

**West Side Tremble Clefs, July 26, 2023:  
Special Congressional Recognition Award Ceremony**



## **West Side Tremble Clefs**

The past few years have been challenging for West Side Tremble Clefs (WSTC). During the Covid-19 ‘lock-down’ years, we had over 40 members and former members of the West Side group pass away, though not all due to the virus. Following that, we received the wonderful news of a scholarship for Sun Joo Lee, the founding music director of the West Side Tremble Clefs, to pursue a doctorate in Music Therapy in Iowa. Although we have been excited for her and for what that will mean to the future of Tremble Clefs, it has also meant her absence for most of the last three academic years. Thankfully we’ve had a professional substitute director, Kiersten Jungbluth.

The WSTC and the North West Tremble Clefs had a combined attendance in the eighties. We’re back together as one chorus now and our attendance is once again growing with new members. Besides the merging NWTC with WSTC for economic reasons, we took the cost-cutting measure of reducing our weekly practice times to two hours each from a variable 2½ - 3½ hours. We appreciate the work of Kathy Ames in pursuing opportunities to publish news of our events. With gratitude for our volunteers and donors, we have weathered these events, strengthened our balance sheet, and hope that when Sun Joo graduates, that we can extend weekly practice time.

**Last July the U.S. House of Representatives and Congresswoman Debbie Lesko honored the West Side Tremble Clefs with a Special Congressional Recognition Award. Quoting from the text of the award presentation speech: “Your impact has not gone unnoticed, words cannot express our immense gratitude for your remarkable contributions to this community. Thanks to you, those who struggle have not felt alone, you are their heroes and their beacon of hope.”**

This year WSTC is looking forward to joining in the celebration of the founding 30 years ago of the very first [“Original”] Tremble Clefs right here in Scottsdale, Arizona, now a sister chorus of Tremble Clefs Arizona. At the time, the participants could not have foreseen how many hurting lives would be touched, encouraged and helped by their action.

**by Jim Histan, President West Side Tremble Clefs**

## **Sun Lakes Tremble Clefs**

Tremble Clefs Sun Lakes Group is very thankful that we are marking two years of making wonderful music since resuming rehearsals on March 3, 2022, after the pandemic of 2020. That March I accepted the director position and have loved every minute of this wonderful group. As you see we have made an official name change: from South East to Sun Lakes Tremble Clefs.

We started with only 2 faithful members, then grew to 5 members and now we are 12 strong, still growing! **It is wonderful to see the transformative power of music for our members who have Parkinson’s. Singing therapy helps the speaking voice, all of the muscles that help you breathe, movement, gait, expressiveness and memory. The wonderful group interaction also provides essential social support for our members and caregivers too.**

Each of our members are the real stars of our group. Each person who has joined Sun Lakes Tremble Clefs has an impact and is greatly appreciated! We are also blessed to have our magnificent and caring accompanist, Mutsumi Mori, who creates magic at the piano for us each rehearsal!

We continue to meet at Sun Lakes United Methodist Church Choir Room and deeply appreciate the wonderful collaboration and help we have received from the staff at the church, Senior Pastor Rev. Marvin Arnpriester and Lauren Jones, Office Administrator. Our group performed a well-attended concert directed by Merri Zohar and Sun Joo Lee on December 21, 2023. We look forward to holding a Spring concert in the Sun Lakes United Methodist Church Chapel called “Destination: Melodies” on Thursday morning, April 11, 2024. Keep a song in your heart!

**by Carolyn Perkins, Interim Director Sun Lakes Tremble Clefs**

# Tremble Clefs by Karen Hesley

Looking back at that 1994 seminal meeting with the PD support group in Scottsdale, what circumstances led to the creation of a music therapy group? A group which grew and multiplied.

I look back, with fond memories, to that moment in time, 1994, when singing and Parkinson's so naturally came together. The stage had been set by two speech therapists, Lorraine Ramig and Carolyn Bonitati, who had developed the Lee Silverman Voice Treatment, LSVT, in Scottsdale, AZ. That was the setting, but other factors worked in favor of creating what has become the Tremble Clefs.

Singing is a natural and spontaneous form of vocal exercise. Choral singing, in particular, brings people together and relieves isolation & inhibitions. Music, in general, reduces depression and stress, improves mood and feeds the spirit. Put these together with a guy named Ned Brooks, who had endless positive energy and a deep baritone voice. Something clicked! .... and the voice benefits for people with Parkinson's disease, as well as the compassion, comradery and friendship, have been hallmarks of the program ever since.

**What is the best advice you have for people who have Parkinson's disease?**

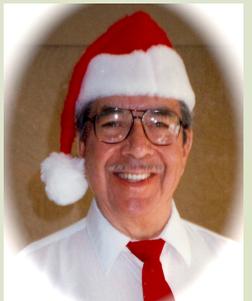
Find your passion! It may be a lifelong pursuit you've always enjoyed, or a new venture. It may be singing - I certainly recommend Tremble Clefs. But it could be other forms of music, or art, nature, gardening, pets, travel, friends, family, cooking, eating! It may be sitting on the patio watching the sunset. Just find it, and follow it!

**Would you share a highlight (or highlights) from your work with Tremble Clefs?**

In 1997, Muhammad Ali came to Phoenix when the Parkinson Center at Barrow Neurological Institute was dedicated and named after him. The Tremble Clefs performed at the event, singing a special song written in his honor. Really, the honor was all ours! Here we were, singing at this luncheon for a group of Barrows' physicians, therapists and administrators, and of course, Muhammad Ali and his wife, Lonnie. After we sang, he came up and hugged each one of us. We made him an honorary member of the Tremble Clefs and gave him a TC tee-shirt (special ordered size XXL).

One other highlight that stands out is the 20-year reunion, 2014, in Phoenix. One hundred and fifty Tremble Clefs singers came together from San Diego, Orange County, Spokane and, of course, Arizona. We sang together, danced together, performed for each other. We harmonized, chanted, exercised and breathed together! It was a time of celebration, reflection and appreciation.

**by Karen Hesley**



*Beginning Days, top down:*  
Karen Hesley; Ned Brooks;  
Karen with Sue Cardew; Bill  
Wheelock; Faith & Vince  
Blenkle; Rosemary Aubin