

PEACEMEAL

| A Volunteer Effort of the Portland Peace Choir |

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PPC Says Farewell to David



As you have probably heard, David Edwards is leaving PPC to move on to new ventures. David has led the choir for the last four years, and we have all appreciated his energy, his talents and his enthusiasm for singing and for our mission.

Under David's leadership, the choir has explored more complex and challenging music, and sung in a variety of styles, languages and rhythms. David's charisma, style and sense of humor have encouraged fun and laughter in our rehearsals and pride in our performances. While a parting of the ways is always a difficult time, we wish David all the best in his new endeavors, and peace and happiness in his life with his new bride.

The choir is now looking forward as we search for a new director to lead us into the future. The Steering Committee would like to have as much community involvement as possible in choosing our new leader, and encourages any choir members who are interested in helping with the interview and selection process to contact them. Together we can make this change into an exciting opportunity for growth and progress as we move forward to embrace the future. ~bb

PPC Partners With Peace of the City Film Series

On Friday, May 26, a small but enthusiastic group of PPC singers performed to open the program at the screening of "Almost Sunrise", the final installment of the 2017 Peace of the City Film Series. Directed by Amy in David's absence, the choir performed *Last Night I Had the Strangest Dream, For the Children, Wakati Wa Amani, Let There Be Peace on Earth* and *We Shall Overcome*.



The crowd sang along with the familiar songs and smiled along with the ones they didn't know. It was a very enjoyable performance, and many of us stuck around for the screening of the film. The film is a feature-length documentary following two Iraq war veterans as they undertook a 2700-mile walk from Milwaukee, WI to Santa Monica, CA in an effort to deal with their experiences in the war and avoid suicide, which according to VA studies claims the lives of 20 or more veterans a day.

We weren't sure what to expect, but the film was so well done and the story so powerful that we were all glad we stayed. The film brought out how damaging war can be to the young people who are involved in fighting it; even

those who return home physically unharmed may be emotionally damaged by what they have witnessed and done, and there are few effective systems in place to deal



Courtesy of Thoughtful Robot Productions

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Who Said That?

"We can never get a re-creation of community and heal our society without giving our citizens a sense of belonging."
~ Patch Adams

"We can begin by doing small things at the local level, like planting community gardens or looking out for our neighbors. That is how change takes place in living systems, not from above but from within, from many local actions occurring simultaneously."

~Grace Lee Boggs

"Surplus wealth is a sacred trust which its possessor is bound to administer in his lifetime for the good of the community."
~ Andrew Carnegie

"Average people and the average community can change the world. You can do it just based on common sense, determination, persistence and patience."
~ Lois Gibbs

"The impersonal hand of government can never replace the helping hand of a neighbor."
-- Hubert Humphrey

"We abuse land because we regard it as a commodity belonging to us. When we see land as a community to which we belong, we may begin to use it with love and respect."
~ Aldo Leopold

"A community is democratic only when the humblest and weakest person can enjoy the highest civil, economic, and social rights that the biggest and most powerful possess."

~ A. Philip Randolph

"With all things and in all things, we are relatives."
~Sioux Proverb

Peace of the City

cont'd. from p. 1

with this type of trauma, what the filmmakers term "moral injury". How these two friends were able to learn to cope with these experiences and begin the journey back to the people they were before they witnessed and participated in the horrors of war is a very moving and powerful story and well worth watching. For those who were unable to attend, the film will be shown on the PBS series POV on November 13 (check OPB's calendar for exact air times).

Visit <http://sunrisedocumentary.com/> to view trailers and to explore the many ways you can become involved.

The *Peace of the City Film Series* was founded in the week after the 2016 presidential election, as a direct response to the landscape of political and cultural polarization that the election outcome revealed,



and in an effort to give a voice to visionary film-makers who are addressing important issues that more mainstream media have neglected.

The series is a project of New York-based documentary distribution firm [Film Sprout](#), and is programmed and curated by Film Sprout's founder Caitlin Boyle, who lives in Southeast Portland. Intended as a forum for nonpartisan dialogue, civic engagement and citizen education, the *Peace of the City Film Series* is supported by the generous donations of its audiences, the hospitality of the Portland Mennonite Church, in which it is housed, and the vibrant and dynamic documentary film community in the United States, which upholds a tradition of investigating, observing and translating the most pressing social issues of our time.

In addition to *Almost Sunrise*, the films in this year's schedule included *National Bird*, which follows the dramatic journey of three whistleblowers determined to break the silence surrounding the secret US drone war; *Do Not Resist*, the Tribeca Film Festival winner for Best Documentary, which looks at the current state of policing in America, starting on the streets of Ferguson, MO, exploring the evolution of policing in this country and highlighting the need for change; and *The Armor of Light*, following an Evangelical minister and the mother of a teenage shooting victim who ask, is it possible to be both pro-gun and pro-life?

While the inaugural year of this film series is over, screenings will begin again in September of this year, with four new films to engage and enlighten us. We hope that PPC will be able to again partner with the festival to further both our mission and theirs.

Captured Moments: the PPC Spring Concert in Photos



Filing in for warm-up



Warm-up before dress up



Singing out with 'Pride'



Children's choir warming up



Jeff and Amy in full Wakati



The magnificent B&R quartet



A view from the top



The bells, bells, bells



Such tasty treats!



Finale with audience participation

Many thanks to Susie Hubbard for sharing her fine photo skills.

Peace Choirs of the World

We are starting this series in an effort to reach out to others around the world who share our goal of singing for peace, social justice and environmental stewardship. The first peace choir we've contacted is Côr Gobaith, based in Aberystwyth, Wales.

We are hopeful that other choirs will be as gracious and as willing to extend a hand in friendship in return as Côr Gobaith.



In 2006, with no real formal musical experience but with a desire to make a difference, Susie Ennals created a community choir not unlike our own. Members began singing in the street in response to the Iraq war and vowed that they'd keep singing every last Saturday of the month until there was peace in the Middle East. That was 11 years ago and they are still singing in the street for peace, justice and environmental sustainability. In fact, as they say, " *more often than once a month because there is so much to sing for, about and against these days*".

Conceived as an activist choir, the hope enshrined in Côr Gobaith's name (Choir of Hope) reflects a quote from [Hope in the Dark: The untold story of people power](#) by Rebecca Solnit: '*hope as an act of defiance, or rather as a foundation for an ongoing series of acts of defiance, those acts necessary to bring about some of what we hope for while we live by principle in the meantime*'. Currently, Nest Howells directs with a focus toward growing a larger Welsh repertoire. The choir sings in both Welsh and English, plus the occasional African song, as we do, plus anthems of peace from around the world. The choir is run consensually and gains members from Aberystwyth and the surrounding area.

Lotte Reimer, a member of Côr Gobaith, tells us, "... we have been singing and raising awareness about the Palestine/Israel conflict for a long time, and raised considerable sums for Medical Aid for Palestinians in addition to their longstanding commitment to Médecins Sans Frontières. We sing out against injustice locally and internationally and support refugees, including the settling of Syrian refugees in Wales. Over the years we have leant our voices to Amnesty International, Freedom from Torture, Campaign for Nuclear Disarmament, Friends of the Earth and Greenpeace. We have joined protests against Trident nuclear missiles replacement, drone warfare, cuts to welfare and social benefits, opencast coal mining, fracking for shale gas and similar issues, and sung in solidarity with people facing struggles sung in solidarity with people facing struggles far away, e.g. the ongoing DACA protest at Standing Rock."



Every two years the choir sings at [El Sueño Existe](#) in Machynlleth, a festival celebrating the life, music and dream of freedom of Chilean activist Victor Jara; women members sing at the [Women In Tune Festival](#); they also sing at the Street Choirs Festival in Manchester, Brighton, Whitby, Sheffield and Bury and was active in organizing the [2013 Street Choirs Festival in Aberystwyth](#). Some of their favorite tunes are our faves, too: *Freedom is Coming/Rhyddid a ddaw* (Welsh words Nest Howells), *Senzenina/Mae Gen I Freuddwyd* (Myrddin Ap Dafydd), *Nkosi Sikelel i'Afrika*, *Ain't Gonna Study War/Tro Dy Gefn* (Welsh words Nest Howells), *I Swear*, *Song for Gaza*, *Finlandia*, *No More War*, *Song of Peace*, *Mark My Words*, *I Want Rosa to Stay*, *Bread and Roses*, *Down in the River* and *Freedom Song*.

Meet the members of Côr Gobaith in this presentation compiled for their 10th anniversary:

<https://www.youtube.com/watch?v=6CryoEnxNlw>

The PPC extends our hands in friendship to our sister choir in Wales!

~tk

Living a Healthier Life

ARSENIC IN RICE: SHOULD WE WORRY?

The Environmental Working Group (EWG) has just written an article bringing our attention to the excessive amount of arsenic that we are getting in rice and rice products. It should be of concern to many, as they increase their intake in trying to avoid excess or all gluten. Arsenic isn't getting nearly the attention that lead has of late and unlike water, which has limits of 10PPB, currently it doesn't have any limits. Per a *Consumer Reports* study, arsenic is more likely to be as much as 100PPB in breakfast or infant cereals. This is of particular concern for pregnant women, children and babies.

There are two types of arsenic: organic and non-organic. It is organic if the atoms bond with carbon. If they don't, it's non-organic. Non-organic is the one that seems to be linked to health problems. Long-term exposure is associated with higher rates of skin, bladder and lung cancers, as well as heart disease.

We have filtered our water since the 1990's based solely on chlorine being a carcinogen. The EPA Employees' Union, at one time, was pushing for a ban on using chlorine but it never went through. Our Multi-pure filter won't filter out the arsenic which probably is organic due to our protected water source, Bull Run. If our water is degraded by other things, then that could change in the future. Having been involved in the anti-fluoride campaign, I know that what the city managers wanted to add also contained more arsenic. If you're interested, I can show you the data sheet showing how much. The main point is that arsenic is coming from several sources and compounding.

In looking at what we've been eating, we had been buying rice milk and rice cakes, Arsenic also appears in food we like such as burritos, stuffed grape leaves and sushi. While we can't control what restaurants use, we have made a point to buy from the best source we know: Lundberg. They test their products and try to minimize the arsenic; the tables of amounts may also vary by manufacturer.

Things that are suggested that you can do: 1) Limit your rice consumption; 2) Rinse rice and cook rice in extra water; 3) Don't give infants rice cereal as their first solid food; 4) Choose other grains like oats (which are preferred for children); 5) Buy processed foods that don't contain rice; 6) Don't use rice milk as a dairy substitute for cow's milk; 7) Don't give children non-dairy drinks that list rice syrup as a sweetener; 8) Check your drinking water and consider looking for a filter that will filter it out – if you are vulnerable.

We plan on changing how we cook rice, more like pasta, and then discarding the water. It's suggested that you use 6 to 10 parts water for 1 part rice. Apparently, it isn't best to rinse first. Also, *brown rice contains more arsenic* because it is in the bran. For alternatives, we've been buying a spelt bread at Tabor Bread which is quite good. Rice cakes are easy to grab but you can also put almond butter on *celery*.

There are many links for further study at the end of the article.

Sometimes I think it's all TMI but ultimately, knowledge is power.

[EWG's Food Scores just took the work out of grocery shopping for me!](#)

<http://www.fda.gov/Food/FoodborneIllnessContaminants/Metals/ucm319948.html>



~Diane Tweten

Summer Potluck Series : We will be holding a series of Potluck Get-Togethers throughout the summer to give choir members an opportunity to enjoy good company, good food and good music, and to help plan the direction of the PPC as we move forward.

- The first will be held on **Wednesday, June 14, 6:30pm – 9pm**, at St. David's. The focus of this gathering will be "What do I want in a new Director?" Bring a dish and your ideas to share and be ready for a lively discussion. Musicians, please feel free to bring your guitars, tambourines, or other musical instruments to add to the sing-along fun.

Please take this opportunity to join us and be involved in planning to help take our choir forward into the future. All are welcome and every voice will be heard!

Opportunities to Sing or Listen

- **June 10, 7pm - 8:30pm** Oregon Chorale: Lauridsen: Lux Aeterna; Duruflé: Requiem Bethel Congregational United Church of Christ, 5150 SW Watson Ave, Beaverton, The Chorale will treat you to TWO major works for chorus and organ in one concert to close out the year: Lauridsen's Lux Aeterna and the Duruflé Requiem! Join us for this breathtaking music!
- **June 10, 7:30 - 9pm** Portland Lesbian Choir: You, yes, you! First Congregational United Church of Christ, 1126 SW Park Ave., PLC sings songs about you, including music from musicals and pop stars like John Legend and Lady Antebellum. www.plchoir.org.
- **June 10, 7:30pm - 9pm** ViVoce: And Still She Sings, St Michael and All Angels Church, 1704 NE 43rd Ave., Join ViVoce on a musical journey from loss and despair through bravery and persistence to joyful community. The group will perform folk music from Polish, Welsh, Bulgarian, African-American, shapenote, and British traditions, along with classical pieces from Renaissance Europe. Special guest Dianne Dugaw, Ph.D., will perform "Mary Ambree." Mary Ambree (fl.1584) was an English captain who participated in the liberation of the Belgian city Ghent during the war against Spain. Dianne Dugaw is a professor of English and Folklore at the University of Oregon, she has performed at universities, libraries, galleries, and festivals in the U.S., Canada and Mexico.
- **June 11, 4:30 - 6pm** ViVoce: And Still She Sings, St Michael and All Angels Church, 1704 NE 43rd Ave
- **June 16, 12pm - 1:30pm** FEAST Community Choir: Sing Together, Subud Portland, 3185 NE Regents Dr.
- **June 17, 2:30 - 9:30pm** Blueprint Arts: Grand Concert, The Atrium at Montgomery Park, 2701 NW Vaughn St # 71
- **June 17, 8pm - 9:30pm** Portland Gay Men's Chorus: The Divos, Arlene Schnitzer Concert Hall, 1037 SW Broadway
- **June 24, 7:30 - 9pm** Resonance Ensemble: Only in Falling, Yale Union (YU), 800 SE 10th Ave
- **June 25 (tentative date: time and location TBA) Demonstration of Peace:** Samuel Lewis, the American Sufi Master who started the Dances of Universal Peace said he would like to see a peace demonstration where they demonstrated peace. That is the inspiration for a proposed Demonstration of Peace, tentatively set for Sunday, June 25, at an as-yet-to-be-determined outdoor location. The point is for participants to experience peace between us and within each of us through music, song, dance, and stillness, and to spread that experience through the community, our city, and the world. Former member Michael Burke has invited the PPC to participate. We will let you know more as details are finalized.

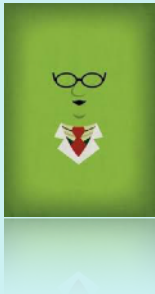
Simply Embrace Beginnings and Endings

by Courtney Carver, courtesy of *Be More With Less*

- **Be Open.** You might not be ready for something new, but when it's time, it's time. Let go of your need to hold on to the past or attempts to control the future. It's usually completely out of your hands. Instead, simply be open to letting things unfold.
- **Notice small shifts.** Beginnings and endings aren't always black and white. Notice small shifts in your relationships and work. If you pay attention, you can probably notice tiny beginnings and endings all the time. Let them help you navigate the bigger stuff.
- **Work with a beginner's mind.** Don't try to do the new like the old. Instead, be curious. Ask for help. Admit that you don't know what you are doing. Laugh and find joy in the process.
- **Don't edit your feelings.** If you miss what was or feel uncomfortable with change, own it. Write about it. Tell a friend. All of those emotions and the energy that surrounds your beginnings and endings is real. It's important and you can't leave it out of your story.
- **Insert a pause.** You can't stop time, but you can make room to pause and access or rest before moving forward. Discover the [power of the pause](#) by taking an adult time-out.

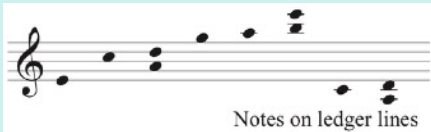


Prof. Jones' Music Terms™



This month, in case you're not familiar with reading music notation, here's something to get you started: a quick rundown of how different notes are indicated in sheet music.

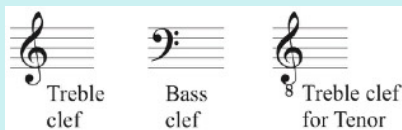
Staff and Ledger Lines: First of all, most of the notes appear on a *staff*, which usually consists of 5 lines and the 4 spaces between them. A note can appear on a line or a space. Notes go up in pitch from the bottom of the staff to the top of the staff. *Ledger lines* can be used above or below a staff for notes that are too high or low to appear within the 5 lines of the staff. Here's what that looks like (we'll discuss what the actual notes are in a bit):



Notes on ledger lines

Treble Clef, Bass Clef

In most sheet music there are two types of staves (staves), one for *treble clef* and one for *bass clef*. The treble clef is used for higher notes, and the bass clef is used for lower



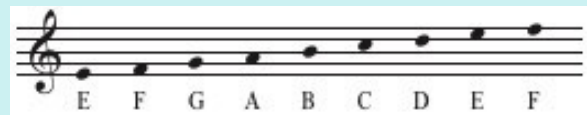
Notes in Treble Clef: The notes on the five lines of the treble clef, starting with the bottom line, are: **E, G, B, D, F**. (A mnemonic device that's often used for notes on the lines is "Every Good Boy Does Fine".)



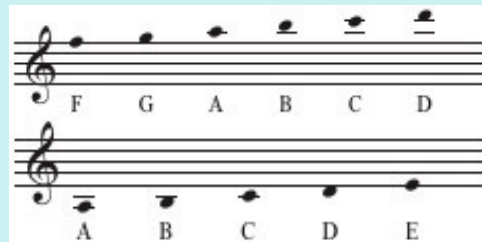
The notes on the spaces between the lines, starting at the bottom, are: **F, A, C, E** (note that it spells the word "face", another good mnemonic device).



Together, the notes on the lines and the spaces are E, F, G, A, B, C, D, E, F. Note that the E on the space on the top is not the same note as the E on the line on the bottom; it is an octave higher.



The same applies to the F. With ledger lines, the treble clef can be extended to



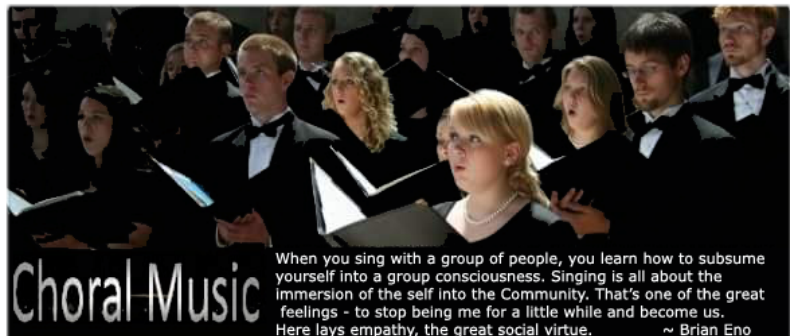
include more notes above and below. For example **Reading Notes on Ledger Lines:** Ledger lines simply add more lines and spaces for extra notes. These notes follow the same pattern as those on the regular staff, with the F on the top line followed by a G in the first space above the line, followed by A on the first ledger line above the staff, and so on.

Next time we'll talk about notes in the bass clef. We'll also talk about where the notes in the treble and bass clefs are on the piano, and where they are relative to the vocal ranges of soprano, alto, tenor and bass.

Singing into a hairbrush is a perfectly acceptable pastime.



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Choral Music

When you sing with a group of people, you learn how to subsume yourself into a group consciousness. Singing is all about the immersion of the self into the Community. That's one of the great feelings - to stop being me for a little while and become us. Here lays empathy, the great social virtue. ~ Brian Eno

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

barbaraPPC@comcast.net

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

Suggestions:

- Steering committee! Director!
The. concert. is. too. long! ~ an Old-timer
- During intermission, when choir members are discussing what CBD products they use for pain, the concert is TOO long for comfort.
- A guest was overheard at intermission, "You mean there's MORE?!" The concert is too long for everyone..
- I really liked Amy's warm-ups. Fun and challenging. Couldn't do it, but it was fun.
- Singers, PLEASE! No cell phone use/texting during rehearsals. It's very distracting to those around you who are trying to pay attention to the Director!



A Message From Peace of the City Organizers

Dear Amy, Sima, Susan and Jeff,

Many thanks for joining us last night!

Your performance was beautiful, spirit-lifting and a wonderful way to close the inaugural season of the Peace of the City film series.

Please let the other members of the Portland Peace Choir know our gratitude. We hope you enjoyed the film and will join us in the future when our series commences again in the fall.

Happy summer!

All the best,
Caitlin Boyle and Michelle Fawcett
Peace of the City Film Series



PEACEMEAL is a publication of the Portland Peace Choir

Tracie Korol: Editor, Writer

Barbara Burnett: Editor, Writer, Designer

Diane Tweten: Lifestyle Correspondent

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