

PEACEMEAL

| A Volunteer Effort of the Portland Peace Choir |

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NEW New Year's Resolutions

Make the usual unusual

This year, spice up your routine by vowing to do one small thing differently each day or week. Wear something you wouldn't normally wear, run a different route, or order a different coffee, perhaps. Also, don't fall into the trap of postponing your happiness by saving everything special "for best". Instead, brighten up a routine day every so often by wearing your diamond earrings, your favorite silk underwear, or eating those fancy chocolates washed down with a glass of champagne!

Make a new friend a month

Fact: friends are great for your health, and the more you have of them the better. So, why not make it a New Year's resolution to start collecting them? Making friends with people with different personalities and interests from you can be particularly beneficial in helping you to broaden your horizons, explore different sides of your personality and find new ways to get the most out of life.

Learn something you never learned as a child

Do you know how to do a handstand or ride a bike? For this New Year's resolution it's time to nurture your inner child and learn that thing that you never learned to do. Whether it's how to spell 'necessary' correctly, how to ride a bike or swim, we all have something we never learned as a child that everyone else seems to know. Set this to rights and have some fun at the same time by redressing this gap in your knowledge. Your younger self would be proud!

501(c) (3) Status: What Does It Mean for the Choir and for You?

So you've heard us announce that we've applied for 501(c)(3) status, and you may be wondering exactly what that means. What is 501(c)(3) status, and why is it important to us?

Obviously, the main benefit of which we are all aware is that now any donations people may want to make to the choir are tax deductible. There are also several other key benefits to having 501(c)(3) status that may be less well known but are equally important.

- Any income the choir earns will be tax exempt.
- Official recognition of our non-profit status makes our organization seem more credible to the public and other entities. We can clearly state our exempt status on all promotional materials and on any applications we fill out.
- Having official non-profit status makes us eligible for grants on federal, state and local levels. Most funders require an organization to have 501(c)(3) to be eligible to apply for a grant. They won't even consider an organization that is not registered as a 501(c)(3) entity. (We have received a certificate to show as proof of our status as our application has been approved by the IRS.)



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Who Said That?

"Individuals have international duties which transcend the national obligations of obedience. Therefore, (individual citizens) have the duty to prevent crimes against peace and humanity from occurring."

~Nuremberg War Crime Tribunal

"Each time a person stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope, and crossing each other from a million different centers of energy and daring, these ripples build a current that can sweep down the mightiest walls of oppression and resistance."

~ Robert Kennedy

"The right way is not always the popular and easy way. Standing for right when it is unpopular is a true test of moral character."

~ Margaret Chase Smith

"Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek."

~Barack Obama

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has."

~ Margaret Mead

My definition of a free society is a society where it is safe to be unpopular."

~Adlai E. Stevenson

"A day without sunshine is like, you know, night."

~Steve Martin

- Being a 501(c)(3) qualifies the PPC for participation in literally hundreds of governmental programs operated by the Federal and State Governments.
- Having 501(c)(3) status makes us eligible for discount postage rates and special non-profit mailing privileges. The United States Postal Service gives nonprofits the option to take advantage of special bulk mailing rates which can in turn save the choir a lot of money.
- Many media outlets often give free or discounted rates for radio, TV announcements and press releases from nonprofit organizations. When planning to advertise an event or make a public service announcement, be sure to tell the outlet that we are a 501(c)(3).
- Many expenses we incur as part of our routine choir activities can be used as tax deductions: gas and mileage for rehearsals and concerts. We can deduct the cost of getting to and from St. David's (and Eugene). If you do not want to figure the exact cost of gas and oil used, you can calculate your deduction using the rate of 14 cents per mile driven. (IRS Standard Mileage Rates are subject change so be sure to check before you make a declaration.)
- Parking, lodging, taxis and Ubers used for choir-related activities are deductible expenses. Even the white clothing we need for concerts can be considered as uniforms or "costumes" and can be deducted as long as that particular outfit is relegated as such and not used for everyday wear.



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- Having a 501(c)(3) also provides lower membership rates to places like the Sam’s Club or Costco. Plus, it’s always a good idea to ask, when picking up supplies for the bake sale, for instance, if the purveyor honors non-profit rates.
- Once we get the PPC 501(c)(3) registered with Fred Meyers (it will take approximately 3 weeks), we encourage members, friends and family to sign into their accounts and link their Rewards Card. At the end of each quarter, Fred Meyer will make a donation to participating nonprofits based on the accumulated spending of the Rewards customers linked to each nonprofit. (More is more!) We’ll let you know when this is active. Amazon also has a rewards program which we will sign up for and also encourage participation.
- In addition, other local businesses have employee matching grants for community non-profits. CVS, Starbucks, BestBuy, Kaiser Permanente, Verizon, Dick’s Sporting Goods, Nike or Nordstrom will do a 1:1 matching grant for local non-profits. If you or a supportive relative are employed by any of these companies, please consider enrolling in a matching program.




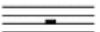






Editor’s Note: *Mary T. received an email from the IRS on 12/31 saying our 501(c)(3) status is confirmed! We’re official! Hooray!*

Prof. Jones’ Music Terms TM

Another installment in our continuing effort to demystify some of the arcane musical terms we encounter in our arrangements and at rehearsals ... this month we look at some rhythmic terms and notation.

Note Lengths: A whole note typically lasts for 4 beats; a half note is half as long (2 beats); a quarter note is half as long as a half note, etc. You can tell how long a note lasts by how it looks (see below).

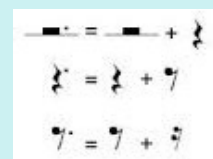
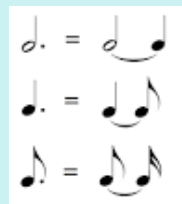
Rests: For each note length there is a corresponding rest which indicates silence for a specific length of time: whole rest, half rest, quarter rest, etc.

Name	Note	Rest
Whole Note		
Half Note		
Quarter Note		
Eighth Note		
Sixteenth Note		

Tied Notes: When two notes of the same pitch are “tied” together, the two notes are combined into one longer sound, for instance, a half note tied to a quarter note lasts as long as three quarter notes.



Dotted notes and rests: a dot after a note makes the note last 50% longer. For example, a dotted half note lasts as long as a half note + a quarter note (or 3 quarter notes). The same applies to rests.



Fermata: (not a type of cheese) This symbol indicates that the note (or chord) below it is to be held until you are directed to move on. It doesn’t matter what the original length of the note was (quarter, half, whole, etc.), if you see this symbol above it, you hold it. If you see this symbol upside down it means the same thing, but applies to the note or chord above it.



The Story Behind the Song: About Those Muppets

While "Bein' Green" has since won praise as one of the most poignant and profound statements on racial and human differences ever recorded, the song grew out of a simple request by one of the show's producers: "We need a song for the frog." It was written by Joe Raposo in 1970, originally performed by Jim Henson as Kermit the Frog on both Sesame Street and The Muppet Show. When first recorded, the title of this song was only "Green".

In the Muppets version, Kermit begins by lamenting his green coloration, expressing that green "blends in with so many ordinary things" and wishing to be some other color. But by the end of the song, Kermit recalls positive associations with the color green, and concludes by accepting and embracing his greenness. Since then, the melancholy ballad has been performed by Frank Sinatra, Diana Ross, Ray Charles, Tony Bennett, Andrew Bird and fellow pea-colored Muppet Oscar the Grouch. The song has been used to in promotions for Ellis Island, IBM, Lipton Tea and the US Immigration Service.



The frog

"Rainbow Connection" was written by songwriters Paul Williams and Kenny Ascher for *The Muppet Movie*, which came out in 1979. In the film, it is sung by Kermit The Frog as the Muppets set out to find adventure. In the *Music, Mayhem and More!* CD booklet, Williams briefly shared the creative process that surrounds "The Rainbow Connection" and the movie's finale, as follows:

"It's one of two favorite songs I've written in my life, and oddly, they're both from *The Muppet Movie*. (The other is 'I'm Going to Go Back There Someday.') When we started working on the film, Kenny and I and Jim and Jerry Juhl all agreed that we had to establish Kermit's soul from the very beginning. And to do that, he has to ponder some big questions. Kenny and I began to write this song -- the song addresses that inner voice that tells Kermit he can try to do these big things. Then Jerry Juhl did this great thing in the script at the end, when the stage explodes and the end of the rainbow appears -- the actual 'rainbow connection.' That's the proof of the whole Muppet philosophy."

Williams later recalled "The amazing thing about the song is that it's a song about questions instead of answers... We start out with Kermit sitting in the swamp... We looked at it and said, well what has he got? He's got water, he's got air, he's got light. You have refraction, you have rainbows. So the first line came immediately."



The original Mahnas

If there's any song that doesn't have a malicious meaning hiding underneath, surely it's "Mahna Mahna," that innocent, happy song from the Muppets that doesn't have any words. Right?

Wrong.

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As it turns out, "Mahna Mahna" wasn't written by Jim Henson and it wasn't for the Muppets. Instead, the song was written by a man named Piero Umiliani for a film called *Heaven and Hell*, which is a documentary about the wild sex lives of Swedish women.

The original title of the song was "Viva la Sauna Svedese" ("Hooray for the Swedish Sauna"), and it was meant to accompany a group of Swedish nymphomaniacs jumping into the sauna. That really doesn't sound like something that Kermit the Frog would do.

But it's no accident that "Mahna Mahna" landed on the Muppets. The song was handpicked by Jim Henson, who seems to have known exactly where the song came from. ~tk

Get to Know Your Fellow Singers

Let's make 2017 the year that we get to know something about every choir member. Time to get involved. Here's your opportunity to make new friends, share a little about yourself. Come on altos!

This issue, meet: tenor, Tracie K.

As a vagabond by choice, I've lived in all quadrants of the US. While it's not at all accurate, I claim Vermont as "home". My only son lives in Portland, and now do I.

With an almost abnormal appreciation for dogs, I anticipated going to veterinary school. However, as I am completely unable to do arithmetic, I tanked in the first quarter of pre-med math. The next step was to attend art school as no maths were required. I earned a BFA in Design and and MFA in Design Theory which is a fancy way of saying "why do people buy what they buy".

I spent 22 years in the design field in my own firm (in Ohio) focusing on industrial and retail advertising. I've been in coal mines, steel foundries and every other sort of factory learning my clients. In those years, too, I achieved one of my art school goals, to design something people would actually remember. I did the original draft of one of the world's most recognizable, iconic, retail logos for which I receive absolutely no compensation. However, by the time Macs and PCs appeared on every kitchen table and the intrigue of how art got on paper became much less of a mystery, I had reached critical mass and went to the dogs, literally.

I designed, built and operated for 12 years, See Spot Run kennel in Jeffersonville, VT, the first community play kennel in the state. SSR got a mention in the NYT which, in our family, is comparable to being on the Rosetta Stone. In those years as I watched my charges become fat and unhealthy, I became intrigued with the concept of health through diet as it seemed to be the only possible collective reason so many of my little friends were smelly, out-of-sorts and ill. I sought out and eventually mentored with, at the time, the crazy vets with strange ideas who are now Oprah's and Martha's personal vets and international veterinary superstars. Currently, I operate under the title of **LaudableDog**. Behavior, nutrition and common sense. I love what I do. (I work with cats, too.)

As for singing, it's in the family. My grandfather sang with the Polish Men's Industrial Union Chorus in the 1920's in the Bronx, NY. It only seems fitting that I'd be part of the Peace Choir now. Dziadzia would be proud.

Next step? If the US completely falls apart in the next four years, my boy, my dog and I are off to Patagonia. (There is never any dreadful news from Patagonia.)

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:

This year...

The PPC or parts of the PPC need to make appearances at rallies and protests to share what we believe through songs that enrich and enliven. Let's DO it!

Please include photos with singer bios. I love learning about other people in the choir, but it'd be even more helpful if you could include a photo so we can associate a face with the name and the story. Names aren't always familiar, but it's easy to recognize faces!

Opportunities to Sing or Listen

- **January 7 - 6pm** Benefit Concert for the Homeless - Portland Interfaith Gospel Choir, Oasis Church 2530 SE 89th (and Division), Portland, Oregon 97266 (Donations gratefully received). Combines our holiday and fall concert music for a good cause without buying a ticket. (This was a concert postponed from December.)
- **January 13 - 7-9pm** 2nd Friday 60's and 70's Harmony Singers at Friendly House (FREE)
This is a Meet-up Group especially for people who like to sing harmony - encouraging more altos and sopranos! We provide songbooks or join Meet-up group and download e-version (with YouTube links to all songs). <http://www.meetup.com/Song-Circle-Folk-Music-singalongs-from-the-60s-70s/>
- **January 15 - 3-5pm** Portland Sings TaborSpace SE 55th and Belmont (\$5-10 sliding scale). Google Portland Sings or Mark Bosnian and get the page link for the songbook. Bring your e-devices or you can print the book.
- **January 15** PIGC Fall Concert at Alberta Rose Theatre Special guests: Jefferson High School Dancers
- **January 16 - 11am-6pm** 32nd Annual MLK Jr Celebration - Keep Alive the Dream
Highland Church 7600 NE Glisan St. Portland (\$5 or 5 cans of food) Victory Village and Bazaar, great food. Gospel Choir is singing about 5-5:30pm. (NOTE: Plan on street parking and walking!) <http://worldartsfoundation.org>
- **January 20 - 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 old "Rise Up Singing" songbook!
- **January 20 - 8pm** Choir!Choir!Choir! at the Aladdin Theater. Tickets \$20. Doors open at 7. Come be a part of the C3 experience!
- **January 22 - 6pm** Come Celebrate Robert Burns Birthday with a Revels Pub Sing - Raven and Rose (in the Rookery)
1331 SW Broadway (\$10). Get tickets online at <http://portlandrevels.org/>
- **January 28 - 7:30pm** Vi Voce Winter Concert: "Of Fools, Frogs and Fearless Women"
St. Michael's All Angel's Church 1704 NE 42nd Ave. Reception following (\$12-15) <http://portlandrevels.org/calendar/vivice-singers/>
- **January 29 - 4:30pm** Vi Voce Winter Concert: "Of Fools, Frogs and Fearless Women" Grace Memorial Episcopal Church
1535 NE 17th Ave. (\$12-15) Get more information and advance tickets online at <http://portlandrevels.org/calendar/vivice-singers/>
- **January 29** - Ladysmith Black Mambazo at the Aladdin Theater. Tickets: \$35. Join the PPC tenors and basses for dinner before the concert. Possible food venue: The Lamp Tavern next door to the theatre! Happy hour 3-6pm (looks like top price is \$5 for burgers, salads, etc.) Adult beverages. They have a large table for 10-12 and a couple of smaller ones nearby. No reservations but someone could go early and snag it for us. <http://www.thelamptavern.com/>
Any other suggestions for food near the theatre?

PPC Happenings

Sectionals with DavEd: Held at 6:30 before Wed. rehearsals.

<p>1/4 – tenors 1/11 – basses 1/17 – sopranos 1/24 – altos</p>	<p>2/1 – Happy Half Hour hosted by the tenors & basses</p>
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PPC Post- Holiday Party : Join us at **6:30pm** on **Friday, 1/6** at Penny Biel's house (12424 NE Rose Parkway) for our annual holiday get-together. Partners/spouses and children are welcome. Bring a potluck dish to share (veggies, fruit, salad, main course, desserts) and your own beverages, as well as plates, cups and utensils.

Also bring songs to share because how can a group of singers get together and not sing a little!

MLK Celebration gig: Sunday, **January 15, 2017** at **4pm**, at the Southminster Presbyterian Church, 12250 SW Denney Rd, Beaverton. We will be singing several times during the program, songs to include Last Night I Had the Strangest Dream, Pride and We Shall/We Shall Not.

Earth Day Celebration: Friday **April 21, 2017** at **7:30pm** at the Old Church, 1422 SW 11th, Portland.

Joint Peace Choir event: on President's Day weekend, **February 18 – 19** in Eugene. Workshop will be on Saturday, **2/18**, joint choir dinner Saturday night, with the concert on Sunday, **2/19** at **2pm**. See Peter to sign up and pay for these events. Reservations need to be made as soon as possible. Let Peter know if you have questions or need homestays.

Thanks to Greg for this alert!

Bass Greg brought this event to our notice: an opportunity to experience Choir!Choir!Choir! first hand at the Aladdin Theater on January 20. Here's a little background on the project:

In 2011, Nobu Adilman and Daveed Goldman co-founded Choir! Choir! Choir!, a twice-weekly singing event with revolving participation from over 12,000 members that invites non-professional singers to belt out pop hits in venues across Toronto; no auditions or commitment required.

Blurring the lines of audience and artist, the choir has performed with punk legend Patti Smith, Tegan and Sara, Sloan, and Hey Rosetta!, and at major events such as TEDx Toronto and The Polaris Music Prize Gala. The choir has been featured in the Globe and Mail, Fast Company, and on NPR and CBC's The National. Adilman and Goldman now present the ideas behind the choir in inspiring interactive keynotes to audiences across North America.

The duo teach their three-part arrangement of a popular song to an audience divided by pitch, then lead a live performance of the song.

And, they'll be in Portland, at the Aladdin on January 20. Get your tickets (\$20), bring out PPC business cards (for recruiting) and let's go SING!

Want to learn more? Here's link to a comprehensive article about Choir!x3

<http://www.newyorker.com/culture/culture-desk/breathing-new-life-into-pop-songs-with-choir-choir-choir>



NO SMELLS, PLEASE

Please remember that our chorus has a fragrance-free policy.

Because we are a large group and some members are very sensitive or allergic to fragrances, it is important that members refrain from wearing scented products to rehearsals or performances.

Here are a few guidelines for all rehearsals and performances:

Please do not wear perfume, cologne, essential oils, bug repellent, scented aftershave or *any* other products that contain fragrance.

Please do not wear hair products, lotions, deodorants or other products with fragrance as one of the ingredients.

Note that *unscented* is not the same as *fragrance free*. Unscented products have a masking fragrance, which will be noted in the label.

PEACEMEAL is a publication of the Portland Peace Choir

Tracie Korol: Editor and Writer

Barbara Burnett: Writer, Designer

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