a brief edition to whet your appetite for our tenth season of music and fellowship.

This year's Fall term will start on Wednesday, September 5, and we're looking forward to a new season with old friends, new friends, and new opportunities for growth, outreach, singing and fun.

We'll be starting off with something a little different this time around. Our first meeting will be an "Open House", where we'll invite visitors to come and see what we're all about. There'll be Happy Half Hour-style refreshments, hosted by the Steering Committee, starting at 6:30 pm, and the evening will include some activities to help us get to know each other a little better. We'll also be singing, of course, probably starting off with some Standards and maybe a few favorites. Some new songs might crop up too ... who knows?

If you know anyone who might be interested in seeing what the choir is all about, invite them to come to the Open House and check us out. Friends, family, kids, acquaintances, the guy next door ... everyone is invited and everyone is welcome! So, get your voices warmed up and ready to sing and join us for our Open House to kick off the new season.

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Food for Thought

He who sings frightens away his ills.
~ Miguel de Cervantes

Some days there won't be a song in
your heart. Sing anyway.
~ Emory Austin

As long as we live, there is never
enough singing.
~ Martin Luther

Let us go singing as far as we go: the
road will be less tedious.
~ Virgil

The only thing better than singing is
more singing.
~ Ella Fitzgerald

Singing is just a feeling set to music.
~ Carrie Underwood

You can cage the singer but not the
song.
~ Harry Belafonte

The total person sings, not just the
vocal chords.
~ Esther Broner

He who sings prays twice.
~ St. Augustine

Singing is such an excellent thing that I
wish all people would sing.
~ Richard E. Byrd

There is delight in singing, though none
hear beside the singer.
~ Walter Savage Landor

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In an effort to reach new people with our message, we're planning to promote ourselves more this year by pursuing a media presence and holding fundraising events. We've started this process off with a restaurant fundraiser at Chez Machin, where around 30 members, family and friends raised \$114 for the choir ... not bad for a first try ... and by running an ad at the Academy Theater that will show before their movies to invite folks to join us for our Open House. We're also putting notices in *The Oregonian* and other media outlets, and we've started a Meet-Up page that will inform people about our rehearsals and gigs. In addition, Kristin will be adding information about our schedule to the PDX Choral Calendar, as she currently does for Resonate. We're hopeful that these efforts will let more people know about us and enable us to reach more folks who might share our passion for singing and promoting peace. It's an exciting step forward, and we're hoping we'll be able to recruit enough new members to make us more financially secure and sustainable.

We would also welcome any additional ideas our members may have for outreach and growth. If you can think of any other avenues we can explore, please send them to any Steering Committee member. You could also send them to me for our Suggestion Box, and I'll make sure they get to the appropriate people.

Another exciting event for the coming season: PPC will be hosting the Joint Peace Choirs festivities next February (Presidents' Day weekend). In addition to the usual suspects, we'll be joined this year by Aaron Nigel Smith and One World Chorus, a children's choir based in Lake Oswego, with connections in LA, Jamaica and Kenya, working to encourage music as a path to tolerance and diversity. There will be a workshop and dinner on Saturday and the big concert with all choirs participating on Sunday. While a location has not yet been finalized for the event, we'll keep you posted.

We're looking forward to an exciting new season and hope that you'll all join us for the fun. See you on the 5th!

~bb



The Care and Feeding of Choir Notebooks

Those who have been with the choir for a while know what an important resource our choir notebooks are, and how essential they are as learning tools and memory aids. While the notebook's setup remains the same from year to year, it needs to be updated for each new season with the new music for our current repertoire, as well as changes to our Standards. This article will let you know some of what to expect musically for the new season.

New Fall Concert Music (Theme for the concert: Common Threads)

First step: remove the concert repertoire from last season from your books to make room for the new. You'll be getting a list of the new repertoire songs soon.

The music for John Lennon's "Love" is in the new list. If you attended the summer session, you'll already have it; just file it under the new repertoire section. If you didn't, you can find it in the Magic Blue Box.

"Seasons of Love", from the musical *Rent*, is also on the agenda again for this season. If you're looking for it in your old music files, it's the "Five hundred twenty-five minutes ..." song from the Spring 2015 concert. Please look for it *now* ... I'll be making extra copies next week for new members and anyone else who needs it.

For those who like to make dividers or tabs, there will be eleven songs on the list for the Fall concert. Everyone will be getting five of them on Wednesday: *Do It Now*, *Ella's Song*, *May the World Be Peaceful*, *Show Me Love*, and *We Are a Circle*. The rest will be coming the following week.

Standards:

Keep your Standards section as it is for now. There is only one new addition and three removals in the Standards section; keeping these songs together in a separate section will make finding and updating them much easier. You'll be getting a new list page to let you know what to keep and what to toss (or add to your archive of former music).

We're trying something new this season by making PDFs of our music available on the Green Room for download. If you want to do your own printing or use an e-device for your music, please sign up for it this week. While we don't have these files available for your downloading pleasure as yet, they will be soon. There will also be order forms for singers who want practice CDs. They'll be on the same table with the Magic Blue Box.

Can't wait to see everybody on Wednesday (with my new bifocals)!

~ Nicole K. (tenor)



International Day of Peace Celebration

The International Day of Peace ("Peace Day") is observed around the world each year on September 21. Established in 1981 by the United Nations, it was declared a day devoted to "commemorating and strengthening the ideals of peace both within and among all nations and peoples."

The 2018 theme for Peace Day is "The Right to Peace". Globally, there are many diverse and meaningful ways to engage yourself on this day. For ideas, visit the International Day of Peace [website](#). Peace Day provides a globally shared date for all humanity to commit to Peace above all our differences and to contribute to building a shared Culture of Peace.



This year, the Portland Peace Choir will join at least two other choirs to celebrate International Day of Peace. PPC, Sing Portland, and Everybody Sings will come together on September 21st to unite and share an evening of song and music. The concert will be held at Rose City Park United Methodist Church at 7 pm. We're still working on the details so be sure to check our [website](#) and Facebook page for more information.

~Sandy L. (soprano)

Dues Increase This Season

It is with regret that we have to announce that our financial situation is forcing us to raise our monthly dues from \$25 to \$30. Our dues cover the salaries of our director and accompanist, as well as most of our operations budget. I say "most" because we also rely heavily on donations. Donations help with special projects, unexpected costs, and scholarships, but the majority of our obligations are financed by dues.

Since we do not turn away anyone with financial insecurities, our donations have become more important to us because they let us offer scholarships to those who may not otherwise be able to afford the dues. The Mike Tinkham Scholarship Fund was set up many years ago after the passing of one of our early and beloved members. His wife, Mary, who continues to sing with us, wanted the fund established so that singers could fully participate without having the burden of paying if they needed financial support. About 15% of our members need a scholarship, and we are so grateful to the Tinkham family for providing the seed money to create this fund. If you would like to donate, please visit our website or see our Treasurer, Susan W. (tenor) at the check-in table at rehearsals.

As always, we truly appreciate your help and support.

~Peter L. (tenor), Steering Committee Chair

PPC Happenings

Open House: Wednesday, September 5, 6:30-9pm

in the lobby of the Mt. Hood Wing at the Courtyard at Mt. Tabor. Our first meeting this year will be open to the public and will feature a Happy Half Hour at 6:30, followed by activities designed to help us get to know each other better. And of course, there'll be singing! Bring your friends and family along to see what we're all about.

Fall 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!

International Day of Peace gig: Friday, September 21, 7:00 pm, Rose City Park United Methodist Church:

We will join Sing Portland and Everybody Sings to share an evening of song and music. The details are still being sorted out, so stay tuned for more info.

See the article on p. 4 for more information on the International Day of Peace.

Sectionals with Kristin: Each **Wednesday, at 6:30 pm** (except the 1st Weds., when we hold our Happy Half Hour) in our regular rehearsal space, Kristin will meet with one section of the choir to help work on current songs and problem areas.

The schedule for this season will start on 9/12, probably with the Soprano section. Stay tuned for more details.



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:
barbaraPPC@comcast.net

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

Suggestion:

Hi, Peacemeal folks. I have a suggestion for you. Why don't you ask more members to send in suggestions? Any ideas members might have would be interesting to see and most welcome!

~ Barbara B. (tenor)

Recipe Corner

Check out these recipes, some favorites submitted by Carrie S. and Penny B. (sopranos). Carrie's zucchini casserole is a quick and nutritional family favorite, and Penny's easy chicken casserole is comfort food incarnate. Try them and enjoy! PS: please submit your favorite recipes to us ... the more, the merrier!

Penny's Chicken Casserole

Ingredients:

4 or more cups of shredded, cooked chicken
(I like to buy a roasted chicken at the store and shred both of the breasts ... that makes the perfect amount for an 8 x 8 casserole pan)
2 cups of egg noodles
1 can of Cream of Chicken soup
3/4 cup of mayonnaise
Juice of 1 lemon
Sharp cheddar cheese to taste
Yellow curry to taste
Black pepper to taste

Directions:

- Cook noodles according to directions on package and set aside.
- Mix the cream of chicken soup, lemon juice, mayonnaise and curry to make the sauce.
- Layer ingredients into the pan: 1st the noodles, then chicken, then sauce. Repeat the layers, ending with sauce.
- Top the casserole with the cheddar cheese.
- Bake at 350° for 30 minutes.

This casserole pairs well with broccoli as a side, as it tastes similar to Chicken Divan.
Easy to make and remember!

Carrie's Squash Stuff

Ingredients:

3 zucchini squash	1 large can of
3 yellow summer squash	Italian tomatoes
2 stalks celery	Parmesan cheese
1 onion	

Directions:

- Cut squash in slices, then quarter slices.
- Cut celery and onion.
- Boil these together until al dente
- Drain and put in casserole dish, along with tomatoes (cut up) and their juice.
- Sprinkle Parmesan cheese on top.
- Bake at 350°, uncovered, for 1/2 hour.
- Enjoy!



Opportunities to Sing or Listen

- **Friday, September 7 – Sunday, 10/14:** Come see our own Jeff Jones in the Lakewood Center for the Arts production of the musical **Pippin**. Jeff will be playing in the band for this production, which will be held at the Lakewood Center, 368 S. State St., Lake Oswego. For more information about performance dates, times and tickets, visit <https://www.lakewood-center.org/pages/lakewood-play-Pippin>.
- **Friday, September 14, 7 – 9 pm: 2nd Friday 60s and 70s Harmony Singers** at Friendly House, NW 26th & Thurman St. (FREE) This is a Meet-Up group especially for people who like to sing (or try to sing) harmony! You don't have to join – just show up! Several PPC members and former members have been attending these sessions, but we'd still like to see more altos and sopranos! Songbooks are provided, or join the Meet-Up group and download the e-version (which includes links to You Tube videos of all the specific versions of the songs we're singing!) <https://www.meetup.com/Song-Circle-Folk-Music-singalongs-from-the-60s-70s/> **Note:** come early (like 6:30ish) for this one ... it's street parking only and the swifts will probably be flying at Chapman School nearby!
- **Sunday, September 16 (Note – new time and place): Portland Sings!** with Mark Bosnian at **Artichoke Music**, 2007 SE Powell Blvd. Cost: \$8 – 15 (sliding scale). Go to <http://www.portlandsings.com/> for digital songbook download. Bring your laptop or e-devices, print a copy or look on with a friend. Check out the songbook on the website for the variety of songs we sing. Newest additions are "Johnny Angel", "Mrs. Robinson" and "Ticket to Ride".
- **Friday, September 21, 7 – 9 pm: 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 Up Singing" songbook. Bring your own copy if you have one – there are some loaner books available to share if you don't. Use the link from 2nd Friday's Meet-Up page above for address and map.
- **Saturday, September 29, 3 – 5:30 pm: Rally on the Risers:** Fundraiser for Marathon Scholars. Location: First Baptist Church, 909 SW 11th Av., Portland (gorgeous old church). Tickets \$12 online or \$15 at the door. Go to <https://marathonscholars.org/events/rally> to check out their website. This organization provides mentors for low income students starting in the 4th grade. Objective: to graduate from high school and college (thus the "Marathon" name). The concert features a "competition" among singing groups. This year we have Bridegetown Sound (award winning men's barbershop chorus), Cantico Singers (a cappella "from Bach to Beatles"), and Portland Interfaith Gospel Choir (soulful contemporary gospel). Come enjoy and vote for your favorite group – and support a fantastic organization!



PEACEMEAL is a volunteer publication of the Portland Peace Choir.

Barbara Burnett: Editor, Writer, Designer

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