

# Tremble Clefs Arizona



## Our Journey with the Tremble Clefs by Beth Lee



Beth Lee, Sun Joo Lee, Gregg Owens - 2012

March 5, 2008, marked the beginning of the West Side Tremble Clefs in Sun City, Arizona. The Muhammad Ali Parkinson Center had asked Sun Joo Lee to establish a music therapy group for people with Parkinson's disease in the Sun City area. Seven members attended her first meeting: Bob & Helen Wagh, Mary & Jim Cogan, Elinor & Larry Haas and myself, Beth Lee. We shared our Parkinson's stories, exercised our voices and quickly agreed that we had come to the right place.

Three years before, in April 2005, I was diagnosed with Parkinson's Disease. I didn't like the diagnosis but at least I finally knew what was wrong. It was time to move from New York, to a place that offered the best Parkinson's doctors, information and support.

By mid 2007, we were settled in Surprise, Arizona, and I knew that this had been the best move of my lifetime. I was already seeing Dr. Holly Shill, a Movement Disorder Specialist, and enjoying the many exercise classes offered by the Muhammad Ali Parkinson Center. When I received the flier announcing that a new music therapy group was being offered, I was thrilled and immediately registered for this class.

March 5, 2008 was not only the beginning of the what became the West Side Tremble Clefs, it was also a new beginning for me! Music and singing had always been central in my life and within two weeks of attending the music therapy group, I knew that my voice would return and music would again fill my life.

**Word quickly spread about this talented dynamic director and our music therapy group grew by leaps and bounds. Whenever Sun Joo asked for volunteers, one of the new members, Gregg Owens, and I would volunteer.** Working with Sun Joo, we talked about the growth of Tremble Clefs. Sun Joo spoke to the class, issues were discussed and a vote was taken. Gregg and I were voted in as co-chairpersons. A unique group of people, fighting the same disease, we became more and more like a big family. *continued inside*

### In Memoriam

Julie Bull  
Carol Abernathy  
Lincoln Leer  
Wayne Resel  
Judy Resel  
Herbert Riell



Years ago, when I first heard Beth & Gregg sing in concert, my spirits soared. I know Tremble Clefs will continue as long as members contribute financially and contribute their time and talents.

I hope all readers will go online & see more photographs, personal stories and information about Tremble Clefs AZ at:

**TrembleClefsArizona.org**

Donna Rosenheck, editor

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### Notes from the Director, Sun Joo Lee

I can't believe 2020 will be my 12<sup>th</sup> year of being a music director of Tremble Clefs, Arizona. My position began with West Side Tremble Clefs on March 5<sup>th</sup> 2008 and currently has expanded to lead four TC choirs in Maricopa County.

I feel very grateful being a leader of this wonderful singing group and want to express my sincere gratitude to all singers who have shared their musical lives with me for the last 12 years. Tremble Clefs provides music therapy, especially choral singing, to assist both the individual who has Parkinson's disease and their family and care partners.

### Announcing a New TC Group in Sun Lakes

South East Tremble Clefs began to rehearse on Thursday, November 7<sup>th</sup> 2019, at Sun Lakes United Methodist Church. It is expected to serve PD patients in Sun Lakes, Chandler, and Gilbert areas.

As of February 2020, the group has about 15 singers weekly and tries hard to reach to their communities to invite new singers. I want to express special thanks to Nancy Conner who volunteers as a secretary of this new group. It has been a blessing to have an extra pair of kind hands.

**Sun Joo Lee's column continues on the next page**



### **New Members in the Original Tremble Clefs**

Blaine Vance joined Original Tremble Clefs with his wife Karen in the fall of 2019. Blaine has sung in many different choral groups and had such a great singing voice to share with the group. Blaine and his wife Karen both are the program managers of Rock Steady Boxing, a boxing program for PD at Mesa.

They have recruited many new singers to come and join us, including Ken Roeber with his wife Barb and Paul Metzger from their boxing classes. These new singers add wonderful singing voices and good energy to the group.

If you are interested in knowing more about Blaine & Karen's boxing program in Mesa, call 480-593-6008.



Nov. 12, 2019

### **Farewell Gregg Owens**

Gregg Owens was the first president of West Side Tremble with Beth Lee for the first 7 years. One of the most active members in the West Side group, Gregg successfully led many different kinds of fundraising events and sang many beautiful solos to share his journey with PD. He wrote a lovely song about PD. In addition, he was the first soloist who had a fan club that always came and supported our concerts!

Because of the complication of his neurological condition, Gregg recently moved back to his hometown in South Dakota where he has family and friends. Gregg taught me lots of valuable things to enable me to be a better leader. He taught that happiness comes when we share and love each other. His love for Tremble Clefs will always remain in our hearts.

### **Fred Cohn, Thanks for Sharing Your Talent**

Fred Cohn from the North West Tremble Clefs successfully led a fundraising event at Oregon's Pizza Bistro on November 12<sup>th</sup>, 2019. This restaurant generously gave us 20% of proceeds from sales. Thanks to all the singers who came to the restaurant with their friends and families.

Fred is planning another big fundraiser in November at Organ Stop Pizza in Mesa. This is a fun place and I hope you will dine with us to raise funds to run our organization. Tremble Clefs is run by volunteers like Fred who share their special talents, time and skills so that our great organization continues to exist. Please, don't be afraid to step up. I need more people who can work with me & others as part of a team.

**By Sun Joo Lee,  
Music Director, Tremble Clefs Arizona**



Feb. 8, 2020



**Tremble Clefs Arizona Board Members, January 2020:  
Dan Jilka, Kevin Riley, John Sylvester, Sun Joo Lee,  
Don Dotts, Jim Histan (not shown: Donna Rosenheck)**