

Bulletin Reported by Dave Maxwell- May 2, 2023 meeting

Opening:

President Ben opened the meeting at 12:15 - right on time. With 24 members present Oh Canada led by our recently returning Jack!! Eugen did the invocation.

Renate introduced our Guests: Jan Streader the Speaker, Amelie our Student, Chris White, Sarah Poulin and Lew Poulin, David Sheppard, Jaqueline, and Alexander Ewanchuk. Also Gillian from the Victoria Club!!

We all had a great Chicken pie lunch!!

Clair introduced the Guest speaker

Speaker Jan Streader

How important is clowning around? Jan Streader shared her journey as a therapeutic clown and how singing and music are important in reaching those with dementia and Alzheimer's.

Jan Streader, a former communications professional turned therapeutic clown, shared her journey as a clown and impressed on us the value of laughter, and the connection between music and memory (particularly for those with dementia and Alzheimers. Some members shared their stories of singing and Alzheimers. Jan shared these links:

Can Music Help Alzheimer's Patients?

<https://www.pressreader.com/canada/times-colonist/20221112/281887302290240>

Alive Inside: A Story of Music and

Memory <https://www.youtube.com/watch?v=IBx2g9iNbEc>

The Power Of Music On The

Brain <https://nhdementiatraining.org/2020/11/16/music-memories-the-power-of-music-on-the-brain/>

Ballerina in a

wheelchair <https://www.cbc.ca/radio/thecurrent/the-current-for-nov-16-2020-1.5803389/who-was-this-mysterious-ballerina-from-the-viral-swan-lake-video-1.5803747>

Announcements:

- As our Club looks for another major fundraiser, Joan Peggs has presented the Boards idea of an online Auction, perhaps in November. This was supported by the members on hand. Now we need to acquire awesome prizes!!!
- The bottle drive continues to be a great fundraiser. Next drop off is this Saturday. Come one Come all!!!
- Heather and others noted that Amelie's Performance and the entire "Adams Family" show at Esquimalt high was 10/10. Still time to see it and support this!!!

- Chris Kershaw reminded us about volunteer opportunities from his email this week to help in local gardens!!

Celebrations Master-Wendy

Great Quiz Wendy and well done at extracting \$\$ from the members

- Birthdays and Club Anniversaries – Clair birthday May 4th, Joan Firkins 31 years in Rotary
- Wedding anniversary -none
- Happy \$\$- Heather for Alexander being home, Joan Peggs, Lorna, Ben for his 10k run!
- Clair won 50\$ in the 50-50 draw.

Next Meeting May 9 is on line with Zoom