



Volume 48-4 May 2022

Editor: Rod Fivelstad



OUR MISSION...

is to promote Rotary fellowship by encouraging clubs to sing,
to organize musical activities for performance at all levels of Rotary functions,
and to support community music organizations and school music programs.



May 2022

This month Music Notes will feature RI Convention News, My Annual Report to the IFRM Membership, An announcement for the Annual General Meeting, and an article of the fabulous work of IFRM partner MUSIC MENDS MINDS.

There will be an Annual General Meeting (AGM) on June 7. The meeting will be held in person at the Rotary Convention, but also will be available via Zoom.

IFRM Annual General Meeting
LIVE from Houston (Room 381a) and via ZOOM
Tuesday, June 7, 2022
8:30 a.m. CENTRAL DAYLIGHT TIME (Houston, TX, USA)
Zoom link:

Topic: IFRM Annual General Meeting
<https://us02web.zoom.us/j/84551568179?pwd=RWJsOCTRWCs2MEF6dTazT1VNQ0J0dz09>

Meeting ID: 845 5156 8179
Passcode: ifrmbod
Dial-in Meeting ID: 845 5156 8179
Dial-in Passcode: 9626751

Find your local number: <https://us02web.zoom.us/j/kdlesIA6SG>

IFRM Annual Report from the Global Chair

International Fellowship of Rotarian Musicians ANNUAL REPORT (2021-22)

by

Rod Fivelstad

**IFRM Global Chair (2020-)
globalchair@ifrm.org**

Dear Fellow IFRM Members,

This is my second Annual Report to the Membership of IFRM. It has, again, been a challenging year, but Covid-19, has also brought about some exciting opportunities for our IFRM Community. We are having an in person Rotary Convention in Houston, Texas, USA. If you cannot attend the RI Convention in-person, I hope that you are registered for the Rotary Virtual Convention and will visit our IFRM virtual booth in the House of Friendship.

Website (www.IFRM.org)

Technology is always changing and it has significantly impacted our website. Our new Web Architect, David Loofbourrow is continuing the refinement of our completely redesigned website. We are working on new features including Regional Web Pages within the site. The most exciting new enhancement is the development of “Lift Your Voice” Rotary Musical Database which will be available to members. It will be introduced at the Conventions, actual and virtual. I believe you will find it an incredible resource for music appropriate to Rotary Meetings and gatherings, with the ability to drill down by country of origin, style, where to find the music and even video resources, if they are available. This has been a massive under-taking led by Susan DuPree, a past Global Chair of IFRM and her committee and our web architect. It is designed to grow, but we will need your help in finding music and the requisite permissions.

Membership

Our membership numbers are increasing, many are joining in India due to the continuing work of **Paddy Iyer (Regional Vice Chair India and Sri Lanka)**. Currently, IFRM has more than 1000 members in 43 countries of more than 90 are Lifetime Members. We have over 1,500 on the database, but not all of their dues are current so they are not counted as “active” IFRM members. The programmatic addition of IFRM Sings through Zoom has also helped increase our membership as well as our partnership with Music Mends Minds.

Our database is now being maintained by our Membership Chair, **Barry Oxford**. Barry, David and I are working to make the database available to all members.

We continue to try to address some persistent issues:

- **Updating the membership database:** All our communication is by e-mail, and we get many “bounces” from sent mail because members do not update their membership information. We encourage all members to go to the website (www.IFRM.org) and update their e-mail address and other information on their profile. Your changes will automatically update on the IFRM database.
- **Renewal of dues:** Members pay \$35 USD dues for a three-year membership. Dues always expire on June 30—the end of the Rotary year. Please check your profile on the website. After you log in, you can renew online through the membership link on the website. Starting in April of the year membership expires, member receive a reminder notification when they visit the website.

- Communication with IFRM Membership: As Chair, I publish a bi-monthly e-bulletin, *Staccato*, as well as a periodic newsletter, *Music Notes*. We are seeing a slight increase in those who open *Staccato*, but it remains less than 40% of our members, who actually open *Staccato*. We continue to use *Staccato* as our best communication tool. All issues of *Music Notes* are published on our website and can be accessed by going to www.IFRM.org, go to 'newsletters' on the menu bar, and click on the top entry for the latest issue. (You do not need to sign into the website.) IFRM also has a very active mail list on googlegroups and is another benefit of IFRM membership. If you are not already signed up, you can do so by going to ifrm@googlegroups.com. The link to our Saturday IFRM sings Virtual Choir zoom meetings for the *Virtual* RWC is listed here.



Rotary World Choir Melbourne, Australia, 2023

Plans are already underway for an in-person Rotary World Choir for the Melbourne RI Convention. We must find a new director, Judy Walker has retired. We are looking for an experienced choral director who will help us select music, help us learn the music, and direct us from the stage in Melbourne. Please email me at globalchair@ifrm.org if you are interested and would like to learn more.

In April 2020, IFRM members came up with the idea of getting together in a *Virtual Rotary World Choir*. This group has continued to meet although less frequently now that many of us are back with our various choir responsibilities. We will be going dark for the summer, but plan to reconvene in the late summer or early fall in some form, yet to be determined. We need a musical leader for this also. I host the meetings, and can play videos, but I am a singer not a director or tech wiz. This continues to be a truly International Choir with members joining from France, the UK, USA, Canada, Caribbean (Dominica and St. Kitts), Turkey, and Nigeria are participating. New and different singers join the Choir each week to sing! **John Ackenhusen** has been the Director of the IFRM Sings Virtual Choir. He, too, is busy with other responsibilities and is relinquishing the IFRM sings leadership. If you would be interested in taking on this role, please email me at globalchair@ifrm.org

Rotary International ACTUAL and *Virtual* Convention from Houston

Rotary International has decided to run parallel conventions. An on-site Convention and a Virtual Convention. You must register for the Convention of your choice, in order to attend. We are all very excited that there is also a *Virtual* Hall of Friendship that registrants can access 24 hours/day. **IFRM has "booths" in the Hall of Friendship at Both CONVENTIONS!** We have put together our digital booth. The booth includes music and brief informational talks from IFRM members. My thanks to our IFRM Social Media Director **Madhumita (Madhu) Bishnu and John Ackenhusen** for helping me put together our digital booth. You will be able to access the booth 24/7 throughout the dates for the RI Convention. Visit the Rotary.org website for more information about registering. Enjoy singing along with songs recorded by the Real and *Virtual* Rotary World Choirs.

IFRM Foundation

Peter Sotheran (Redcar, England) continues to be the CEO of the IFRM Foundation. Look at the many projects that we have been able to fund since its inception in 2007. Peter also monitors our googlegroups mail list. The word, thanks, seems inadequate to express our gratitude for his service that he continues to give to our Fellowship. Members, please consider donating to the IFRM Foundation. Any amount will be appreciated and help us to continue to respond to supporting community requests globally.

Board of Directors

Each year, a slate is presented to the IFRM members at the Annual General Meeting (see Music Notes May 2022). After the slate is approved at the Annual General Meeting, the Board of Directors (incoming) then votes for the positions each Director will hold for the Rotary year (2022-2023).

Financial Matters

We continue to have a strong fiscal position. Membership is growing and most of the expenses have been around the Website Development and IFRM Sings. Thanks to all our members who have or will be renewing their memberships A Financial Report for 2021-2022 will be available at the Annual General Meeting on June 7. Thank you, Treasurer **Bonnie Sirower**, for your careful accounting/reporting and service to IFRM.

Challenges that continue:

- Being sure that our music Fellowship is of benefit to its members:
 - 1) In order to let our members know what was happening in IFRM, we publish an periodic newsletter, *Music Notes*. We recognize that all of our members can read in English. We are looking to create Regional Webpages and other resources to assist with our communications to members.
 - 2) Engagement of members is a sure way to retain members and with the addition of a *Virtual Rotary World Choir* we are seeing more interest among our members. Making sure that members are aware of this new program activity is our greatest challenge.
- Website updates: Still a work in progress but worth frequent visits to watch its development.
- Communication: E-mail remains the best way to communicate directly with IFRM. Feel free to email me at globalchair@ifrm.org Hearing from members is a daily occurrence! When folks ask questions or raise issues of concern to them, we try to get back to them within a couple of days.

My gratitude to all the IFRM Directors who serve on IFRM Board of Directors. We have a couple of openings for the 2022-23 Rotary Year. 2022.

I thank each and every one of you for your support of IFRM and our activities. I am appreciative of your support in my second year as Global Chair. Thank you all!

Yours in Rotary Service—Through Music,

***Rod Fivelstad
IFRM Global Chair
globalchair@ifrm.org***

At IFRM we want to encourage all types of musical expression and forms. Instrumentalists are also a very welcome and appreciated part of our Fellowship. What can we do for you? As your Global Chair, I want to hear from you with your ideas. You can reach me by email at globalchair@ifrm.org

Keeping the Beat... secured by Ada Kahn (RC of Evanston, IL)



Opportunities to Partner with Music Mends Minds

Music Mends Minds Drums Up New Program by Katherine Tolford

Music Mends Minds drums up a new program to reach more seniors around the globe.

Music Mends Minds (MMM), a nonprofit that creates musical support groups for individuals with neurological disorders has expanded its musical offerings to include drum circles in addition to sing-alongs and bands.

Rotary International and MMM have been working in partnership through the Global Initiative-“Music Mends Minds: Energize & Empower Through Music” to help bring music to seniors around the globe by creating a network to educate numbers of Rotary clubs on the best practices of helping those with Alzheimer’s, dementia and Parkinson’s through music-making and socialization. Thank you IFRM for this powerful collaboration.

MMM’s Founder and Executive Director Carol Rosenstein is inviting volunteers throughout the Rotary world to support the power of music in changing brain chemistry for seniors who suffer from neurodegenerative diseases. Recently, Carol was featured on the cover of the Rotary Magazine and the article on pages 28-35, calling all Rotarians to start a musical group.

See: [Rotary Magazine May 2022](#)

“We’re looking for musical messengers to consider starting musical groups through their clubs at a grassroots level. Every one of our groups is unique, as long as music is the common thread we’re on board,” Rosenstein says.

MMM currently has a roster of 20 bands across the globe, including Rwanda and Canada, as well as a triweekly Zoom platform led by board-certified music therapists. But drum circles, in particular, have the potential to appeal to a wider audience because anyone can take part regardless of their previous musical experience.

Scientific studies have shown that the benefits of music are undeniable. Music is retained in the brain differently than other cognitive functions and can be accessed as a form of communication when other avenues are lost. The synchronized rhythms that are incorporated in drum circles stimulate 12 areas of the brain that are integral in motor skills, auditory and sequence processing, and working memory (Bengtsson et al, 2009).

Performing in a drum circle can also help improve physical gait, posture and mobility in Parkinson’s patients. The patterned nature of rhythm promotes voluntary movement by allowing muscles to time their movement to the beat of the rhythmic sounds (Nombela et al, 2013).

Research also shows that music in general improves cognitive function, self-esteem, speech, attention, executive functioning, orientation and reduces anxiety, agitation and depression.

John Fitzgerald, who leads MMM's Culver City Senior Center Drum Circle and has over 20 years of experience designing and facilitating drum circles and rhythm experiences, says playing music engages creativity, intuition and a sense of play.

“Rhythm, a fundamental part of music, is a constant in our lives; our hearts beat, we live in cycles of day and night, and we mark the seconds, minutes, hours, and days of our lives. Perhaps this is why drumming is so intuitive for people, and engages people of every description, background or challenge.

Music, and indeed rhythm, crosses every imaginable boundary; generational, language, cultural, to join us together in an experience of co-created joy and self expression. Caregivers and their loved ones, their children and siblings and friends are equals in the drum circle, in this joyful and engaging experience encouraging well-being and connection,” he said.

MMM makes it easy to start singalongs, drum circles, and bands with an online curriculum that can be tailored to fit specific and cultural community needs in Rotary clubs and districts. The program includes an educational video library, step-by-step instructions on how to start a band and regular virtual check-in sessions that offer guidance and problem-solving tips. Visit this link for more information: <https://www.musicmendsminds.org/courses>

Thanks again to IFRM for this important partnership!

In April, Music Mends Minds hosted a free screening of the new documentary, *Have You Heard About Greg?* (HYHAG). HYHAG puts a human face on the most terrifying disease of Alzheimer's and other forms of dementia. Greg O'Brien, an award-winning investigative reporter, was diagnosed with early onset Alzheimer's at the age of 59 and is committed to sharing his experience to get people talking about this disease. The film captures a frank, yet funny, heartfelt story of a disease that afflicts 50 million people worldwide and affects hundreds of millions of caretakers. After billions have been spent on research, it remains poorly understood. Beyond capturing Greg's redemptive journey, the film hopes to make brain health a priority in daily life and to inspire both patients and caregivers to pay attention to early detection and preparation for Alzheimer's and other brain afflictions.

The event also reunited singers from MMM's flagship 5th Dementia band for the first time since the pandemic began. They were accompanied by the Brentwood Presbyterian Church Choir on songs such as *Under the Boardwalk* and *Over the Rainbow*.

HYAG was produced and directed by Steve Ecclesine. Greg's and Steve's mothers were friends and they both died of Alzheimer's. Steve became a Hollywood producer and reconnected with Greg after a 50-year hiatus. Greg was the keynote speaker at a caregiver's conference in Scottsdale, Arizona. Steve drove out to shoot his speech and immediately knew he wanted to tell this powerful story about a real-life hero on a real-life hero's journey.

IFRM Vice-Chair/Africa, Gregory Bakunzi, Red Rocks Band



For more information about Music Mends Minds

Website: www.musicmendsminds.org

Contact: info@musicmendsminds.org

Once again, thank you to IFRM for this invaluable partnership!

A note from the Editor: Katherine Tolford and MMM thanks for providing us with this challenging article.

IFRM Website News

Incremental updates are made on the website on an ongoing basis. Watch for more details in Staccato. If you have not already done so, please visit ifrm.org and update your log-in information. More details are in the Annual Report

A note from the Editor:

Each of these new IFRM Board Members have already made notable contributions to the development of IFRM as a truly **INTERNATIONAL FELLOWSHIP** of Rotarian Musicians. We are so fortunate to have them as IFRM Board Members.

The sun never sets on IFRM...

Did you know that IFRM has more than 1000 members from more than different countries? We are truly an international fellowship bound together by the joy of music. Whether you simply love music or are a performer, this Rotarian Fellowship is for you. The IFRM Board of Directors includes its officers (President, Secretary, Treasurer, Membership Chair, Past Global Chair and Vice Chairs connected to various geographical areas around the world, and Board Members with special responsibilities). Following is an opportunity to meet some of these IFRM members and learn a little about them and their connection with IFRM. Here is a quick update on our IFRM Board of Directors.

Bonnie Sirower IFRM Treasurer is keeping busy, working on grants for Music Mends Minds and a Water project in Central America. Bonnie helps us keep IFRM financially sound. Bonnie is also very involved with her Rotary Club and District.

Madhu Bishnu IFRM Social Media Director



Madhu helps coordinate all of our Social Media including Facebook, YouTube, and Instagram. Madhu helps us keep our evergrowing collection of songs sung by the IFRM Virtual World Choir. Take a look, there is something for everyone:

<https://youtube.com> and searching for #ifrmvirtualchoir .

Gregory Bakunzi Vice-Chair/Africa



Greg Bakunzi,
Red Rocks Initiatives For Sustainable Development
www.redrocksinitiative.org

We would certainly like to see growth for IFRM in Africa. There are such rich musical traditions to share with the rest of the world. Please let Greg at the email above know about your interests and how IFRM could help.

Paddy Iyer Vice Chair for India and Sri Lanka



Paddy is the IFRM membership recruiting SuperSTAR! New memberships come in from India on an almost daily basis. Plans are underway for an all IFRM-India nationwide gathering of IFRM members in 2022. One of the most intriguing concepts to come out of India, is the formation of IFRM Chapters by Rotary District. I challenge you leaders in Districts around the world to learn more about the concept and build local chapter units to bring fellowship and the love of music in your region with Rotary Service Through Music.

Vice Co-Chairs for the Carribean Frances-Ann Satney and

Dr. Malcolm Charles. Frances-Ann and Malcolm continue to keep the beat and music going for IFRM throughtout the Carribean.





Jean-Louis Nguyen Qui

Vice-Chair/Asia

Jean-Louis is another director with large geographical, language, and cultural differences. We will learn more about these challenges and successes in a future MUSIC NOTES.



Judith Crowe *Vice Chair Europe*

Judith continues to talk up IFRM in her region and is a regular participant in the IFRM Sings Virtual Choir. Judith would like for someone from Europe to become a new IFRM Director. Contact globalchair@ifrm.org if you would like to know more.

Robert Bracegirdle *Vice-Chair United Kingdom* has a very busy Zoom and In-person Schedule. Robert loves music and singing and is very active in local choirs near his home and in the IFRM Sings Virtual Choir.

Judy Walker Rotary World Choir director has submitted her desire to retire and we will be seeking a new Rotary World Choir director, as noted earlier in Music Notes.

Susan DuPree is busy with the new Song Book project. We are expecting the roll-out of Phase 1 in June in Houston. Susan is also looking for a replacement. She has said that she will continue to work in an advisory role with the new director.

Howard Bridgman is a busy guy in Australia, he is already thinking about plans for the Convention in Melbourne in 2023.

Barry Oxford is our Membership Chair. He is extremely busy as we bring the new website on-line and re-activate the new members registration.

Lee Denlinger, our immediate past chair continues to provide insights into all aspects of the operation of IFRM.

Curtis Reinhardt helps with coordination of various projects including work the the IFRM Foundation and the New Song Book Committee, and will be helping out in Houston.

Susan Fivelstad, our IFRM Secretary keeps our Global Chair, Rod, in-line and focused on the work of IFRM. She is also successfully overcoming a major health issue that surfaced during the summer. She will be in Houston. With husband Rod, Susan stays involved with The Rotary Club of Grass Valley.

IFRM Foundation



Peter Sotheran
CEO, IFRM Foundation

Did you know that IFRM has a Foundation that is a 501c3 Charitable Organization in the United States? Donations to the IFRM Foundation are tax deductible. The Foundation has supported many worthwhile music literacy programs around the world particularly focusing on youth projects. Take a look at the IFRM website for more information and consider making a donation to further the wonderful work of the IFRM Foundation. Peter also moderates our IFRM google group and sometimes drops into the IFRM Sings Virtual Choir, although only as a cheerleader.

IFRM Board of Directors (2021-22)

Rod Fivelstad, Global Chair, Grass Valley, CA USA email: globalchair@ifrm.org

Lee Denlinger, Immediate Past *Global Chair*, Brentwood, CA USA
email: lee_denlinger@yahoo.com

Susan Fivelstad, *Secretary*, Grass Valley, CA USA e-mail: secretary@IFRM.org

Bonnie Sirower, *Treasurer*, Glen Rock, New Jersey USA e-mail: treasurer@IFRM.org

Barry Oxford, *Membership*, Carrollton, GA USA email: membership@ifrm.org

Malcolm Charles, *Vice-Chair/Caribbean*, Castries, Saint Lucia e-mail:
majcharles@gmail.com

Frances-Ann Satney, *Vice-Chair/Caribbean*, Frigate Bay, Basseterre, Saint Kitts and Nevis
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Robert Bracegirdle, *Vice-Chair UK Macclesfield UK* e-mail: bobbracegirdle@gmail.com

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Madhumita Bishnu, *Social Media*, Kolkata, India e-mail: madhubish27@gmail.com

Ada P. Kahn, *Publications*, Evanston, IL USA e-mail: AdaPKahn@aol.com

Curtis Reinhardt, *Projects*, Grover Beach, CA USA e-mail: Curtis@curtisreinhardt.com

Judith Walker, *Director, Rotary World Choir*, Munster, IN USA
e-mail: jwalker.rotary@gmail.com

Susan DuPree, *Music Director, Past IFRM Chair*, Vancouver, WA 98685 USA
e-mail: musicdirector@IFRM.org

David Loufbourrow, *Web Architect*, Grass Valley, CA USA
e-mail: webmaster@IFRM.org

IFRM operates in accordance with Rotary International policy, but is not an agency of, nor controlled by, RI.

Membership Application/Renewal Form

Membership is open to ALL persons Interested In Music and Fellowship.
Rotarians, spouses, Rotary program participants and alumni and Non-Rotarians, too.

Please Check One

Dr. Mr. Mrs. Ms. Rotarian Spouse Rotaractor

First Name: _____ Last Name: _____ New Member Renewal
Rotary Club Name _____ District No. _____ Country _____

Mailing Address _____

Home Phone _____ Mobile Phone: _____

Work Phone _____ Email (Required) _____

I am a Rotary Song Leader Piano Player My Voice is (circle one) S A T B

Musical Talent/Occupation: _____

I am enclosing my dues of

US \$35 for **3 years** membership (includes pin for new members)

US \$35 for 3 years **renewal**

US \$200 for **Lifetime Membership**; \$100 for member's **spouse** Total: _____

Plus donation _____ for IFRM projects Total: _____

Plus # _____ of Small 1/2" x 1" G Clef Pin(s) at \$5 each & \$2 for Shipping Total: _____

TOTAL AMOUNT ENCLOSED: US \$ _____

Date: _____

Signature: _____

Make checks payable to **IFRM**, and mail to: **IFRM** <<<NEW ADDRESS<<<
P.O. Box 2438
Grass Valley, CA USA

Or pay on-line through **PayPal** at www.IFRM.org (membership)