

PEACEMEAL

| A Volunteer Effort of the Portland Peace Choir |

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MORE Benefits of Singing!

In addition to the physical and health benefits we've mentioned before, there are also many ways in which singing can improve our mental and emotional well being.

- Singing is an artistic activity, but also a structured and disciplined one, especially when we sing with others, exercising both our left brain and right brain when we sing.
- Singing improves our ability to listen. The process of learning songs and singing, especially with others, dramatically improves our attentive listening skill.
- Learning new and varied repertoire opens our minds to the world of poetry, to poetic devices and the beauty of language, again exercising our brains and strengthening our memory.
- Learning and singing lyrics helps expand our imagination and appreciation of the world around us, especially when we sing songs from other cultures. This increases our awareness of diversity, and allows us to connect to how others see and experience life.
- Singing creates positive energy and a happy mood that's infectious and good for everyone.

Welcome to the New Season, Singers!

*Welcome to all, returnees and new singers, to the new season of the **Portland Peace Choir**.*

I hope you are as happy as I am to be back singing together again or for the first time.

I'd like to share with you how I found the PPC:

We had just moved to Portland. My husband was recovering from a serious accident and someone suggested that music therapy might help. Through the internet (of course), I found a therapist who lived and practiced near where we lived.

On our first visit, she said she was starting a new choir and asked if we would be interested in joining. Since we had both sung in our church choir for years, we agreed. That choir was this very one, and the therapist was Marion VonNamen.

The therapy was fine, but finding the choir was even better!

Mary Tinkham, Chair

PPC Steering Committee





Who Said That?

This will be our reply to violence:
to make music more intensely,
more beautifully, more devotedly
than ever before.

~Leonard Bernstein

Bullets cannot be recalled. They
cannot be uninvented. But they
can be taken out of the gun.

~Martin Amis

The longer we listen to one
another - with real attention - the
more commonality we will find in
all our lives. That is, if we are
careful to exchange with one
another life stories and not simply
opinions.

~Barbara Deming

If the human race wishes to have a
prolonged and indefinite period
of material prosperity, they have
only got to behave in a peaceful
and helpful way toward one
another.

~ Winston Churchill

There is a higher court than courts
of justice, and that is the court of
conscience. It supersedes all other
courts.

~ Mahatma Gandhi

We look forward to the time when
the Power of Love will replace the
Love of Power. Then will our world
know the blessings of peace.

~William Ewart Gladstone

cont'd. from p. 1

Now that the new season is in full swing, we thought it might be helpful to go over some basic information about the choir. Our website, www.portlandpeacechoir.org, has a wealth of general information on who we are, what we do and how we do it, and is a great resource for members of the choir. We want to add a little to the information presented there to help members understand how we're organized, who does what, and who to contact with questions and concerns.

We'll start with the Steering Committee: what it is, what it does, and who the members are.

What is the Steering Committee?

We asked Mary Tinkham, Chair of the Steering Committee, to define for us exactly what it is. She told us:

The Steering Committee is, in actual fact, the Board of Directors of the Portland Peace Choir, which is a Domestic NonProfit Corporation registered in the State of Oregon.

The by-laws of the Corporation state that "The affairs of the Corporation shall be managed by the Board of Directors, known within the Choir as the Steering Committee.

...The Treasurer shall have overall responsibility for all choir funds.

...The Steering Committee may establish other such committees as it deems necessary and desirable

...Only the Steering Committee may transfer the Corporation's assets."

This is obviously just the official boiler plate. The SC hires both the Director and the Accompanist and is responsible for negotiating contracts for both of these positions. Because the SC has fiscal responsibility for the Choir, we also set the dues and are responsible for fundraising, publicity, etc. The SC also negotiates any contract necessary for the practice and concert space for the Choir. We also take care of any details relating to our practice venue, such as issues with the heating, lighting, security, etc.

The Steering Committee meets once a month to discuss business, address concerns and make decisions that affect the choir.

Now that we know what the Steering Committee is and what its responsibilities are, we'll introduce you to the members.

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Meet the Steering Committee

As we mentioned earlier, Mary T. (alto) is the Chair of the committee. She runs the meetings and keeps us in line and on task. Our Treasurer is Peter L. (tenor). He's in charge of the checkbook, he's the guy who keeps track of who's paid dues and who hasn't, and he pays the bills. Alisa J. (alto) is our Recording Secretary; she takes minutes at our meetings and makes sure we all know what we talked about and what we need to follow up on. Susan W. (tenor) is the Membership Coordinator. She keeps track of members, welcomes newcomers, sends out announcements and follows up with people who express interest in the choir. (When Susan's away, it takes at least four people to fill her shoes.) Sima B. (alto) is our Publicity person. She does outreach and is the contact person for community gigs. Barbara B. (tenor) is the Music Committee Liaison. Since she is on both the Steering Committee and the Music Committee, she coordinates communication between the two. Carrie S. (soprano) and Fred S. (bass) round out the committee's current membership.

We have recently lost two long-time members, Barbara R. (alto) and Pam H. (alto), although Pam continues to manage the website and its content, for which we are very grateful.

While there is no Steering Committee group mailing address, members are welcome to contact any of us with any questions or concerns you may have.

As you can see, the Steering Committee is heavy on altos and tenors, and rather light on sopranos and basses. We are looking for volunteers from the choir to join us (especially sopranos and basses). Anyone who is interested, please contact Mary (mtinkham@gmail.com).



Why We Do What We Do

Singing in a Peace Choir is about much more than making music. It's a radical act of optimism and knowing that what we do makes a difference. It builds community. We who sing in Portland Peace Choir believe in what we are singing. We see our music as a path to creating more peace, not only in our own lives, but for our families, our neighbors, our communities and the world.

We sing to lessen our own isolation. We sing to feel connection, to belong and to feel joy. We sing to learn new languages, to honor sacred traditions, to heal our wounds. We sing to promote peace.

All experience and skill levels are welcome in our community choir.

The Portland Peace Choir does not have any religious or political affiliations.

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We rehearse Wednesday evenings from 7-9pm during the fall and spring semester, at St. David of Wales Episcopal Church, 2800 SE Harrison. The door is open at 6:30 for check-in and socializing.

(Excerpted from the Portland Peace Choir Website: www.portlandpeacechoir.org)

A Sneak Peek at This Season's Repertoire

While David is hard at work on the Green Room recordings for this season's repertoire, you can get an early idea of what our new material should sound like by clicking on the links below. These links will take you to either YouTube or sheet music sites that have recordings of the songs we'll be doing. For the most part, these are the recordings the Music Committee listened to and based their selections on. While these recordings won't take the place of David's excellent Green Room recordings for learning the songs, they will give you a starting point. I've noted which ones are different from the versions we'll be doing. Enjoy!

- **A Place in the Choir** by Bill Staines, YouTube video link to the original version by Bill Staines (song begins at 4:17 in the video): <https://www.youtube.com/watch?v=nHayfrUIJDM> (This isn't a choral arrangement but is close to the way we'll be doing it.)
- **And Peace Shall Guard You** by M.J. Trotta, YouTube video link: <https://www.youtube.com/watch?v=OPhoQE4VWVM>
- **Bein' Green** (Muppets Medley), arrangement by M.J. Franck: sorry, we have no link for this one.
- **Bread and Roses** by Mimi Farinas, YouTube video link: <https://youtu.be/iZWxm4zYZGY>
- **Build a Road of Peace**: already in the Green Room. Thanks, David!
- **For the Children** by Laurence Cole, short audio recordings for all parts at this link: <http://songsforthegreatturning.net/going-forth/ftc/> (This may not be exactly the version we're doing, but it'll give you the idea.)
- **Get Together** by Chet Powers (popularized by The Youngbloods), arranged by *Rogue Valley Peace Choir*; sorry, there is no recording for this one.
- **Ipharadisi** (Traditional South African), YouTube video link: <https://www.youtube.com/watch?v=fhL4MrjZZO8>
- **Last Night I Had the Strangest Dream** by Ed McCurdy: already in the Green Room (thanks David!)
- **Let There Be Peace On Earth**: standard hymnal SATB version, YouTube link: <https://youtu.be/b1NYKYh6l9Q> (This recording is very close to the one we're doing.)
- **Music Lead the Way**, YouTube video link: <https://www.youtube.com/watch?v=3Sk3dW8UxSo>
- **Peace Chant** by Jerry Estes, <http://www.sheetmusicplus.com/title/peace-chant-sheet-music/19225505>
- **Pride (In the Name of Love)** by U2, Choir!Choir!Choir! arrangement (transcribed for PPC by Jeff Jones) YouTube video link: https://www.youtube.com/watch?v=bIXHiMT_JeU
- **River of Jordan** by Peter Yarrow, YouTube video link to Peter, Paul & Mary version: <https://www.youtube.com/watch?v=zrTGgpWmdZQ> (Not exactly the version we'll be doing, but similar.)
- **Sing for Peace**, YouTube video link: <https://www.youtube.com/watch?v=gWMUgE9y4r4>
- **Wakati wa Amani** (A Time of Peace), by S.K. Albrecht, audio link: <http://www.sheetmusicplus.com/title/wakati-wa-amani-sheet-music/16299461?ac=1>

Get to Know Your Fellow Singers

For nine months, every Wednesday night, we come together for a lifting of spirit, to raise our voices and to have some fun. Yet, how many of us know anyone outside our own section? How many of us know anything about who is IN our section? **Please take a moment to share a brief bio with this publication.** Guaranteed, your contribution will tighten the bond we've begun in our commitment to singing for peace.

This issue, meet: Barbara B

I was born in Missouri, spent my childhood in Michigan, lived for 30 years in the Washington, DC area, but never really felt at home until I moved to Oregon in 1993. The natural beauty of the Northwest fills a hole in my soul that I didn't know I had until I got here.

In DC I participated in many of the civil rights and peace marches in the 60s & 70s, starting when I was 13 (I didn't see Dr. King's speech, but I was there); it was a very exciting time & place to be, but the excessive focus on politics there got old.

I worked in public health for about 13 years, managing a district public health nursing office, then worked in publications at the University of Maryland, doing computer typesetting, writing and technical illustration at a Computer Vision Research lab, while also going to school to finish my degree. I met my husband, Jeff, who was a graduate student at the time, while working there.

After moving to Oregon, I did technical support, programming and web development for a while, before quitting to concentrate on my creative pursuits. I have my own business, Cedar Moon Design, where I do fine art, photography, jewelry making, fused glass, design and illustration (not making much money, but having a lot of fun). I also have a shop by the same name on etsy.com.

I love reading (mostly science fiction, fantasy, mystery & historical novels), gardening, cats, writing, and am learning lapidary (cutting and polishing stones) and silversmithing.

Music has always been a large part of my life, but I was told when I was a child that I couldn't sing (by my father, who was quite musical himself). It wasn't until I found PPC that I realized that I actually *can* sing, and how much fun and how rewarding it can be. Now I'm singing all the time. Thanks, PPC!

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:

We should look into putting up a Peace Pole of our own.

The ceremony at Sherwood and the Peace Pole itself were very inspiring and moving. A Peace Pole would be a visible symbol of our mission.

What's the note?

It would be helpful to "get our note" before we begin a song and also before we begin to practice a particular section of a song. If we hear the SATB notes routinely, we'll tune automatically and not have to scramble for a few measure to catch up.

MUSIC

THE ORIGINAL
MOOD-ALTERING,
NON-FATTENING,
WONDER DRUG.

ASK YOUR DOCTOR
IF MUSIC IS RIGHT FOR YOU.

COMMON SIDE EFFECTS INCLUDE,
BUT ARE NOT LIMITED TO, SPONTANEOUS HAPPINESS,
INCREASED MEMORY AND MOTOR FUNCTION,
CONNECTION TO OTHERS, MOVEMENT OF THE FEET AND HEAD,
AND THE OCCASIONAL PERSISTENCE OF CATCHY MELODIES.

The Story Behind the Song

Ed McCurdy and *Last Night I Had...*

In 1949, four years after the end of WWII, Ed McCurdy wrote "Last Night I Had the Strangest Dream". The song became one of the century's most enduring and treasured peace songs, recorded in 76 languages, by major artists around the world including covers by The Weavers in 1960, the Chad Mitchell Trio in 1962, Simon & Garfunkel in 1964, Cornelis Vreeswijk in 1964 (in Swedish), Hannes Wader in 1979 (in German), Johnny Cash in 2002, Garth Brooks in 2005, Serena Ryder in 2006, and Charles Lloyd in 2016. In 1980 it became the Peace Corps theme song. In 1989, as the Berlin Wall tumbled, NBC's Tom Brokaw, atop the wall, offered a poignant moment to the world when he showed East German school children singing "Strangest Dream" from their school yards.

But who was Ed McCurdy to create such a monument to the peace movement? McCurdy started his career as a gospel singer in Oklahoma City, performing on radio station WKY, and later became a theatrical and night club performer. During his Canadian radio period, he developed friendships with the guests on his show, such as Pete Seeger, Lena Horne, Josh White, Oscar Peterson, and Oscar Brand. He also developed a love for folk music and released his first folk album in 1949. "Last Night." became McCurdy's trademark, and the title track of his final album of new material, released in 1967 when he was 45 years old. That same year, Elektra released The Best of Ed McCurdy.

He was awarded the Peace Abbey Courage of Conscience award September 26, 1992 for "Last Night I Had the Strangest Dream". McCurdy lived to be 81, passing away on March 23, 2000 at his home in Halifax, Nova Scotia.

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, October 14, 1-4
refreshments to follow
12424 NE Rose Parkway 97230
(Penny B's house)
To RSVP text 503-453-9085

AROMA REMINDER

Our chorus has a fragrance-free policy. Because we are a large group and some members are 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.

PPC Happenings

Fall Session: Join us **Wednesday evenings, 7-9pm** at St. David of Wales for our regular rehearsals.

On **Wednesday, October 5** we will have our first **Happy Half Hour** of the season, hosted by the sopranos. Join us at **6:30pm** for great food and great company. It's a wonderful opportunity to get to know your fellow singers.

Reminder: Don't forget to wear your name tags!

Sectionals with DavEd

We have resumed our regular schedule of sectionals, held at 6:30pm every week except for the first week of the month. Coming up are:

10/12: basses

10/19: sopranos

10/26: altos

11/2: Happy Half Hour hosted by the altos

11/9: tenors

Opportunities to Sing or Listen

Stressed out? Do yourself a favor! Relax and sing some fun songs with a group. A couple of hours and you're smiling again!

- **October 14 – 7-9pm** 2nd Friday 60's and 70's Harmony Singers at Friendly House (FREE)

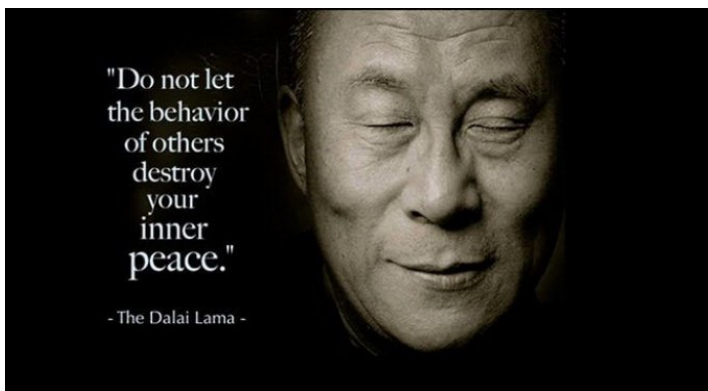
This is a Meet-up Group especially for people who like to sing harmony! You don't have to join – just show up! We provide songbooks. <http://www.meetup.com/Song-Circle-Folk-Music-singalongs-from-the-60s-70s/>

- **October 16 – 3-5pm** Portland Sings TaborSpace SE 55th & 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. Mark plays – we sing songs of the 50's thru the 80's – for the joy of singing.

- **October 21 – 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 Again" songbook! Bring your own copy if you have one – we do have some available to share. Use the info link from 2nd Friday's Meet-Up page (above) for address, map.

- **November 5 – First Saturday in Vancouver (FREE)** The Vancouver Folk Singers meet at the Genealogical Society annex, located at 715 Grand Blvd. They have a great folk music songbook. Bring snacks or finger food to share at 5:15 PM and singing will commence around 6 PM. For further info call Ted at 360-883-3030 or Nancy at 360-694-3419.

Directions: From I-5, take exit 1C, Mill Plain Blvd. Turn East on Mill Plain and go 1.1 miles to traffic light at Grand Blvd. (Arco Station on right). Turn right, go about 1 block South and the Genealogical Society annex is in the small strip mall.



PEACEMEAL is a publication of the Portland Peace Choir

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Barbara Burnett: Writer, Designer

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