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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.



January 2024 Happy New Year

This edition, Music Notes will include articles about Rotary Drum Circles; an update on the "Lift Your Voice" IFRM Music Database; RI Convention Melbourne News including The Rotary World Choir; and profile of new IFRM Board Member Bill Wahoff; and other IFRM news.

Will You be in Singapore for the RI Convention? Why not Sing with the Rotary World Choir? Sign up now at www.ifrm.org

The International Fellowship of Rotarian Musicians will be in Singapore May 25 to 29, 2024. We will have a booth in the House of Friendship and are making plans to have a Rotary World Choir. Please visit the ifrm.org website to sign-up. The registration is \$25 per singer, which will provide you with the music and rehearsal materials. The sign-up page is available on the website now. We will use the website, e-mail, Staccato and ifrm google group for follow-up information. If you are a singer and you plan to be in Singapore for the RI Convention in late May 2024, consider singing with us. The Rotary World Choir will again be under the Direction of Alisan Hasteley. **Sign-up DEADLINE is January 31, 2024**

Update:

“LIFT YOUR VOICE” our IFRM musical database enters a New Phase by Susan DuPree

As stewards of the message “Service Above Self- Through Music”, the members of IFRM would love to see our new, digital Songbook addendum, LIFT YOUR VOICE, become an invaluable *resource*. At this time, we are still adding content to the database, which we expect to complete with more volunteers coming forward to help.

Thank you.

Dr. Susan DuPree
Songbook Moderator
Past Chair, New Songbook Committee

To use the Songbook, there are 2 steps:

- (1) Click on <https://ifrm.org> and then Log on using your Username and password. A new page will come up.
- (2) Then click on “Use the Songbook” from the list on the page *OR* alternately: Click on the MEMBERS menu at the top of the page and select the “Songbook” option at the bottom.

To watch the **SONGBOOK PROMO VIDEO ON YouTube:** <https://youtu.be/lx5fPC0AG3w>

IFRM Sings

We continue to build friendships and sing, but we are changing our schedule a bit. We meet on the 2nd and 4th Saturdays of each month at 9:00 a.m. Pacific Time,

Here is the zoom link we use for each session:

Topic: IFRM Sings

Time: Monthly Second and Fourth Saturdays, 9 a.m. Pacific Time (West Coast US and Canada)

Join Zoom Meeting

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

Meeting ID: 848 9466 2814

Passcode: ifrmsings

Dial-up Meeting ID: 848 9466 2814

Dial-up Passcode: 181250

For Dial-up Find your local number: <https://us02web.zoom.us/u/keivO1C5bI>

Rotary Clubs throughout Northeastern NJ are getting into the beat by Bonnie Sirower

With the help of the IFRM Foundation, Rotary Clubs throughout Rotary District 7490 (Bergen, Passaic and Hudson Counties) have involved more than 1,000 Senior Citizens in our area in Drum Circles. We now have four Rotary clubs in our District running monthly (or more) drum circles for Senior Citizens in nursing homes, memory care centers, Senior Centers and libraries, with five more clubs planning to start their own drum circles by the end of the year.

Drum Circles are fun activities in which people of all ages join together to make beautiful music using percussion instruments of all kinds. Led by a trained Drum Circle Facilitator, they involve all participants in a way that is adjusted to the capabilities of each person attending. People of all ages really enjoy drum circles. One of our trained drum circle facilitators will lead the participants in a variety of fun exercises that will involve all sorts of percussion instruments, including those you bang on, those you shake, those you ring.

Being part of a drum circle enhances one's feelings of well-being, improves ability to concentrate and to focus. Participating in a drum circle brings social, emotional and cognitive benefits including: increasing cognitive abilities and creating a sense of connection. When the entire group has an opportunity to "sync" up and be something bigger than themselves during drum circles, it strengthens the connections and feelings of belonging with others in the group. A trained drum circle facilitator leads each group in a series of planned exercises.

My own mission to create these drum circles began with meeting Carol Rosenstein, a member of IFRM's Virtual Rotary World Choir (which is still meeting twice monthly), and founder of Music Mends Minds. Music Mends Minds is a 501(c) (3) organization headquartered in Los Angeles created by Rotarian Carol Rosenstein that creates musical support groups for individuals with Alzheimer's, dementia, Parkinson's, traumatic brain injury, PTSD, and other neurological disorders.

Carol's husband Irwin had Parkinson's dementia and was unable to relate to others much – until Carol put him in front of a piano, where Irwin began playing and singing. He began to improve the more he played the piano or saxophone. Carol saw an opportunity to help and created her first band, The Fifth Dementia, in Los Angeles, to provide an opportunity for those with dementia of all types to get together and make music together. Before COVID, Carol had established 18 bands and choruses around the country and Canada; she moved her platform to Zoom when the pandemic broke out. Carol and her Music Mends Minds experience is the lead article in the May issue of *Rotary Magazine*. When COVID hit, she went to a Zoom format (still going MWF at 2:30 pm Pacific time). When the pandemic ended, Carol's group started a drum circle in Culver City, California. That is what we decided to emulate here in Northern NJ.

Our first effort took place at the Walk to End Alzheimer's last October in a park in northern NJ. Three clubs banded together to hire a certified drum circle facilitator from Pennsylvania, who led the walkers in a short rhythmic experience. This worked out so well that my Rotary Club, Fair Lawn Sunrise, planned our first drum circle. We had 35 people at the first one and have now held nine of these, including one outdoors that brought children, parents and grandparents together. Other Rotary Clubs followed suit, so Park Ridge Rotary Club, Secaucus Rotary Club, and Fort Lee Rotary Club now hold monthly drum circles of their own. Our Fair Lawn Sunrise Club will actually hold a "first anniversary party" of our drum circles on November 21. Five more clubs: Paterson, Wayne, Tenafly and Paramus Sunrise – will start their own drum circles soon. Thanks to a generous donation of \$2,000 from our own IFRM Foundation, we were able to purchase all types of percussion instruments that clubs can borrow for up to three days. We have

even developed a “library card” that clubs fill out when they borrow the instruments (kept in the office of our District Governor).

At this point, we pay our drum circle facilitators \$150 to \$200/hour. We were able to get DDF funding and funding from our District’s own Foundation to start. But so far, we have only two trained drum circle facilitators (one of whom was a Rotarian). So we are working with the Music Department at a local college – William Paterson University in Wayne, NJ – to hold a Fundamentals of Drum Circle Facilitation course October 20-22, to be followed by a huge community drum circle to which everyone is invited. If you are interested in this course, go to <http://bit.ly/3OHARxp>. On December 10, we are planning a Reunion of **all** of our drum circles in our area. We are even working with the Bergen Co. Commissioner on Human Services and the head of a large nursing home group to expand our outreach.

Want to start one in your community? Contact me at Botzie@aol.com, and I will send you a





Power Point you can use to tell your club and facilities in your community. You do NOT have to address just Senior Citizens – pre-school children, special ed groups, people dealing with mental illness –literally everyone can enjoy being in a drum circle.

PDG Bonnie Sirower, (District 7490, NJ)

Some video links to our drum circles:

[Drum circle in Berdan Grove Park, Fair Lawn \(vimeo.com\)](#)

[Music Mends Minds Fair Lawn Sunrise Rotary Drum Circle with Cindy Kresch \(vimeo.com\)](#)

[First FLSR Drum Circle 3 \(vimeo.com\)](#)

IFRM is not just for singers

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

IFRM at the RI Convention in Melbourne, Australia. May 2023

Several IFRM members attended the Rotary International Convention, joining with 12,000 fellow Rotarians to Celebrate the World of Rotary. The plenary sessions were inspiring and informative. We also welcomed our Rotary International President Jennifer Jones who provided the entire Convention a challenging and exciting vision for what Rotary and Rotarians can do to be People of Action throughout the world. IFRM did its part by providing music at our booth and on the stage in the House of Friendship. We grew IFRM with new members joining from around the world. We hope that you might join us in Singapore in 2024.



Website News (www.IFRM.org)

Registration for the Rotary World Choir is now open on our website: www.ifrm.org. Look at the top of the home page and click on "Rotary World Choir Registration." Complete the brief form, make your payment of \$25. Once you are registered you will begin to receive through e-mail specific information about the music and schedule.

UPDATE

Technology is always changing and it has significantly impacted our website. Our 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 1400 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.

The sun never sets on IFRM...

Did you know that IFRM has more than 1400 members from more than 40 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.

IFRM Board of Directors (2023-24)

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

Pending, *Treasurer*, : treasurer@IFRM.org

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

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Alisan Hastey, *Director, Rotary World Choir*, Marysville, CA, USA
e-mail: alisanrose@hotmail.com

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

David Loufbourrow, *Web Architect*, Forest River, IL, USA
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IFRM operates in accordance with Rotary International policy, but is not an agency of, nor controlled by, RI.