Original Tremble Clefs Continued

Kevin Riley worked full time - employed by the Arizona Department of Revenue, but still managed to make most of meetings.

Over the years, he has been faithful in attending practices and concerts. When he retired in the fall of 2018, he had more time for Tremble Clefs. He's raised funds, sang solos, been at our table at events, and helped in many ways. He was instrumental in arranging our National Anthem concert at Chase Field in 2012. Kevin stepped forward in 2018 when the Original and West Side groups incorporated to serve on the Board of Directors as Treasurer. He served as Board Treasurer from 2018 through the end of 2021.

Kevin keeps the OTC roster up to date and effectively communicates information about new members. Kevin has been and continues to be the Treasurer and Cashier for the Original group. He pays attention to details. He has been called "Finder-In-Chief" for his communication skills and research abilities. He's always ready to help.

On a personal level, hiking golfer Kevin Riley's enthusiasm for hiking is contagious. He goes outside and hikes - Escudilla Mountain, the White Mountains, Mogollon Rim, Horton Creek near Kohl's Ranch. In 2019, he hiked the Camino de Santiago in Spain, from León to Finisterre. In 2023, Kevin hiked Scotland's Fife Coastal Pass. And now he's pondering his next big adventure. And for all of us, we say "thanks" - we are glad Kevin Riley's in Tremble Clefs Arizona!

- Don Dotts, Jeanne Milstein









Korean Zoom Tremble Clefs

The Korean singing group in Tremble Clefs
Arizona continues to make great strides. Members have been attending sessions consistently, demonstrating dedication and enthusiasm for singing. Through vocal exercises and group singing, they actively engage their muscles, which helps in managing Parkinson's symptoms while also fostering a strong sense of connection and community.

One of the most rewarding aspects of the Zoom group has been witnessing the growth in participants' singing abilities and confidence. Many members have expressed feeling more in control of their voices and breathing, contributing to their overall well-being. The sessions provide a supportive space where they not only strengthen their voices but also experience joy, achievement, and motivation.

This journey has been inspiring as participants embrace the therapeutic and social benefits of singing together. The group's progress reflects the power of music in enhancing quality of life, and we look forward to continuing this meaningful work, creating a space where members can connect, grow, and support one another through song.

- Jae Young Jung

My husband and I just joined a couple of month ago. I have PD and he's my support person. I will continue to go to Tremble Clefs because it really helps my voice and the camaraderie is wonderful. The people are just awesome, very friendly, engaging and welcoming. Very happy we joined and I will continue to go every week. I thank God we met this wonderful group.

- Ronnie W.

Healing Through Music: Tremble Clefs Arizona Korean Singing Group; Jae Young Jung, Music Therapist

트렘블 클레프 애리조나 한국인 노래 모임, 음악으로 함께하는 치유의 시간>

트렘블 클레프 애리조나의 한국인 노래 모임이 꾸준한 성장과 발전을 이어가고 있습니다. 매주 성실하게 참여 하는 회원들은 노래를 통해 몸과 마음을 단련하며, 파 킨슨병 증상 완화에도 긍정적인 변화를 경험하고 있습 니다. 발성 연습과 합창을 통해 목과 호흡 근육을 활성 화하는 것은 물론, 함께 노래하는 과정에서 서로에게 힘이 되는 따뜻한 공동체를 만들어가고 있습니다.

특히, 회원분들의 노래 실력과 자신감이 점점 향상되는 모습은 매우 인상적입니다. 많은 분들이 "목소리에 힘이 생겼다"거나 "호흡이 한결 편안해졌다"라고 말씀하시며, 음악이 주는 치유의 힘을 몸소 경험하고 계십니다. 이 모임은 단순한 노래 연습을 넘어, 회원들이 성취감과 동기부여를 느끼고, 함께 성장할 수 있는 소중한 공간이 되고 있습니다.

음악이 지닌 힘은 우리의 삶을 더욱 풍요롭게 만듭니다. 이 모임이 앞으로도 많은 분들에게 긍정적인 영향을 주고, 노래를 통해 건강과 희망을 나눌 수 있는 장이 될 수 있도록 계속해서 노력하겠습니다. 함께 노래하며, 더 밝은 미래를 만들어 나가기를 기대합니다.

My name is Bill Allen and I'm from Rapid City, SD. I was diagnosed with PD in 2019.

After visiting Tremble Clefs practices while on vacation in January 2024, my wife and I were so impressed that we went home and went to work to start a singing class like Tremble Clefs. I have never in my life been a singer so that is all new to me. It has helped me so much. I smile a lot more and my voice is not so raspy as it used to be. Also, my grandchildren can now hear me much better than before. Thank you, Tremble Clefs.

- Bill A.