



Volume 47.2 December 2020

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.

***IFRM brings you warmest Holiday Greetings and opens its arms to all*** by Rod Fivelstad, IFRM Global Chair (RC of Grass Valley, CA)



At IFRM, We sincerely hope that you are able to enjoy a health-filled and joyous Holiday Season. As IFRMers, we bring a grand variety of cultural traditions to this season around the world, Christmas, Diwali, Festivals of Lights, Kwanza, Hannukah and many more. We all hope that 2021 will bring us toward a more "normal" world.

It is now official. Rotary international broadened entry to the World of Rotary by incorporating Policies that allow ANY Interested person to join Rotary Fellowships. IFRM has agreed through the approval of its membership to open IFRM membership to any interested in person, not just Rotarians. We are excited and hope to broaden our niche in the world of Rotary, to help more people learn about and enjoy the benefits that being a part of Rotary International provides.

The year 2020 is almost over. In my 72+ years I have never experienced a more challenging year. As most of you know, I love to sing, especially group choral music and I love to attend monthly chamber music events sponsored by my local arts organizations InConcert Sierra ([inconcertsierra.org](http://inconcertsierra.org)) and Music in the Mountains ([musicinthemountains.org](http://musicinthemountains.org)). The live performance aspects have, of course, been non-existent, but tech innovations such as Zoom, Webex, YouTube, etc. have certainly stepped up to relieve some of negatives surrounding stay-at-home orders, mask-wearing, social distancing, etc. The first half of 2021, looks to be a continuation, but the light at the end of the tunnel may be in sight as projections toward normalcy appear to be on the horizon for the fall of 2021. In the meantime, let's all challenge ourselves to be better citizens of our countries and planet earth. We can take great pride in our Rotarian kinship. Rotary is helping to make the world a better place and IFRM is doing its small share in bringing our world and relationships a little closer together.

I have a new Saturday morning ritual. I, with my wife Susan, host IFRM Sings on Zoom at 10 a.m. (Pacific Standard Time—West Coast USA.) We have a small but dedicated group of singers, who like myself are trying to fill the void of not having a regular choir to rehearse and sing with. We have discovered John Ackenhusen, a fellow IFRMer with tremendous energy and skills. He helps us select

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and learn new music and then we record our efforts combine them with Zoom and then publish them to Facebook and YouTube, through the skills of our media coordinator and IFRM Board Member Madhu Bishnu. Just search "International Fellowship of Rotarian Musicians," and take a look at the many offerings. In addition to the IFRM Virtual Choir, we also have postings from our Rotarian Membership around the World. We have several professional musicians from our local IFRM chapters in India who have posted musical samplings of their talents on Facebook and YouTube. Take a look.



Screen Shot from IFRM Sings

IFRM Sings via Zoom Saturday Mornings at 10 a.m. (Pacific Standard Time) Note: We will be dark from December 26-January 2 and will resume on January 9.

Topic: IFRM Sings

Time: Saturday Mornings 10 a.m. (West Coast USA, Pacific Standard Time, PST) except Dec. 26 and Jan. 2.

Join Zoom Meeting

<https://us02web.zoom.us/j/84894662814?pwd=bUIwM0w5TGhQc1E1TzY4dWZBZzFKUT09>

Meeting ID: 848 9466 2814

Passcode: ifrmsings

IFRM Drop-in meetings. We started these as part of the Virtual Rotary Convention. It is a free-form Zoom meeting, designed to give members a chance to meet other IFRM members. In the future I want to encourage members to share examples of their musical talents. We will try these quarterly, and if the meetings catch on we could even go to bi-monthly approach. I do two, close together but at different times to encourage participation from around the world. More detailed information will be in "Staccato". The next IFRM Drop-In will be toward the end of January or Early February.

The [ifrm@googlegroups.com](mailto:ifrm@googlegroups.com) Do you want to be connected with fellow IFRM members by email. Subscribe to our ifrm googlegroup. We exchange ideas and news, along with sharing information about IFRM sings.

**IFRM is now has an episode on the "I am Rotarian Podcasts" on Iheartradio.com. Global Chair Rod Fivelstad was Gwen Jones guest for Season 4 Episode 7. Give it a listen.**

The **website update** is nearing completion for phase 1, which includes the reopening of the membership link. More details will be provided in the December Staccato. Visit ifrm.org.

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### ***Let's Do This! Plans for a NEW RI Song Book, Continues! By Susan DuPree***

The RI Songbook, last published in 1999, fulfilled the needs of Rotary clubs who wished to continue the tradition of singing at their Rotary meetings. However, with the advent of new technologies that help us stay connected, we have changed our focus to be more attuned to the many cultures that make up our Rotary Family. Therefore, in the last decade, there has been an increasing number of Rotarians who have expressed their desire for a revised RI Songbook that better reflects our global membership.

IFRM Directors Curtis Reinhardt, Robert Bracegirdle and Susan DuPree, along with the Sing-a-long Director, John Ackenhusen are forming a committee to look at developing a new RI songbook. Ideas for this project include:

- adding *regional* songbooks with help from our Vice-Chairs
- making *all* editions accessible online -on our website.
- Publishing annotated, hard copy editions representing each region and used to raise funds, for example, for the IFRM Foundation.
- Creating criteria for all submissions to the IFRM Dropbox, then having IFRM musicians do the vetting.
- IFRM members vote on final selections

If you are interested in joining the new IFRM Songbook Committee, contact Susan DuPree at [musicdirector@ifrm.org](mailto:musicdirector@ifrm.org) . **Let's Do This!**

IFRM Sings Zoom Link: Join Zoom Meeting Saturdays 10 a.m. Pacific Standard Time

<https://us02web.zoom.us/j/84894662814?pwd=bUlzM0w5TGhQc1E1TzY4dWZBZzFKUT09>

Meeting ID: 848 9466 2814

Passcode: ifrmsings

### **For your Holiday Enjoyment, on YouTube on December 26.**

A message from IFRMer Simon Yiga, the President of Pan African Choir Uganda (a non-profit project):

I am organizing a Virtual Wellness Concert which I wanted to share with all my IFRM family this link: <https://youtu.be/ZEKz5UjCarE> . The link provides information about the preview of this program on YouTube on December 26 and includes some time details.

The mission of the Pan African Choir Uganda is to foster global understanding, goodwill and peace building through choral music, story telling and dance.

The Pan African Choir is a one stop centre where we bring and share with you some highlights of the unique African cultures to immerse you our participants in Africa's traditional lifestyle through songs and dance. Yours in Rotary Service, Simon Yiga

Editor: Best Wishes for your project's success. Sounds like an exciting Program.

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



### ***...with Carol Rosenstein and Music Mends Minds***

Carol Rosenstein, member of IFRM and the Westwood Village Rotary Club in Los Angeles (D 5280), is a founder of Music Mends Minds, an organization that uses music to uplift persons who have Alzheimer's, Parkinson's, dementia and other neurogenic issues. MMM now partners with IFRM and Rotary clubs worldwide.

Carol was born and grew up in Springs, South Africa, a gold mining town near Johannesburg. She was an honors graduate of Springs Girls High School. She was scheduled to be a medical student in Johannesburg when she fell off parallel bars in a gym. "A chiropractor helped heal my injury so miraculously that I decided to change course and travel to the USA to the Los Angeles College of Chiropractic in Glendale California," she says in own exuberant way.

In 1962, at age 17, Carol came to the USA with her parents, Charlotte and Lionel. Her mother had been a nurse and her father had worked in the public health department of their city in South Africa. The three of them enrolled in college and graduated as Doctors of Chiropractic in 1966. They made history as the only mother-father-daughter trio to graduate together.

Carol then pursued a two-year graduate residency with board certification in clinical nutrition. She attained a Master's degree in Psychology which enabled her to practice Wholistic Mind-Body medicine, which has been her lifelong passion.

In 1967, Carol emigrated to Sydney, Australia where she was reunited with her sister and family. Carol's late brother-in-law was a medical physician there. He and his colleagues were having difficulty with an orthopedic patient scheduled for surgery. "He asked me to consult with the patient, a gold-medalist golfer. She recuperated quickly under my care and in short order, referred 20 patients to me! Then I was a guest on an hour- long national radio show which brought more patients to my newly opened chiropractic office." Patients included students from well-known ballet schools, polo players, and members of the local rugby team.

In 1976, Carol returned to the USA for an academic position at the Los Angeles College of Chiropractic where she pursued studies in both radiology and orthopedics. A few years later, her private practice in Sherman Oaks, CA was called the Wholistic Health Institute. "My staff included MDs, DOs, psychologists and even a podiatrist, to give patients a one-stop experience with wholistic possibilities under one roof," she says. Carol became well known as a lecturer about mind-body medicine and clinical nutrition in Los Angeles.

In 1984, she put a personal ad in the *Los Angeles Jewish Journal*. After sifting through 90 responses, she met Irwin Rosenstein, a practicing attorney. "Our love story continues to play out after 36 years of marriage, complicated by a Parkinson's diagnosis as his 70<sup>th</sup> birthday gift in 2006 and then in 2015, a diagnosis with dementia, which is now end stage in 2020. Music continue to be the only to connect with each other in the absence of traditional spoken language, which falls aways due to the disease progression," says Carol.

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"Irwin and I enjoyed a magical life together, being known as the "Jetsteins" because we were constantly on and off planes, trains, and ships, and enjoying our world to its fullest. This all came to a crashing halt when Irwin's diagnoses made it very difficult to continue traveling," she says.

In 2014, Carol enrolled Irwin in the Alzheimer's and Dementia Patient Care program at UCLA. He had played saxophone in the marching band at University of Pennsylvania and was a lifelong advanced amateur pianist. Irwin began playing the piano for the participants in the UCLA program "Something miraculous happened. Within weeks, playing the piano empowered him to become more responsive, aware, energetic and talkative. Our neurologist said 'music is medicine. Music changes brain chemistry.'"

Noticing how music transformed Irwin, in 2014, Carol and Irwin founded Music Mends Minds, a 501c3, with a band called "The Fifth Dementia." Members of the band include singers, instrumentalists, their partners and caregivers. All involved, including physicians, continue to report substantial improvements in participants' well-being. Until the pandemic began in 2020, the band met bi-weekly.

The 5<sup>th</sup> Dementia Band has played at many statewide conferences, including the Alzheimer's convention at the Waldorf Astoria in Beverly Hills, CA.

In 2015, PBS heard about the project and produced a documentary which aired nationally on an evening news hour. "Amy Huggins, a member of the Rotary club of Vashon Island, WA (D5030) and her late husband, Allan heard the broadcast and were totally moved by it," recalls Carol. "They flew down to Los Angeles to meet Irwin and me and observe The Fifth Dementia band in action."

A few months later, Amy called Carol with an invitation to fly up to Vashon Island for the launch of the "Island Rockers," an offshoot of MMM as a community service project of her Rotary club that has become the blueprint for service projects of Rotary clubs around the world.

In 2017, Carol was in Atlanta, GA, in the House of Friendship at the Rotary International convention in a booth sponsored by ADRAG (Alzheimers, Dementia Rotary Action Group). That's where she met Ada Kahn in the IFRM Booth and decided to become a Rotarian and join IFRM.

In 2018, Carol was nominated by CNN Heroes. This honor recognizes individuals who make extraordinary contributions to humanitarian aid and make a difference in their community.

Since the pandemic, the LA band morphed onto Zoom. "Now, three times a week, Monday, Wednesday and Friday at 1 p.m. (P T), participants enjoy singing solos, playing instruments, and having fun while being isolated in their own homes." Zoom can be accessed from anywhere in the world with an internet connection to Zoom. Participants have included IFRM Vice Chair in Africa, Gregory Bakunzi, whose Red Rocks band was featured in an earlier Music Notes. Paddy Iyer-Vice Chair India has also appeared.

In August 2020, a CNN producer returned to film MMM having fun on Zoom. When it aired globally, Bruce Baumberger, in Evanston IL, a past governor in District 6440 phoned ADA to say he saw her on TV. ADA had been on the Zoom platform that day along with several other IFRM members.

Carol is available to present the MMM story at Rotary clubs on Zoom. "Each hour, a staggering number of people are diagnosed with Alzheimer's, Parkinson's, dementia and other neurogenic disorders. "We are living in our won pandemic, Our health are system cannot oper with these numbers. Through Music Mends Minds (MMM) music is medicine for the mind, changing brain chemistry and bringing pure joy to all." Says Carol.



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Follow the link to hear the MMM Chorus sing Jingle Bells to us via Zoom.

<https://drive.google.com/file/d/1A5yvM5aW90WcGjb2Mk-FvaI1F6eiSSpO/view>



For More information about Music Mends Minds and Carol please visit their website:

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Irwin Bennett Rosenstein  
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"Restoring the Rhythm of Life"

Tax ID: 501(c)(3) #47-149333

### ***IFRM Goes around the World***

Did you know that IFRM has more than 700 members from 43 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. The website has been under re-construction as we change platforms and web architects. The membership registration pages and other pages in the website should be operable soon. We encourage to visit IFRM.org and watch the websites development. As editor I asked board members to share something about their specific holiday season, if they wished.

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### **Bonnie Sirower** IFRM Treasurer

Bonnie wished to let us know a little about Chanukah

The Jewish festival of lights that we call Chanukah started last Thursday night and will last through Friday-- eight nights. Every night, we light an additional candle to celebrate religious freedom. King Antiochus of Syria destroyed the synagogue and mandated that Judaism be banned. A group of rebels led by Judah Maccabee fought against the Syrian troops and re-gained control of the synagogue. The Ner Tomid -- eternal light, must be lit in front of the ark that holds the Torah. When the synagogue was re-claimed, there was only enough oil left to last for one night. But it lasted for eight nights. This tale is not in the Bible, but is in the Apocrypha.

We sing the blessings over the candles each night; we sing an additional blessing on the first night celebrating that we reached this special holiday. When my children were little (and lived at home), we would sing endless choruses of Dreidel, Dreidel, Dreidel as we played this spinning game, as well as "Oh, Chanukah, Oh, Chanukah, Come Light the Menorah. Let's have a party. We'll all dance the hora." Our Virtual Rotary World Choir is already familiar with the song, "Light One Candle," although I must confess I did not know that song until Peter Yarrow sang it at my sister's funeral thirty years ago. Traditionally, to remember the oil, we are supposed to eat fried foods like jelly donuts and latkes -- fried potato pancakes. We still do the latkes but not the donuts.

### **Madu Bishnu** IFRM Social Media Director



Madhu continues to work the technological miracles of Social Media, adding posts to Facebook, Instagram, YouTube. IFRM continues to add to collection of delightful musical news and performances. Madhu lives in Kolcutt, India, but no matter the hour, Madhu is always ready and eager to get the next IFRM production up on Social Media. Here is what Madhu has to say about the seasonal holidays in her part of India.

#### **Winter Holidays in Kolkata, India**

I live in Kolkata, East India and between Autumn to Winter there are many festivals that we observe. We start with Durga Puja festival which is worship of Goddess Durga who the Hindus believe fought over evil and killed the demon in heaven. She came to Earth with her 4 kids (2 sons & 2 daughters) and brought joy and happiness amongst people. So people celebrate for 4 days wearing new clothes, eating all kinds of street food, hopping from one 'pandal'(temporary bamboo structure) to another and enjoying as if there is no tomorrow. As soon as this festival is over, within a week we have Lakshmi, Goddess of Wealth being worshiped followed by Kali, Goddess of Strength and on the following day Diwali, Festival of Lights about which many people outside India are aware of. People will light candles in clay lamps and decorate their homes, both outside and inside. People will make varied kinds of sweets and savouries. Food is always an important part of any festivity. Diwali is New Year to some community and hence the celebration is a large scale one. After Diwali we start our preparations to usher in Christmas and New Year. Christmas celebration is quite unique in Kolkata where people will buy Christmas Cakes or Plum Cakes or Fruit Cakes, wear red hats, blow whistles and just have a good time. People will attend Midnight Mass either in St. Paul's Cathedral or St. John's Church or St. Thomas's Church besides others. Winter in Calcutta is very pleasant and so lot

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of fairs happen like Calcutta Book Fair, Handicrafts Fair etc. Calcutta Books Fair is an international one where many foreign publishers set up booths to sell their books. The Book Fair runs for 10 days. In conclusion I can say Indians enjoy the good weather, festive time and be happy in general

### **Gregory Bakunzi** Vice-Chair/Africa



Greg Bakunzi,  
Red Rocks Initiatives For Sustainable Development  
[www.redrocksinitiative.org](http://www.redrocksinitiative.org)

Gregory stays active with IFRM and Music Mends Minds. Gregory continues to increase the awareness of IFRM to his fellow Rotarians throughout Africa.

### **Paddy Iyer** Vice Chair for India and Sri Lanka



Paddy continues his very busy responsibilities in India and Sri Lanka. India and Sri Lanka have four District Level IFRM Chapters. Each chapter has its own Installation Event, which are quite spectacular. You can see snippets of these events on the International Fellowship of Rotarian Musicians YouTube Channel and in Facebook.

### **Meet the Vice Co-Chairs for the Carribean** *Frances-Ann Satney and Dr. Malcolm Charles*



Editor: The Carribean presents quite a geographical challenge with hundreds of island and multiple languages.

Christmas and the holidays will look quite different bearing in mind the Covid Protocols as laid down by our Government and the critical need to maintain 'Social Distancing'..



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That Statutory Instrument prohibits 'any Mass Crowd Events'... No Christmas Parties, No Staff Parties, Boat rides or Beach Picnics and the list goes on...

Meanwhile, its 'National Day' weekend in Saint Lucia with Monday Dec 14th 2020 being a Public Holiday..

We are still trying to figure out the best way to distribute Christmas Hampers to the disadvantaged without 'compromising' ourselves....its tough but we know why and will comply with the 'Prohibition of Assembly' legislation...

Seasons Greetings to all

Co-chair Frances Satney is busy with organizing and planning a Virtual Carribbean District Conference. IFRM has been invited to participate on January 9



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 is one of our faithful IFRM Virtual Choir Members. 10 a.m. Pacific does provide a bit of a challenge as it is around dinner time in Europe and the U.K., but we have several singers making the zoom "trek" over the pond each week. Sing On! Here is what Judith has to say about the Holidays in Europe.

Since Europe covers many countries, it is almost impossible to say what happens here for Christmas, but I can say that many of the Christmas carols we now sing have their origins based deep in the Christian and cultural traditions of the majority of these countries. Examples: O Tannenbaum (Germany), Stille Nacht (Austria), Les Anges dans nos Campagnes (France), to Infant Holy (Poland) to name just a few.

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The Christmas tree itself comes from German tradition, Saint Nicholas started life as a Bishop in Turkey, but these days is the European Father Christmas, appearing first on 6th December, but he can also be seen arriving in various countries throughout the period.

Here in France, though much muted this year (no concerts of Christmas music at all), it is usually possible to find a large variety of musical and other entertainments over an extended Christmas period. Plastic Santas climbing up chimneys are very popular, the usual pot plants much in evidence, Christmas markets, fancy street lights and pavement barriers decorated .. this year my town's Christmas tree has been decorated by the local patchwork club .. but it must be said that most jollifications do not really start until Christmas Eve in France, with a huge family gathering after midnight mass. All to be repeated the next day ... then they go back to work as Boxing Day (no name for it here) is a not a holiday but a working day!



Joyeux Noël à tous et toutes, meilleurs vœux from France! Judith Crowe [Europe]



### **Robert Bracegirdle** Vice-Chair United Kingdom

Robert laments that Christmas Holiday Season is not quite the same without all of the Lessons and Carols and advent choral music that usually abounds in great quantity throughout the UK. Something is definitely lost when watching a service on TV, YouTube, or Facebook. One does not get the same ambiance and visceral sensations of being at a live performance, especially those that take place in grand old stone churches and cathedrals. Maybe next year. I hope that we will all more greatly appreciate what the experience of live-music does for the soul and for our well-being.

### ***IFRM Foundation***



**Peter Sotheran  
CEO, IFRM Foundation**

Seasons Greetings to all, 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.

### ***IFRM continues to eye developments around the 2021 RI Convention scheduled for Taiwan***

Rotary is hoping to be able to have its Convention in June. IFRM is staying in close contact with Rotary International concerning the RI Convention scheduled for Taiwan. Plans are still quite fluid. We do not expect to have a Rotary World Choir in Taiwan, but plan to have one in Houston. Watch the website and Staccato for the latest information concerning IFRM.

**Wishing You and Yours a Joyous  
Holiday Season and the  
Happiest of New Years**

### 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](http://www.IFRM.org) (membership)**

### IFRM Board of Directors (2020-21) and Webmaster

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