

PEACEMEAL

| A Volunteer Effort of the Portland Peace Choir |

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More Benefits of Singing!

The act of singing is one of the easiest ways of raising the vibration of your body as you harmonize with the universe.

Singing is an act of vibration. It takes music and moves it from within to without. From the first breath singing moves the energy in a circular way inside your body. Sound vibrations from vocal chords resonate in the sinus cavities, filling the head with motion and sound while the brain lights up with the processing of the mathematics of music.

Once the vibration begins, it is sustained with each note, moving throughout your body and the space around you. This can help you to harmonize your frequency with the world. The use of the voice can bring about catharsis, a cleansing from the expression of emotion, which is why we feel better after singing certain types of songs.

All of this occurs even if we are not conscious of what we are singing, but when we really connect with an intention, the power of the voice and music together are powerful tools for bringing us into closer connection with the world and those around us.

Peace Poles: Symbols of Hope for World Peace

As you may know, the choir's first performance for the 2016-17 season will be at the dedication ceremony for the Sherwood Rotary Club's Peace Pole at the Sherwood YMCA on 9/24. In conjunction with this event, we wanted to find out a little more about Peace Poles in general: what do they mean, how and where did the idea originate, where are they found, who puts them up and why?



The organization that began the Peace Pole Project initiative is the World Peace Prayer Society (www.worldpeace.org). They say that inspiration for the "universal message and prayer for peace, *May Peace Prevail on Earth*" began with Masahisa Goi of Japan in 1955. It is said that he "awakened to the need to spread this message and prayer in the hearts of the global community" in order to promote and attain peace. His movement gained followers in many communities throughout Japan, who began handing out stickers and flyers, and putting up posters on bulletin boards and telephone poles. In 1976 the idea of putting the message on poles gained popularity; this was the beginning of the Peace Pole Project. The first Peace Poles outside of Japan

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Who Said That?

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

A lie can go halfway around the world before the truth even gets its boots on.

~Mark Twain

Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind.

~Dr. Seuss

When people are laughing, they're generally not killing one another.

~Alan Alda

Freedom is actually a bigger game than power. Power is about what you can control. Freedom is about what you can unleash.

~Harriet Rubin

began to appear in the 1980s, and in 1986 the Peace Pole Project was established in the US, eventually followed by Peace Pole activities in Europe and then throughout the world. According to the World Peace Prayer Society, there are over 200,000 Peace Poles worldwide. The society, headquartered at the World Peace Sanctuary in Wassaic, NY, is a non-profit NGO that works with the United Nations Department of Public Information to promote the cause of peace worldwide.

Icons of the Promotion of Peace Around the World

According to the Peace Pole Project's website (www.peacepoleproject.org), Peace Poles symbolize "the oneness of humanity and our common wish for a world at peace." They have become a universally recognized and respected icon of peace and inspire thousands worldwide to visualize and work for peace among all people of the earth. Planting a Peace Pole is a way of bringing people together with the common goal of inspiring peace and hope in the hearts of all.

Peace-lovers of all faiths have been involved in the Peace Pole Project, including the Dalai Lama, Mother Teresa, President Jimmy Carter, Deepak Chopra and John Denver, as well as local mayors, clubs and organizations such as the Girl Scouts and Rotary Clubs.

The organization says, "there are Peace Poles on the Allenby Bridge between Israel and Jordan; at the Peace Park where 84 Peace Poles commemorate the Winter Olympics in Salt Lake City; at the War Museum in Viet Nam; at Robben Island in South Africa, where Nelson Mandela was imprisoned; at the Pyramids at El Giza in Egypt; at the site of the baptism of Jesus at Bethany-Beyond-the-Jordan; and at schools, churches, synagogues, mosques and temples across the United States and around the world.

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Who Puts Up Peace Poles?

Anyone can put up a Peace Pole. Organizations that work for peace, private clubs, governments, schools, individuals, families, neighborhood groups ... any person or group that wants to make a statement about the importance of coming together in peace and harmony can participate in the Peace Poles Project. While the Project sells Peace Poles on their website, from tiny ones suitable for a desktop to larger, monument-sized ones, many are also hand-crafted in local communities, displaying the message "May Peace Prevail on Earth" in whatever languages have special meaning to that community. The Peace Pole Project's website has hundreds of photos sent from around the world by people, communities and organizations that have put up their own Peace Poles. There is also a message board where people post photos and comments about their activities for peace. The website says, "When you plant a Peace Pole in your community, you are linking with people all over the world who have planted Peace Poles in the same spirit of peace." In this way, the spirit of peace and hope for peace is propagating throughout the world, a grassroots movement touching tens of thousands of people and giving us hope that it really is possible to effect change.

~Barbara Burnett

Sherwood Rotary Club's Peace Pole Activities

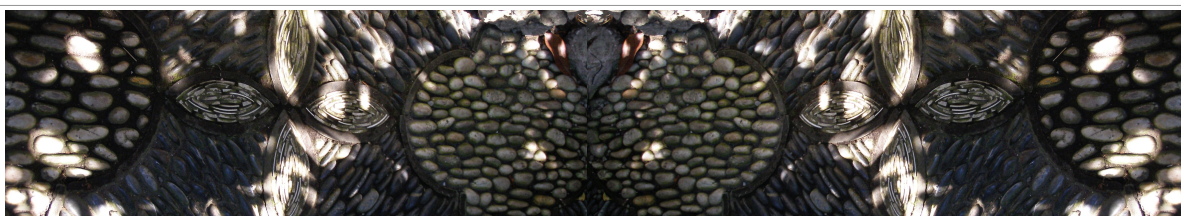
I asked Wendy Wells, of the Sherwood Rotary Club's Peace Committee, to tell us about their club's involvement in the Peace Poles Project. She told me that several local Rotary Clubs have participated in the Peace Pole Project. Rotary District 5100 is a Peace Builder Club with 20 plus clubs identified as Peace Builder Clubs. The Lake Oswego Rotary Club is a Peace builder Club as is the Newberg Rotary Club; each has installed several poles at area schools and parks. The Sherwood Club will be installing three poles: at the Sherwood Library on 9/1; on 9/24 at the Sherwood YMCA; and on 10/2 at St Francis Church and School.

The Sherwood Rotary Club's Peace Poles and Peace Flags are intended as "... visual reminders of past lessons learned," according to Wendy. These lessons include conflict resolution, multicultural awareness, effective communication and mindfulness. They hope to fund lessons through games, music, activities, art, drama and storytelling, to offer participants the opportunity to learn a variety of practical skills.

The Sherwood Rotary Club has invited us to join them on September 24 as they celebrate the 2016 International Day of Peace. The Peace Choir will be singing at 10:30am at the Peace Pole Dedication Ceremony at the Sherwood YMCA. Other activities planned for that day include:

- 11:30-12:30 1.7 mile Peace Walk from the YMCA to the Sherwood Library
- 12:30-1:30 View a display of peace messages at the Library and enjoy refreshments at the Sherwood Center for the Arts.
- 1:30-2:30 Presentation by Holocaust Survivor Alter Weiner at the Sherwood Center for the Arts (22689 SW Pine St.)

So join us as we help the Sherwood Rotary Club celebrate the dedication of their Peace Pole on 9/24. It promises to be a fun, educational and inspirational day.



Soothing the Savage Beast? Not so Much.

As I launched into an enthusiastic, high-pitched practice round of "...badam, badam..", my previously sleeping dog, Kazoo, snapped to attention and climbed onto my lap. When I stopped, he returned to his sleeping place. When I started up again, there he was, his head to my neck. Was he simply startled? Did he equate my sounds with pack noise behavior? Did he just like the tune or is he completely opaque to music in general and was using my sit-down time to cop a free cuddle?

Research confirms that dogs have musical preferences and react differently to different types of music. Psychologist Deborah Wells at Queen's University Belfast exposed dogs in an animal shelter to different types of music. The dogs' responses were observed as they listened to either a compilation of popular music (including Britney Spears, Robbie Williams and Bob Marley), classical music (including Grieg's *Morning*, Vivaldi's *Four Seasons* and Beethoven's *Ode to Joy*), or recordings by heavy-metal rock bands such as Metallica. In order to see if it was really the musical aspects of the sounds that the dogs were responding to, they were also exposed to recordings of human conversation and periods of quiet.

Against the conventional wisdom that music is a uniquely human phenomenon, ongoing research shows that animals actually do have the capacity for music. But rather than liking classical or rock, instrumental or vocal, Charles Snowdon, an animal psychologist at the University of Wisconsin-Madison, has discovered that animals march to the beat of a different drum altogether. They enjoy what he calls "species-specific music": tunes specially designed using the pitches, tones and tempos that are familiar to their particular species.

With no pun intended, music is all about scale: humans like music that falls within our acoustic and vocal range, uses tones we understand, and progresses at a tempo similar to that of our heartbeats. A tune pitched too high or low sounds grating or ungraspable, and music too fast or slow is unrecognizable as such.

To animals, human music falls into that grating, unrecognizable category. With vocal ranges and heart rates very different from ours, they simply aren't wired to enjoy songs that are tailored for our ears. Studies show that animals generally respond to human music with a total lack of interest. With this general rule in mind, Snowdon has worked with cellist and composer David Teie to compose music that is tailored to suit them.

In composing music for cats, and studying how they respond to it, Snowdon and Teie concluded, "We have some work-in-progress where we've transposed music and put it in the frequency range for cat vocalizations, and have used their resting heart rate, which is faster than ours," he commented. "We find that cats prefer to listen to the music composed in their frequency range and tempo rather than human music." On the basis of their results, Teie started selling cat songs online (at \$1.99 per song) through a company called "Music for Cats."



Dogs are tougher nuts to crack mostly because breeds vary widely in size, vocal range and heart rate. However, large dogs such as Labradors or mastiffs have vocal ranges that are quite similar to those of adult male humans. "So, it is possible that they might be responsive to music in our frequency range. My prediction is that a big dog might be more responsive to human music than a smaller dog such as a Chihuahua," Snowdon said.

Considering the great demand for new ways to please our pets, more progress is likely to be made in the field of animal music. But no matter how well composers perfect their dog and cat songs, the animals will probably never appreciate their species-specific music quite as much as we appreciate our own.

~Tracie Korol

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: Susan W and Alisa J

Portland Oregon is my place of birth and the Pacific Northwest has always been my home. Growing up one of six children in the Portland Unitarian Church our family was involved in political, social, and peace activities throughout my formative years. I attended schools on the Portland Westside before graduating from Wilson High school.

An opportunity to attend and help create a college came my way when I was asked to join six other college bound students as the first class at World College West in Marin County California. Being in San Francisco Bay Area during the early 70's was educational...taking rich non-sailing people sailing on the bay in their own boats, attending the Star Wars opening, SLA and the kidnapping of Patty Hearst, participating in a gestalt women's group, meeting Joan Baez's father who taught along with Rollo May at the college. I also attended for a short break an oceanographic school in Woods Hole Massachusetts and got my seamen's papers after working on a schooner in the Caribbean tagging sharks and measuring the water currents.

My professional life has centered primarily around the criminal justice system, both adult and juvenile in Washington and Multnomah counties. I finished my career working for the juvenile department based in the Tigard, Tualatin and Sherwood middle and high schools.

I am a dedicated volunteer having served on school boards and committees, and currently very active in Rotary. I joined Rotary as a way to connect with people committed to doing good and also because of Rotary's connection to peace and the United Nations. Through that involvement I have become more optimistic as I gain better insight into what is right with our world and community.

My husband, Darrell (bass) and I made a commitment when we retired to travel, do more with our adult children, and our grandchildren, relax, volunteer, and take up singing. We have managed to all of that these past three years and love it. Singing is not something I have done since high school so it is a great way to meet like minded folks, relax, work my mind in memorizing the words, and try to improve my singing ability.

~ Susan W, tenor

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:

PPC should apply for 501c3 status, if we haven't done so already. Being officially a non-profit organization can have all kinds of benefits, like many grants that are available from government, communities and foundations. Also this would make it possible for people to get tax deductions for their donations to the choir, and thus would encourage more donations.



bios, cont'd

I have been with the choir since midway through the first year, and am the secretary for the steering committee. I have a background in theatre, and the choir feeds my need to perform and stretch my creative abilities without taking up too too much of my time. I am a Portland native, and do love my fair city (mostly). I have three incredible sisters, who are triplets, and I am fortunate to remain close to all of them. We grew up going out to our grandparents' each Sunday for dinner, and maintained that tradition as adults, though in the last couple years we moved it to our parents' place and all started to contribute. It's a great tradition that I highly recommend to anyone who's able to make it happen. I work for the Oregon Rural Practice Based Research Network (ORPRN) at OHSU, and just finished my first year with them. I previously worked for Morrison Child and Family Services for over 10 years, and am enjoying the new environment, especially being on the South Waterfront. I bike commute year round, and have recently gotten into swing dancing (very fun!). In 2008 and 2011 I hiked 1000 miles of the Pacific Crest Trail with one of my sisters, and hope to do more in the next few years. I have two cats (well, a cat and a five-month old kitten) so will always show up with new scratches. I look forward to reconnecting with our wonderful community this fall!

~Alisa J, alto

Self Help List

1. Say thank you to everything and everyone, even to your grief and those who frustrate you.
2. Ask how you want to use this gift of a day.
3. See this moment as the most important moment in the world, and don't wait to be happy.
4. Do every task out of love for someone else, and yourself.
5. To make better habits, put everything you have into small steps. And ask for help.
6. Travel lighter, pack fewer fears.
7. Overcome procrastination by sitting with one task, not letting yourself run from discomfort.
8. One thing at a time.
9. See discomfort as no big deal.
10. Ask yourself how you want to spend your one wild and precious life.

Thanks to Leo Babauta, www.ZenHabits.com

And a Good Time Was Had by All ...

The date: Sunday, 8/28. **The place:** Portland Saturday Market (on Sunday). **The event:** the Portland Peace Choir, singing for our lives.

It was a beautiful late summer day, and the choir took the stage at 11:30 am to sing as a crowd of diners, onlookers and passers-by watched and occasionally joined in to sing along with familiar songs. As **David** enthusiastically led us, fifteen of the choir's members performed some of our favorite Standards. Our Summer Session rehearsals really paid off and the performance went off without a hitch (for the most part). A highlight of the afternoon was "Peace, Shalom, Salamaleikum" with **Paul** (bass) playing guitar and **Brandi** (alto) on viola. Their accompaniment added a special touch to the song. The crowd seemed to enjoy the performance as much as we enjoyed singing ... it was the perfect culmination to our summer session.



Many thanks to Susan's sister for sharing with us the photos she took on Sunday. Looking good, choir!

PPC Happenings

Fall Session: Come join us as PPC kicks off its 2016-17 season's Fall Session on **9/7** at St. David's. Rehearsal starts at **7:00 pm**, but plan to arrive early to pick up new music, reconnect with old friends and maybe meet some new ones. This will be our first regular season rehearsal with our new accompanist, Amy, and a great opportunity for you to meet and get to know her.

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

PPC September Gig

On **9/24** PPC will be performing at **10:30am** at the Sherwood Rotary Club Peace Pole Dedication at the Sherwood YMCA. We will be singing mostly Standards (including songs we rehearsed at our Summer Session).

This event also includes a Peace Walk, display at the Library, refreshments and children's activities (for more details see the article on p.3).

All are welcome!

Opportunities to Sing or Listen

- **September 9 7-9pm 2nd Friday 60's & 70's Harmony Singers at Friendly House FREE**

This is a Meet-up Group especially for fun singing!

<http://www.meetup.com/Song-Circle-Folk-Music-singalongs-from-the-60s-70s/>

- **September 11 5-8pm Jazz, Blues & Soul Food - Old New Orleans style and modern recipes!**

5401 NE 33rd Ave Portland 97211 (New Season's parking lot)

- **September 16 7-9pm 3rd Friday Song Circle at Friendly House FREE)**

Use the info link from 2nd Friday's Meet-Up page (above) for address, map.

- **September 18 3-5pm Portland Sings!**

Third Sunday of each month at TaborSpace, located at 5441 SE Belmont St. Portland, OR 97215.

<http://www.portlandsings.com>.

- **September - June Mondays from 6:30-8:30pm Portland Interfaith Gospel Choir (PIGC)**

Portland Center for Spiritual Living - 6211 NE Martin Luther King Jr. Blvd

Starting September 12th. See website for details: <http://www.portlandgospel.org>

Auditions: Monday, September 12 and Monday September 19 at 6:30pm (basses and tenors needed)

Music is taught by traditional call-response but printed lyric sheets and recordings are also available.

Scholarships are available.

PIGC, which was started by two of the original members of the Peace Choir (Kristy Hellum and Peter Banka), is directed by LaRhonda Steele, a multi-talented Portland R&B, soul and gospel artist and accompanied by contemporary jazz pianist Mark Steele. John Gainer is the recurring guest director.



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