

**District 5340****04/20/2018**

Opening Remarks and Speaker



President Betty began meeting with Guest speaker followed by club announcements after pledge (John) and 4-way test (JoAnn), welcomed guests.

Guest Speaker: Whitney Hewlett, **Resounding Joy “Striking a Healing Note”**



Whitney is a board certified music therapist. Even though she was teased at looking young enough to question if she had a high school diploma, she stated that she also had a full college degree in Music Therapy.

Whitney's grandfather is a lifelong Rotarian, so she is familiar with the organization

and thanked us for our community service.

The Resounding Joy organization uses music therapy, which is a clinical and evidence based practice that does research the modalities they use. They use music to address gross motor skills, fine motor skills, emotional expression etc.

For Whitney to get her college degree in music therapy, she had to show proficiency in at least 3 instruments, hers are, voice, guitar, piano, along with some percussion.

La Mesa Sunrise Rotary Leadership 2017-2018

President Betty Howland
 Imd Past Pres Lynn DeHaven
 Pres Elect Elena Alba
 Secretary Elly Dotseth
 Treasurer Laurel Nishida
 CommService Len Gamble
 Club Service Fern Hall
 Int'l Service Hugo Marillo
 Club Programs Betty & Aaron
 RI Foundation David Ballesteros
 Membership Bobbie Warren
 Pub Relations Aaron Landau
 Youth Interact JoAnn Bergquist
 Greeter Muff Warren
 Peace Chair Clara Harris

Credits and Acknowledgements

- Pledge: John Stremlau
- 4-way test: JoAnn Bergquist
- Photos: Floyd Morrow and Bill Pogue
- Drawing: Hugo Marillo

Minutes: John Stremlau



The music therapy Process that they use involves the following steps: Assessment, Goals, Objectives - either from the patient, or with younger patients, often from the family; Treatment Plan and Implementation.

There are Four Programs: Mindful Music, Sound Minds (working with teen parents and their babies.), Semper Sound (military music therapy, especially wounded warriors program on camp Pendleton each Wednesday. guys with tough exteriors, but music can bring their emotions to the front) and Healing Notes (for children receiving care, and their families).



Coming Events and Reminders

- April 14, Yard/Garage Fern Hall's house (6210 Lake Shore Dr.)
- April 28, Rotarian at Work Day
- May 11, Bowling Event
- Ongoing donations to Polio Plus
- Daily items eg shampoo, conditioner for "Fern's Bags"

Upcoming Speakers:

- April 11th Devotion to Dogs
- April 20th Resounding Joy
- April 27th Committee Meetings



Healing Notes is done with Rady Children's Hospital and Palliative Home Health Care to bring joy, peace, laughter to the child and family. A lot of the

kids have terminal illnesses, and the family has difficulty communicating. Often they end up with some custom music and can end up with a recording of the child with the family. She played a family song video for where one of their patients and family had written a song and played.

Whitney had a screen showing percentages of participant responses to the success of the treatment showing amazingly high percentage belief in the value and success of their work. Resounding Joy is funded through grant funding, and community donations. They are seeking donations. Resounding Joy, is a 501 c3 nonprofit, formed in 2005. They have served 85,000 people in San Diego County. For donations, mail checks payable to: Resounding Joy Inc. Resounding Joy, 10455 Sorrento Valley Rd, Ste 208, San Diego, CA 92121. For more information, visit the website: www.ResoundingJoyInc.org

The do have an upcoming Fundraiser, Friday April 27th. Heart of a Child, concert series, at Irwin Jacobs Qualcomm Hall (a spectacular music venue) performances by children ages 5 through college, some of which are world

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class level musicians. Music therapy started after WWII. San Diego is one of the first places where music therapy has taken off. There are 60 to 70 music therapists in San Diego.

Also, thanks to Dave Lemox, volunteer page turner (slide slider, photo flipper) for Whitney's powerpoint presentation.

Club Business and Announcements



Projects Committee: to help us get our ideas and suggestions to the board, and request DDF money, and DDF is an annual budget that will be re-starting soon, which is an opportunity to get on the next list.

Rotarians at work day: Saturday April 28th, at Tubman Elementary 8 - 11. There will be work to do for all levels of fitness and skill.

JoAnn's Interact club announcements, RYLA 4 Helix students should be on a bus to Idyllwild right now for the RYLA weekend. And 8 Interactors, 8 foster kids, going to Maritime Museum tomorrow.

Ferns Bags, will be doing in a few weeks. Gather items to fill the bags.



We did have a good distribution of items from the garage sale for those members who missed the opportunity to come shop for themselves. When Jimmy hobbled up to the front, showing us that his injury is what kept him from attending, he joined Ellie who was favoring a leg, Aaron who is using a walker because of knee replacement, and Ivan who presumably is still dragging along his broken leg.



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Member Highlights



Guests and Visitors

Celia Rameriz (San Diego Club), Micheline



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