

Portland Chamber Music Newsletter



April 2017

Nature is finally giving us a little break from the rain and granting us some sun. Portland Chamber Music is soon to retreat for the summer months.

April gave us another chance to visit our favorite women of LOCA at the Q Center and play for them.



We are starting the month of May with a mini tour and the first concert outside of Portland metro, going to the coast to beautiful Astoria!

We will be back with one last concert of our spring season in Woodstock Neighborhood on May 13.

Portland Chamber Music has been selected as one of the recipients by McMenamins Breweries for an annual Friends and Family Night!

Come, bring your family, friends and neighbors, have dinner and stay for a drink and desert!

It is the most delicious and effortless way to be dining out while supporting music in your community.

50% of night's proceeds will go directly to PCM!

This benefit will support our upcoming season of free neighborhood concerts.

Fundraisers like this are instrumental for our future and we count on your support!

Mark your calendars and stop by and say "hello!"

Coming Soon

May 6, 4 p.m.

Astoria Outreach Concert
Grace Episcopal Church
1545 Franklin Ave.,
Astoria, Oregon 97103

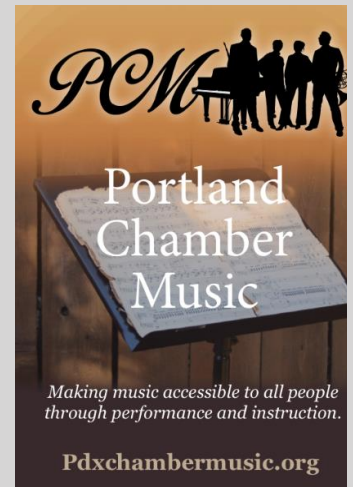
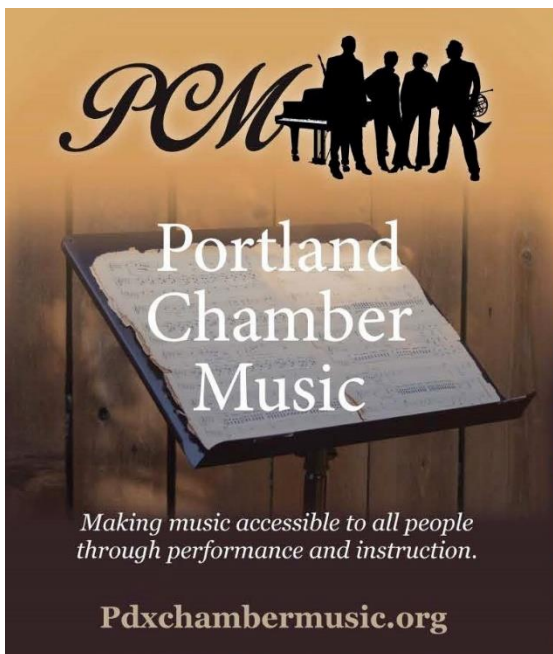
May 11, 5 p.m. 'til close
Friends and Family Night
Chapel Pub

50% of night's proceeds
donated to PCM!

All ages welcome.
430 N. Killingsworth St.
Portland, OR 97217

May 13, 7 p.m.

Woodstock Neighborhood
Concert
Holy Trinity Lutheran
Church
7220 SE Cesar E Chavez
Blvd., Portland 97202



Portland Chamber Music is a 501(c)(3) non-profit organization that is fully supported by donations and grants from the communities it serves.

If you believe that music is important to the life of a community, we invite you to [support us with a tax deductible contribution.](#)

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Classical Music and Its Effects on Human Behavior

By Kimber Sieffert

In 1993 there was a study that caused quite a stir in the research community, you might have heard of [“The Mozart Effect”](#)? Quite simply put, it was a study conducted on 36 individuals which studied the effects on visual and spatial learning after listening to Mozart for 10 minutes using the [Stanford-Binet Scale of Intelligence](#). Even though there were understandable critics who challenged this particular study, the results were not only interesting but also encouraged expecting mothers, daycare centers, etc. to introduce classical music to their child's young developing minds.

I believe that most people would agree that regardless of the challenges presented in this particular study, the use of classical music to enhance both young and older minds could most definitely bring positive results. While every child may not develop into a musical master, every child does have the potential to benefit from classical music, especially when music teaching takes a broad sensory approach.

What kind of effects could we expect on human behavior with the exposure of classical music?

An Ohio study using 30 variations in J.S. Bach's Goldberg Variations, BWV 988, found that children of different ages were, for the most part, consistent in identifying the “emotion” of the variation as exciting, sad, happy or calm. Even children with no musical background were able to articulate the emotions expressed by the music. As a college student working towards my Bachelor's degree in Psychology, I enrolled in a class that challenged us as students to explore our inner feelings and expressed emotions



related to different pieces of classical music. I remember that many of the emotions that I recorded onto a sheet of lined paper on my desk while listening to Mozart, Bach, Stravinsky, etc. were for the most part simplistic (i.e., sad, happy, angry, etc.). Although, I do remember a calmness that soared through my inner being which stayed with me as I moved through my afternoon classes.

Music has the ability to elicit emotion from its listeners: happiness, sadness, relaxation, frustration and aggression are all feelings conjured up by music. Levitin (2006) Music in general, but especially classical music, has been shown to calm and revitalize people in a way that other music and/or relaxing activities cannot. Some types of classical music are chosen by the listener because they elicit a sense of power in the person. In 2004, the British transport system in London, England began playing classical music in their underground transportation stations located in some of the roughest and most unsafe neighborhoods. Music had been played in these areas for six months and the results were astonishing; the rate of vandalism dropped by 37 percent, robberies by 33 percent, and staff assaults by 25 percent. Local police in West Palm Beach, Florida, installed a compact disc player into an abandoned building where many crimes had previously taken place. They played a variety of classical music by Mozart, Bach, and Beethoven and found that over time there was a noticeable decrease in shootings, thefts, loiterers and drug deals.

I think that all of us can agree that music affects our mood, enhances our feelings, and elicits many different emotions, which in turn can affect human behavior. The next time you are feeling anger, frustration, or irritation, try turning your iPod, Pandora, Spotify to the calming sounds of classical music or, better yet, go listen to a live concert!

Levitin, D. J. (2006). [This is your brain on music: The science of a human obsession.](#)

Portland Chamber Music

Performers:

Michael C. Liu, piano

Lynda Hess, flute

Jennifer Crockett, clarinet

Chris Cox, clarinet

Meghan Van Cleave, violin

Gemma Taylor, French horn

Jonathan Cheskin, cello

Anya Kalina, soprano

Deborah Gitlitz, Storyteller

Guest Performers:

Jonah Thomas, cello

Zita Jefferson, piano

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Become a Supporter!

If you believe that music is important to the life of a community, we invite you to support us with a tax-deductible contribution.

You can make a [one-time donation](#) or give us the best gift possible by becoming our [monthly patron](#) at a bridge level of your choosing:

Sellwood Bridge -	\$5
Ross Island Bridge -	\$10
Hawthorne Bridge -	\$25
Burnside Bridge -	\$40
Steel Bridge -	\$50
Broadway Bridge -	\$75
St. Johns Bridge -	\$100

Don't see the donation level that you want? That's OK, too. Just pick the amount you would like to contribute on a recurring basis.

If you would rather write a check, please make your check payable to Portland Chamber Music and mail it to: 3519 NE 15th Ave. #239, Portland OR 97212.

Portland Chamber Music is a 501(c)(3) non-profit organization (Tax ID: 37-1784427) and all donations are tax deductible.

If you have questions, please contact Executive Artistic Director Anya Kalina or Board President Kimberly Sieffert.

We thank you from the bottom of our hearts!

Place an Ad in Our Concert Programs.

This is a great way to advertise your business, event or a special announcement.

[Program Ad Order Form](#)

Fill out the order form and email it to portlandchambermusic@gmail.com.

Then write a check to Portland Chamber Music and mail it to:

3519 NE 15th Ave. #239, Portland OR 97212.

If you have questions, please contact Executive Artistic Director Anya Kalina or President Kimberly Sieffert at portlandchambermusic@gmail.com

Thank you!

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