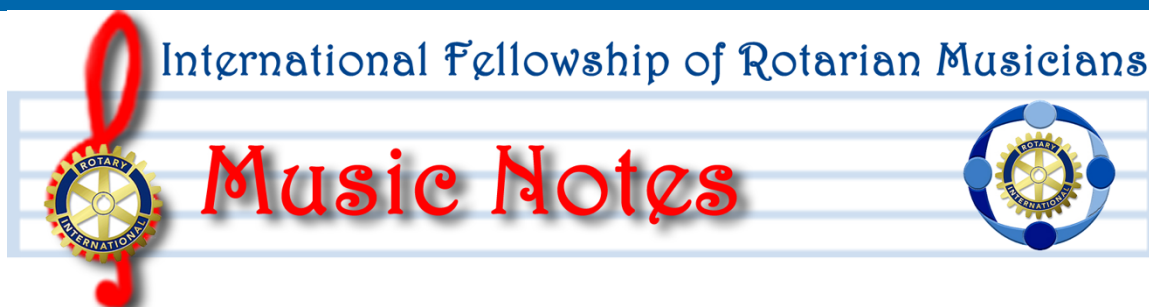


Service Above Self – Through Music

www.IFRM.org



Volume 48-3 December 2021

Editor: Rod Fivelstad



Rotary | International Fellowship
of Rotarian Musicians

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.



December 2021

I bring you Holiday Greetings with some help from Cleveland State University



It has been both a challenging and gratifying year for IFRM. Covid-19 shut down the Rotary Convention scheduled for Taiwan and we all began to find Zoom and other applications to meet together and continue building bonds of friendship around the world. For the Rotary Convention we created a virtual booth in the virtual House of Friendship. For fellowship and the joy of singing, we formed the IFRM Virtual World Choir with members from around the world meeting on Saturday Mornings (Pacific Standard Time). The IFRM Board has been meeting periodically via Zoom to carry on the work of IFRM. I and others have attended "virtually," Installation Programs for new IFRM Chapters in various regions of India. The International Fellowship of Rotarian Musicians now has more than 1,000 active members and is growing with new memberships coming in almost every week. We continue the further development of our website and work is well underway to have Phase 1 of the new database of music suitable for Rotary Clubs with a much broader musical base.

Rotary is still finalizing plans around the Convention scheduled for Houston in early June. It maybe a hybrid convention with both components of live and virtual events. If there is a live aspect and travel permits IFRM will have a booth in the House of Friendship. Indications are that there may not be a Rotary World Choir, but that decision has not been finalized by Rotary International nor IFRM. Stay tuned in.

There will be an Annual General Meeting (AGM) in June. If there is a convention it will be live in Houston, but will also be available via Zoom. Details will come in future communications from IFRM and me. Rod Fivelstad, IFRM Global Chair

Here is the zoom link, if you wish to visit IFRM Sings.

Topic: **IFRM Sings**

Time: Saturday Mornings 10 a.m. (West Coast USA, Pacific Time) The Zoom link is always the same. Starting in January we will only meet two Saturdays a month. January's meetings will be on January 8 and 22.

Join Zoom Meeting

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

or if you like to log-in on your own.

Meeting ID: 848 9466 2814

Passcode: ifrmsings

The 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 and other IFRM gatherings.

IFRM is NOT just about Singing

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.

Did you notice?

For our Rotarians in North America, IFRM was on the "Found" page of the September 2021 Rotary Magazine. I am publishing the page here so that all of you can see.



FOUND

The sound of music

A Rotary member finds fellowship through song

ONLINE: The International Fellowship of Rotarian Musicians has a virtual choir that meets via Zoom every Saturday morning. We've got singers from all over the world — India, the Caribbean, France, the UK, Canada, the United States. We send in individual recordings of our voices. You listen on earphones to the musical accompaniment on one computer, and then sing into another computer to record your voice. Then John Ackenhuisen, our virtual choir director, puts all the tracks together and creates videos that we post on YouTube.

IN PRINT: There have been several editions of *Songs for the Rotary Club*. It's a wonderful songbook if you are from the United States. We are working on a new songbook, which we will make available online as a database, that will be far more international in nature. Sometimes on Saturday mornings, we choose a song or two out of this one. John plays the piano and we sing along to ourselves. We have a great deal of fun. We really have built an international friendship.

MUSIC MAN: Some of my earliest memories revolve around singing.

Before I was in school, I would sing along to my parents' 78 rpm records. By fourth grade I was ready to tackle a musical instrument, the trumpet, but I soon realized that you can't sing *and* play the trumpet unless you are Louis Armstrong. So trumpet lessons stopped, but school choir continued. The joy that music and singing bring to me is very difficult to describe. I sing with a male choir here in Grass Valley. Our signature song is "What Would I Do Without My Music?" COVID-19 certainly put a damper on music performance, but I have managed to keep on singing.

Red Fivelstad
Rotary Club of
Grass Valley,
California
Chair, International
Fellowship of
Rotarian Musicians

64 ROTARY SEPTEMBER 2021

Photography by Kevin Fiscus

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



Opportunities to Partner with Music Mends Minds

**By Mauria McPoland, MPA, ABC
Katherine Tolford and Ada P. Kahn, Ph.D.**

Throughout its seven-year history, Music Mends Minds (MMM) has stayed true to its founding mission: creation of musical groups for those with neurocognitive and neurodegenerative disease such as Alzheimer's, dementia, Parkinson's, traumatic brain injury and stroke. MMM began in 2014 with its flagship band, *The 5th Dementia* in Brentwood, CA and quickly grew to over 20 bands throughout the U.S. and the world including Mumbai, England, Canada, and Rwanda. Two new bands/drum circles recently were initiated (Culver City, CA and Sunnyvale, CA) and will be fully operational in 2022. During Covid, MMM organized free tri-weekly virtual sing-alongs on Zoom led by a board-certified music therapist, serving 100+ seniors a week with sing-alongs, solos, vocal and physical exercises, and guest performers. Every MMM band and Zoom event offers unique musical experiences while bringing joy and a sense of community to seniors with neurodegenerative/neurocognitive diseases. Research shows that music can improve speech, attention, executive functioning, orientation, memory, and reduce anxiety, agitation and depression. MMM also pursues opportunities that recognize and explore the beneficial effects of music therapy as a viable alternative treatment in delaying the symptoms of dementia. MMM aims to spread awareness and educate the community with the latest scientific research articles and with its *Ask the Expert* podcast, featuring interviews with researchers, neuroscientists and music professionals about music and its fascinating effects on the brain.

The Global Initiative created recently by MMM and Rotary International, *Music Mends Minds: Energize and Empower Through Music*, aims to bring joy and healing to seniors, caregivers and families across the globe through self-sustaining musical support groups. These groups have the power to mitigate the suffering of many by replacing it with the musical gateway to pure joy and increased brain function. This global project will give Rotary clubs and IFRM members the tools they need to start their own Zoom, in-person music ensembles, and sing-alongs/bands, bringing joy and healing to anyone needing the music due to long COVID isolation across the globe. MMM aims to create a sustainable network of guidance, education, and support for Rotary band leaders to introduce lasting change in the lives of community members affected by neurocognitive/degenerative decline. MMM plans to integrate

participants of all ages, allowing music to be a conduit of care and communication across generations. The Island Rocker Band in Washington state, led by Amy Huggins, Global Rotary Ambassador and past president of the Rotary club of Vashon WA, has been in existence for six years and has been very successful in fulfilling the mission of MMM. [District 5030 PSA for Music Mends Minds.](#)

MMM is also working with Dr. Mary Mittelman, a research professor at NYU Grossman School of Medicine, on a research survey with *Smiling Souls*, one of MMM's Rotary and Zoom platform partners. The study, which was completed by 150 participants in Mumbai, aims to understand the effects of music on seniors with neurodegenerative/cognitive decline. Dr. Mittelman analyzed the data and submitted an abstract proposal of the study to the 2022 American Society on Aging Conference, which was accepted.

In 2020, [CNN visited MMM's Zoom platform](#) as part of a story on [CNN.com](#) about the universal role music plays in changing brain chemistry and in helping to combat depression and isolation among seniors with cognitive issues. MMM's Founder/Executive Director Carol Rosenstein was nominated for a [2018 CNN Heroes Award](#). She was selected for CNN's Top 20 out of thousands of nominees for her work with MMM.

As MMM continues to grow and thrive on a global scale, the variety and frequency of musical opportunities offered are increasing. MMM has hosted live events and concerts online, which give seniors opportunities to perform in front of audiences. In 2020 MMM debuted its theme song *The Music Mile* at a virtual Valentine's event. *The Music Mile* captures the camaraderie and sense of community that is central to MMM's mission. It was written by Larry Hochman, a Tony and Emmy award-winning composer. The IFRM Virtual World Choir has worked with MMM to create a four-part harmony video of the MMM global theme song entitled [The Music Mile](#).

In December 2021 MMM was recognized along with three other nonprofits by the Ad Council at their gala in New York City. The Council created a [PSA for MMM](#) which was shown at that time. Carol Rosenstein attended and represented MMM, which was showcased to over 1,000 Ad Council members and their guests at this prestigious event.

Looking ahead, in February 2022, MMM will host a screening of *Have You Heard About Greg?* a documentary about award-winning investigative journalist and author Greg O'Brien's journey with Alzheimer's. Music Mends Minds' singers and the Brentwood Presbyterian Church choir will perform a live version of *Remember Me*, an Alzheimer's anthem featured in the film, which was written by neuroscientist Dr. Rudy Tanzi and singer Chris Mann.

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.

Help Needed! Looking for ONE more reviewer for the Song Book and Music Resource Database

By Susan DuPree

HELP! Can you read music? The Songbook Committee urgently needs another reviewer of the songs we have already selected for LIFT YOUR VOICE, the addendum for our Songbook. I will provide the training for the review process: (1) choose the arrangement you prefer from several choices and (2) get permission to use it on our website, if it's not yet in Public Domain. To Contact: Susan DuPree at musicdirector@ifrm.org or phone 1-925-998-9007.

IFRM Sings Zoom Link: Join Zoom Meeting Second and Fourth Saturdays
10 a.m. Pacific Time

<https://us02web.zoom.us/j/84894662814?pwd=bUlwM0w5TGhQc1E1TzY4dWZBZzFKUT09>

Meeting ID: 848 9466 2814
Passcode: ifrmsings

IFRM says Thanks Judy and Bye, Bye

Judy Walker, our Rotary World Choir Director for the last 10 years has asked to retire. As of this publication, we do not expect to have a Rotary World Choir in Houston. Judy feels it is time to pass the baton to a new director. We have already begun to make contacts with leaders of the RI Convention scheduled for Melbourne, Australia in 2023. We expect to have a Rotary World Choir in Melbourne. We will be looking for a new director for the Rotary World Choir. If you have experience in leading a choir, please contact IFRM Globalchair Rod Fivelstad, globalchair@ifrm.org if you would like to learn more about this position and its responsibilities.



A photo of our retiring Rotary World Choir Director Judy Walker and Membership Chair Barry Oxford

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.

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 throughout 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.

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.

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.

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.

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.

Rotary International REAL Convention, Houston, TX, USA June 2022.

As of this publication in December of 2021, WE, at IFRM hope to have a booth in the House of Friendship, but in all likelihood will not have a Rotary World Choir, with Judy Walker retiring and Rotary not yet totally clear on how the convention will occur. Keep watch for more information at our website: ifrm.org, and in Music Notes and Staccato.

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)

IFRM welcomes its new and renewing members since January 1, 2021

ALAPATT	JOSHI JOHN	India	MURTI	T V R	India
Anthony	John	United States	Nair	K Rajesh Nair	India
Bahadur	Mona	India	narayanappa	muniraju	India
Balaji	Varalakshmii	India	Nargund	Tushar	India
Banik	Gautam	India	Nath	Abhijit	India
BHASKAR	BHARATH	India	Oxford	Barry	United States
Bhat	Shrikant	India	Pai	Anitha Ajay	India
BHATTACHARJE E	SINCHANA	India	Papali	Benjamin	India
Bhosekar	Achyut	India	Patil	Pradip	India
Bidi	Madhusudan				
	R Bidi	India	PATIL	SURYAKANT	India
BOSE	DEBANSHU	India	Pillai	NSR Naarayanan	India
Canjivaram	Leena	India	PRABHAKAR	K	India
Chandran	Madhav	India	Pramod	Asha	India
Chitnis	Sameer	India	Prasad	Kotamarti	India
Chugh	Krishan	India	Prasad	Vanishree	India
Chugh	Savita	India	Quigley	Timothy	United States
Dalal	Neelakshi	India	Qureshi	Mohd	India
Dalal	Nitin	India	RAJU	P S	India
david	sam	India	Ramachandran	Vijay	India
Deshmukh	Jyoti	India	Ramana	D V	India
Deshpande	Manoj	India	Rambhatla	Aruna	India
Deshpande	Sadhana	India	Rambhatla	Srinivasa Sastry	India
	Murali				
Dhandapani	balakrishnan	India	Ramesh	Venkat	India
Dileep	Kumar	India	Ravad	Hyma Rao	India
Dusane	Meenakshi	India	Rosmaninho	José Carlos da Costa	
Ekambar Reddy	G	India	Routhu	Álvares Rosmaninho	Portugal
Gandhi	Shailesh	India	Roy	Devi Krishna	India
Ganta	Manju	India	S	Subhasish	India
Ganta	Srivardhan	India	S	Muthukumar	India
Girme	Smita	India	SAGAR	VIDYAVATHI	India
GITE	POORNIMA	India	Sahasrabhojane	Ranjana	India
	POORNIMA		SANJAY	LATHA	India
GITE	SHEKHAR	India	Shah	Isha	India
Goho	Subhadra	India	Shah	Rashmikant	India
Gokulraj	S Gokulraj	India	SHAIKH	NASIR	India
Hambardikar	Manjiri	India	Sharma	Chandrakiran	India
Hanamgond	Pramod	India	SHARMA	SANGEETA	India

Higgins	Nicholas Ramakrishna	United Kingdom	Sikora	Gina	United States
Iyer	n	India	Sivam	Satha	India
j devan	nanda	India	Srinivasan	Rajasekhar	India
Janardhanan	Madhu	India	Srinivasan	Suresh	India
Jayaraman	Sridhar	India	Suresh	Ellickakudy pappu	India
Johnson	Ki.Antony	India	Suresh	Pamela	India
Kacham	Nagaraju	India	Surve	Nandini	India
Kanisseril	Gopinathan	India	Tendulkar	Poonam	India
Kasozi - Opondo	Catherine	Uganda	Tendulkar	Prasad	India
Kattamattathe	Jayakumar	India	THANAKUMAR	John	India
Kelkar	Ajay	India	Thole	Neesha	India
KhRE	Anupama	India	Tingay	Lana Maria	United Kingdom
Kiran	Deepa	India	Tiwari	Vivek	India
Kondapalkala	Mahendar	India	TUPE	RAJENDRA	India
Koorgailu	Nagendra	India	Ujjini	MADHURA	India
KRISHNAN	SURVAJITH S	India	Vaidya	Sai	India
Kulkarni	Sarang	India	VALMIKI	HARI KISHAN	India
Kulkarni	Shantaram	India	VELAMURI	LUXMI	India
kumar	Arisetty Naveen Kumar	India	Velamuri VENKATARAMA N	Luxmi	India
Kumar	C G	India		SRINIVASAN	India
Kurien	Elizaba	India	Vijayan	Satheesh	India
KUTTICHIRA	MOHANAN	India	Vijayan	Satheesh	India
Lakshmanan	Parasu	India	Vishwanath	Ramraj	India
Latha	Hema	India	Warke	Mayuresh	India
Latha	Hema	India	Wolinsky	Iris	United States
LOKESH	VK	India	ZORE	SUSHAMA	India
MALI	MINAL	India			
Maru	Purshottam	India			
Mathur	Chand	India			
Mohan	Janaki	India			
Mohan	Kesavan	India			
Mohan	Mohan	India			
MUKHERJEE	Mohan	India			
	NABA KUMAR	India			

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email: lee_denlinger@yahoo.com

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

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Frances-Ann Satney, *Vice-Chair/Caribbean*, Frigate Bay, Basseterre, Saint Kitts and Nevis
e-mail: francesannf@yahoo.com

Howard Bridgman, *Vice-Chair/Australia*, Jesmond NSW Australia e-mail: habrotary@gmail.com

Robert Bracegirdle, *Vice-Chair UK Macclesfield UK* e-mail: bobbracegirdle@gmail.com

Judith Crowe, *Vice-Chair/Europe*, Olonzac, France email: judithacrowe@yahoo.co.uk

Gregory Bakunzi, *Vice-Chair/Africa* Musanze, Rwanda, Africa e-mail:
greg@redrocksrwanda.com

Jean-Louis Nguyen Qui, *Vice-Chair/Asia*, Lamanon, France e-mail: jl.nguyen1@orange.fr

Paddy Iyer, *Vice-Chair/India*, Bangalore, India e-mail: paddy37@gmail.com

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

